



**TINA VANDE KAMP**

IFAPA Peer Liaison

**How to Contact Me:**

844-451-6813

712-451-6813

tvandekamp@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



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## 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

## IFAPA's Training Schedule

### FEBRUARY 2017 TRAININGS

Date & Time	Name of Training & Trainer	Credit	Location
<b>Saturday, Feb. 11, 2017</b> (9am-4:30pm)	<a href="#">Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors</a> (Kim Combes, LBSW, M.Ed.)	3 hours	<b>Sioux City</b> Stoney Creek Inn 300 3rd Street Nebraska Room
<b>Saturday, Feb. 25, 2017</b> (9am-12:15pm)	<a href="#">Mandatory Child Abuse Reporter Training</a>	3 hours	<b>Sioux City</b> Stoney Creek Inn 300 3rd Street Nebraska Room
<b>Saturday, Feb. 25, 2017</b> (1:15pm-5:30pm)	CPR and First Aid ( <a href="#">Register &amp; Pay Here</a> ) To avoid late fees, pay by Sunday, Feb. 12	4 hours	<b>Sioux City</b> TBA
<b>Saturday, Mar. 18, 2017</b> (9am-4:30pm)	<a href="#">Time to Connect: Transitioning from Traditional Parenting to Connected Parenting</a> (Darcie Van Voorst)	6 hours	<b>Sioux City</b> Stoney Creek Inn 300 3rd Street Nebraska Room

### SPRING 2017 CONFERENCE

**SAVE THE DATE** - The Spring Conference will be held April 7th & 8th at the Airport Holiday Inn in Des Moines.



Do you feel like you're not being heard you're your child is in a meltdown? Try these alternatives to the phrase "calm down":

- I see that you are having a difficult time, let me help you.
- Take a deep breath.
- If you need to hit something, hit this pillow.
- That can be so frustrating, let's figure this out together.
- I see that you are so mad, how does that feel in your body?
- Count to 10.
- Want to squeeze my hand?
- How about a big hug.
- Tell me about it.
- Use an indoor voice.
- Let's take a minute by ourselves to calm our anger.
- Your face is red, try taking a breath to help your heart slow down.
- I hear what you are saying but I don't like to be yelled at.
- Let's focus on fixing the problem together.
- If you are feeling sad, you can tell me about it.



Valentine's Day Crafts

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



Hand Print Heart



Heart Flower



Felt Heart Pillow

This project also allows you teach sewing skills like threading a needle. February fun!