

# NEWS FROM YOUR PEER LIAISON



**GWEN TIMMERMAN**  
IFAPA Peer Liaison

**How to Contact Me:**

844-335-9746

319-883-3594

gtimmerman@ifapa.org

**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. I spoke with Chapman 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 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, and backyard sports.

**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

## SUPPORT GROUP INFORMATION:

### ALLISON AREA SUPPORT GROUP:

Vineyard Community Church, 319 W Bremer Ave, Waverly  
 Meets monthly-- 2<sup>nd</sup> Monday, Meal at 6:00 p.m., Meeting 6:30-7:30 p.m.  
 Groups meet September-May  
 Free childcare offered for ages 0-5/Structured activity for ages 6+  
 Contact Persons: Tammy Faux (319-610-9115 or [tammy.faux@wartburg.edu](mailto:tammy.faux@wartburg.edu))  
 Kate Haberman-Foelske ([khaberman@monarchtherapyservices.com](mailto:khaberman@monarchtherapyservices.com))  
 Gwen Timmerman (319-883-3594 or [gtimmerman@ifapa.org](mailto:gtimmerman@ifapa.org))

**February Meeting:** We will be having a panel of the following: DHS worker, BHIS, FSRP, Attorney and Judge Newell... it will be from 6-7:30. Kids will have Mindfulness and Grounding and Music Therapy

### BLACK HAWK COUNTY SUPPORT GROUP:

Grace Lutheran Church, 1024 W 8<sup>th</sup> St, Waterloo  
 Meets monthly-- 2<sup>nd</sup> Tuesday, 6:30-8:30 p.m. Groups meet September-May  
 2 hours training & free childcare offered  
 Contact Person: Gwen Timmerman (319-883-3594 or [gtimmerman@ifapa.org](mailto:gtimmerman@ifapa.org))

**February Training:** "Foundations of Foster Parenting: Planning for a Placement" with Katie Squier. **Special Valentine's Day desserts for all!**

## UPCOMING IFAPA TRAININGS

(For a complete listing of all trainings, please go to: [www.ifapa.org](http://www.ifapa.org))

<b>Saturday, Feb. 4, 2017 (9am-12:15pm)</b>	<a href="#">The Magic of Healing the Brain and Fostering a Secure Attachment</a> (Joann Seeman Smith, Ph.D., LMHC)	3 hours	<b>Marshalltown</b> Fisher Comm. Center 709 S Center St
<b>Saturday, Feb. 4, 2017 (1:15pm-4:30pm)</b>	<a href="#">Parenting the Willful Child - Helping Your Child Use Their Power for Good and Not Evil</a> (Joann Seeman Smith, Ph.D., LMHC)	3 hours	<b>Marshalltown</b> Fisher Comm. Center 709 S Center St
<b>Saturday, Feb. 11, 2017 (9am-12:15pm)</b>	<a href="#">Calming the Trauma Storm - Part 1</a> (Marty Wallace, LMHC) It is encouraged to attend both trainings in succession, but is not required and can be attended individually.	3 hours	<b>Cedar Rapids</b> <b>Clarion Hotel</b> 525 33d Ave SW
<b>Saturday, Feb. 11, 2017 (1:15pm-4:30pm)</b>	<a href="#">Calming the Trauma Storm - Part 2</a> (Marty Wallace, LMHC) It is encouraged to attend both trainings in succession, but is not required and can be attended individually.	3 hours	<b>Cedar Rapids</b> <b>Clarion Hotel</b> 525 33d Ave SW
<b>Saturday, Feb. 18, 2017 (9am-4:30pm)</b>	<a href="#">Managing the Short and Long-Term Effects of Sexual Abuse</a> (Heather Craig-Oldsen, MSW, CSW)	6 hours	<b>Cedar Falls</b> <b>Hawkeye</b> <b>Comm.</b> <b>College</b> 5330 Nordic Dr



Valentine's Day Crafts

Valentine's Day is the perfect time to do a little crafting with your kids. Here are a couple to try.



SAVE THE DATE...

**IFAPA's 2017 Spring Conference in Des Moines**  
 Friday, April 7 &  
 Saturday, April 8

Des Moines Airport  
 Holiday Inn