

MAY 22, 2018



Why Kids Lie and How to Stop It Now: The Cliff Notes Version

Excerpted with comments from Bryan Post's Why Kids Lie e-Book

Would you be surprised to find out that there is a simple formula guaranteed to end your battle with lying? We are going to walk through the foundational understanding of why kids lie. If we as parents and educators can get really good with this approach with lying, we can begin to apply it to other behaviors. To make this work with the least amount of interference you cannot interrupt the process with your own attempts to teach or punish.

Please keep in mind that even with the magic formula, your past years of embedded patterns and conditioning will resurface, in an attempt influence you to change or add to the equation. So don't worry, don't hurry. Ready? Let's begin.

First, the basics. There are only two primary emotions: Love and Fear. This means that all other feelings are the display of one of the primary emotions in disguise. Underneath lying, there is first the experience of stress. Stress leads to fear. Lying is based in fear. The sooner you can grasp this concept, the quicker you will see your child's behaviors begin to transform.

[CLICK HERE TO READ MORE](#)

USE YOUR ADOPTION RESPITE DAYS!

Each adopted child who receives a subsidy from Iowa is eligible to receive five days of respite care per fiscal year at \$20 per day. The current fiscal year for the Adoption Respite Program runs from July 1, 2017 to June 30, 2018. Depending on the county you live in, Adoption Respite will be paid through Four Oaks or LSI. See the attachment for the forms. **All respite days must be used during these dates and the form must be submitted no later than Friday, July 6th.** [VIEW RESPITE FORM](#)

Join AMP for a week of fun and learning!

Variety AMP Camp will be held from June 20 – June 26 at the Forest Lake Camp in Bloomfield, Iowa. Thanks to the generosity of Variety the Children's Charity, this will mark the 7th year of camp for foster/adoptive youth. Variety AMP Camp has room for 60 teens, ages 15-18, and 10 mentors from Aftercare & PAL programs. Campers will participate in camp activities geared toward teens; focus will be leadership building and making successful transitions to self-sufficient young adults. All activities will emphasize building healthy, active, and involved AMP leaders. Campers are encouraged to share their personal story with other campers and staff with the goal of building personal pride in their journey and hope for a brighter future. Previous campers rave about AMP Camp! Applications are available on the AMP website so reserve your spot now!

[Click Here for Applications](#)

Registration begins
April 6, 2018
Apply at
www.amp-iowa.org
and click on
applications/Variety
AMP Camp
Application deadline
June 1, 2018

**2018
Variety
AMP Camp**

Where:
FOREST LAKE CAMP 11733
Copperhead Road,
Bloomfield, IA 52537

When:
June 20 - June 26, 2018
(Mentors report for training
on June 19, 2018)

Looking for:

- 60 Campers ages 15-18
- 10 Mentors ages 18-22

The Best Way to Explain Learning Disabilities to Your Child

Article by *ADDITUDE Magazine*



Many parents are afraid that “labeling” a child as having a learning disability will make him feel broken, left out, or less willing to try. In fact, the opposite is true: giving your child an understanding of the nature of his learning disabilities will comfort him — and motivate him to push through his challenges. Here’s how to start that conversation.

A parent once called my special education school to request an admissions visit for her and her son, who was struggling mightily in school. She asked a strange question in her initial phone call: “Does the school have any signs or posters displayed that identify the program as a school for kids with learning disabilities?”

I asked her why she wished to know this. She replied, “My son doesn’t know that he has a learning disability and we don’t want him to know.” He knows, Mom. Believe me, he knows.

I have long been puzzled by a parent’s reluctance to discuss a child’s learning disability diagnosis with him. The knowledge that he has an identifiable, common, measurable, and treatable condition often comes as great comfort to the youngster. Without this information, the child is likely to believe the taunts of his classmates and feel that he indeed is a dummy. The truth will set him free!

If a child does not have a basic understanding of the nature of his learning challenges, it is unlikely that he will be able to sustain his motivation in the classroom. Because he is puzzled about the difficulty that he is experiencing at school, he is unlikely to be able to commit to his studies.

[CONTINUE READING](#)

I’m Not A ‘Stuck Up’ Mom — I Have Social Anxiety

Each year, when school starts back up again for my children, it brings back all the feelings I used to get when I was still in school. All the shyness — all the awkwardness — all the worrying that no one would talk to me or like me. Only this time, I worry about it happening with other the moms.

The mom circle can be harsh, you guys. The human need to “clique up” doesn’t end with high school. And as a mom with social anxiety, it can be hard to nuzzle myself up to what seems to be a closed circle, no matter how nice those moms may actually be. Most of the time, I end up standing alone — looking at my phone or pretending my heart isn’t beating out of my chest from the anxiety of potential mingling. But what happens is people often assume I’m just not friendly. From their perspective, I’m the “stuck up” mom. The “rude” mom. The mom who doesn’t care to know the other moms. And that pushes me even further outside the mom circle — whether it be at orientation, back-to-school-night, lunch duty or their first school performance of the year.

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Parenting a Child Who Has Experienced Trauma

Children who have experienced traumatic events need to feel safe and loved. All parents want to provide this kind of nurturing home for their children. However, when parents do not have an understanding of the effects of trauma, they may misinterpret their child’s behavior and end up feeling frustrated or resentful. Their attempts to address troubling behavior may be ineffective or, in some cases, even harmful.

This factsheet discusses the nature of trauma, its effects on children and youth, and ways to help your child. By increasing your understanding of trauma, you can help support your child’s healing, your relationship with him or her, and your family as a whole.

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