

NEWS FEBRUARY 2017

FROM YOUR PEER LIAISON



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**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

Your Child's Love Language

When Payton received an A on his math test, his mother showered him with praise. He offered a weak smile and retreated to his room.

Ungrateful child? Spoiled?

Probably not.

His mother wasn't speaking his love language. Children express and receive love in different ways — some through acts of service; others through affirming words; still others through gifts, quality time or physical touch. Each of these expressions of love represents a different "language."

Gary Chapman introduced this concept in his book *The Five Love Languages* and later in *The Five Love Languages of Children*, which he co-authored with Dr. Ross Campbell. Chapman speaks about how his ideas can help parents transform their relationships with their children.

"Children receive love emotionally," Chapman said, "but because they are all different, we must pay attention to their individual needs. We must learn to speak our children's [love] language if we want them to feel loved."

What are the 5 love languages? Let's take a look.

Words of Affirmation: Compliments like "Great game tonight!" go a long way with the child who thrives on praise. Focus your words on personality, good choices, and accomplishments, not outward appearance.

Acts of Service: Doing something for the child that they usually have to do for themselves like cleaning their room or making their lunch.

Gifts: Children with this love language cherish tokens of affection. Anything that says you were thinking of them works well: a pack of gum, chapstick, or a pair of socks.

Quality Time: Some children simply want your undivided attention. They cherish the bedtime stories, the kitchen baking time, backyard sports, a game of cards.

Physical Touch: If this is your child's love language, they need physical contact to feel loved. Give them generous amounts of hugs, pats on the back, and touches on the arm.

How can you tell your child's love language? Watch how they love others and what things seem to make their eyes light up. You can also play the "Would You Rather" game with them. For example, ask, "Would you rather have me bring you home a surprise (gift) or play a board game with you (quality time)?" You can also take a love language profile test at <http://www.5lovelanguages.com/profile/children/>.

NEWS FROM YOUR IFAPA PEER LIAISON

UPCOMING EVENTS

- 2/9 Paper Tigers Movie Wayne County Theatre
6:00 pm Free admission 110 N. Franklin Street, Corydon, Iowa
Paper Tigers captures the pain, the danger, the beauty, and the hopes of struggling teens—and the teachers armed with new science and fresh approaches that are changing their lives for the better.
- 2/11 Compassion Fatigue: Caring for Yourself While Caring for Others
9 – 12:15 pm IFAPA Training Center 6864 NE 14th Ankeny
- 2/11 The Secret Life of Teenagers: What Caring Adults Need to Know
1:15 – 4:30 pm IFAPA Training Center 6864 NE 14th Ankeny
- 2/16 A conversation with Matt Majeski Oskaloosa Support Group
6 -- 8 pm. Central Reformed Church 815 2nd Ave. East
- 2/18 Counteracting the Effects of Disrupted Attachment with Love, Attunement and Play
9 – 4:30 pm IFAPA Training Center 6864 NE 14th Ankeny
- 3/4 Mandatory Child Abuse Reporter Training
9 – 12:15 pm IFAPA Training Center 6864 NE 14th Ankeny
- 3/4 CPR and First Aid ([Register and Pay Here](#)) \$40 per person
1:15 – 5:30 pm Ankeny

Reasonable and Prudent Parent Standard (RPPS) Training

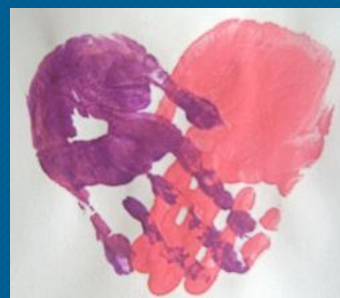
[WATCH RPPS TRAINING VIDEO](#)

The Reasonable and Prudent Parent Standard allows foster parents to give their foster children permission to do age-appropriate activities that promote cognitive, emotional, physical and behavioral growth. All states are now required to promote normalcy for children in foster care.

[VIEW REASONABLE AND PRUDENT PARENT STANDARD GUIDE](#)



A cute valentine card to send



A valentine handprint craft



A valentine tic tac toe snack



Recipe:

- ¾ cup of flour
- ½ cup of water
- 1 envelope unflavored gelatin
- 3 tbsp corn syrup
- 4 cups birdseed