

DECEMBER 6, 2016



Hooray!

IFAPA is excited to announce that in November 2016 our organization was granted a Child Placing License by the Iowa Department of Human Services. IFAPA is looking forward to new opportunities and collaborations with other child welfare partners in the upcoming years!

Educational Videos from Blank Children's Hospital

IFAPA has recently established a partnership with Blank Children's Hospital, Regional Child Protection Center to collaborate in developing brief educational videos on topics involving foster children, such as children's behavior, eating needs, physical issues and medical issues.

The following three videos are available for families to view on the IFAPA website and through the Blank Children's Hospital [Regional Child Protection Center website](#).

- [FOOD/EATING ISSUES AND CHILDREN IN FOSTER CARE](#)
- [FREQUENT INFECTIONS IN INFANCY/EARLY CHILDHOOD](#)
- [BEDWETTING](#)



Pictured above are Dr. Lark Eshleman, Trauma & Attachment Expert, and IFAPA Board and Staff Members participating in a teamwork activity during the keynote presentation.

On October 28th and 29th, IFAPA held our Fall Conference at the Marriott Hotel in Coralville. There were approximately 150 people who attended a variety of workshops provided by local and national presenters. Thank you to those who were able to attend!

Feedback from one of the conference participants:

The sessions we attended were interesting. Our daughter has significant behavioral issues and the trainers helped us understand her past more and how to deal with it.

SAVE THE DATE! Plans are underway for our Spring Conference scheduled on April 7th and 8th at the Des Moines Airport Holiday Inn.

WINTER TRAINING SCHEDULE

Our winter schedule which includes January, February and March trainings has been posted to our website. [VIEW SCHEDULE](#)



Helping Young People in Foster Care Through the Holiday Season

The holidays are a tough time for youth in foster care, this publication from FosterClub gives advice for youth, tips for supportive adults and personal stories from foster youth who have been in care during the holiday season.

[VIEW PUBLICATION](#)



What Is Your Child's Love Language?

Source: Child Abuse Council

It can come in the form of sticky face kisses or in a family drawing. Your child speaks their love, and they can learn this language from you.

According to Dr. Gary Chapman, author of the "Five Love Languages" series, humans have five basic ways of expressing love emotionally. Our primary love language is the way we most comfortably express love and receive it from others.

How does your child speak their love

Using the descriptions below, you may come to better understand how your child expresses and receives love to and from you as well as other important people in his or her life.

Once you've matched your child to a primary love language, make an effort to show her love in the way she best understands it.

Love Language: **Touch**

If your child's love language is touch, he may: love to receive hugs and kisses, give high fives, and cuddle. He may ask to be carried often. He may like physical activity including racing, wrestling, and playing tag.

Speak this love language by holding hands, hugging, reading stories together, sitting close to each other, singing and playing action songs.

Love Language: **Words of Affirmation**

If your child's love language is words of affirmation, she may: like for others to tell her she did a good job,

and love to hear out loud that she is cared about.

Speak this love language by complimenting your child, praising her aloud around others, singing a song with her name in it, saying "I love you" often.

Love Language: **Quality Time**

If your child's love language is quality time, he may: love to do things with you, especially one-on-one. He may enjoy watching movies, going out to eat, playing games, or simply running errands with you. He may want you to watch while he is playing.

Speak this love language by running errands 1:1, having "date night", asking about his day, having a special bedtime routine, eating together as a family.

Love Language: **Gifts**

If your child's love language is gifts, she may: Feel good when someone gives her something, love to be surprised with small items, see a gift as an extension of her parents' care for her.

Speak this love language by making her favorite food, sending her on a treasure hunt, giving her a flower or a stone from outside that reminds you of her, keeping a stash of inexpensive gifts.

Love Language: **Acts of Service**

If your child's love language is acts of service, he may: appreciate when people do nice things for him, such as helping with chores, assisting with school projects, or fixing a broken toy.

Speak this language by practicing a sport together, checking your child's homework, surprising them by doing a chore for them, or volunteering together.

Not sure which is your child's primary love language? Do you and your child have different love languages? That's okay! You can also [TAKE AN ASSESSMENT HERE](#).

You can learn your child's love language by committing to show them love in a way they understand.

This will teach your child how to receive AND give love in all love languages. Dr. Chapman notes, "Parents are encouraged to give heavy doses of the child's primary love language, then sprinkle in the other four regularly."

When children receive love in lots of ways, they learn to share it in lots of ways as well. Teaching your children to recognize and share love in many ways helps your child grow into an emotionally healthy adult.