



CHRISTIE MCGUIRE
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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. 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

CURRENT NEWS

IFAPA'S MINI-CONFERENCES!

Preparing Your Teen For A Secure Journey To Adulthood!

Free event For Youth(14+) and foster parents to attend together!

- *Breakfast & Lunch Provided
- * Giveaways for parents & teens
- * 6 hrs. training credit

Saturday, March 11 in Fort Dodge

Get registered online at ifapa.org

& View future Mini conference locations & dates

SUPPORT GROUPS

Renew Support Group

Cornerstone Church-Ames

- *Get To Sleep! Stay Asleep! by Elise Spronk
- *Thurs., Feb. 16th, 2017, 6:15 - 7:45p.m.(1.5 hours approved)
- *Register @

Allison Area Foster Parent Support Group

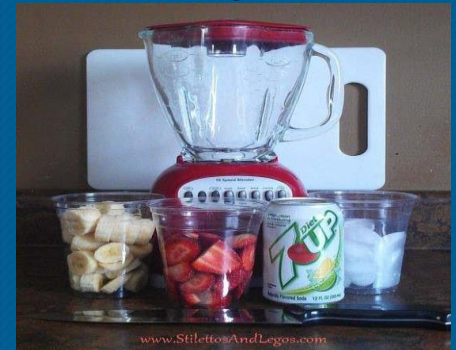
Vineyard Community Church

319 West Bremer Ave, Waverly

- * February 13th, 5:30-7:30 p.m. , Dinner served 5:30-6:00pm.
- *Panel: DHS,BHIS,FSRP workers,attorney,&Judge Newell
- *1.5 hrs training credit
- *Childcare for 5 & under, activity for 6+
- *Please RSVP for this event at www.aafpsg.org
- *For more details contact Megan : aafpsg@gmail.com, 319.241.0623, or www.aafpsg.org

Strawberry Banana Slushy

- 1 c. ice cubes
 - 1 c. chopped strawberries
 - 2 bananas
 - ½ can diet 7-up
- Blend until smooth. Options: put in freezer - 10 min. for extra slushiness, add sugar to sweeten



Zero-Calorie Slushy
Strawberry-Banana

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.

