

# NEWS February 2017

## FROM YOUR PEER LIAISON



### JESSICA LEAL

IFAPA Peer Liaison

#### How to Contact Me:

563-581-1119

jleal@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

## Does Your Foster Teen Need \$500 for Activities?

### SPECIAL FUNDING AVAILABLE FOR TEENS IN FOSTER CARE

IFAPA has received special money from Chaffee Funds for teens (age 14 and older) in foster care that can only be requested through June 30, 2017. This special grant can be accessed through IFAPA's Friends of Children in Foster Care Program. These grants will be available for up to \$500 per youth. This funding is for all teens (14 years and older) in a foster care placement including shelter, foster family homes, group care, & supervised apartment living. To apply for this special funding, please complete a [FRIENDS APPLICATION](#).

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

### TO REGISTER FOR A TRAINING:

Call IFAPA at 800-277-8145 ext. 1 or [COMPLETE OUR REGISTRATION FORM\\*](#).

\*If you would like to register for a CPR class, please register and pay through our CPR Registrations link below or use our mail-in CPR registration form. CPR registrations received without a payment will not be accepted.

### [CPR & FIRST AID REGISTRATIONS](#)

<b>Saturday, Feb. 11, 2017</b> (9am-12:15pm)	<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> Clarion Hotel 525 33d Ave SW
<b>Saturday, Feb. 11, 2017</b> (1:15pm-4:30pm)	<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> Clarion Hotel 525 33d Ave SW
<b>Saturday, Feb. 18, 2017</b> (9am-4:30pm)	<a href="#">Managing the Short and Long-Term Effects of Sexual Abuse</a> (Heather Craig-Oldsen, MSW, CSW)	6 hours	<b>Cedar Falls</b> Hawkeye Comm. College 5330 Nordic Dr
<b>Saturday, Feb. 18, 2017</b> (9am-4:30pm)	<a href="#">For Better or Worse: Couples Who Foster</a> Both partners must attend class together (Mike McGuire)	6 hours	<b>Iowa City</b> Clarion Hotel 2525 N Dodge St
<b>Saturday, Feb. 18, 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. 5	4 hours	<b>Indianola</b> TBA

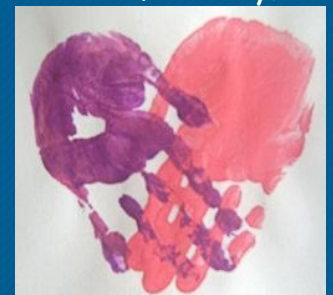


## Valentine's Day'

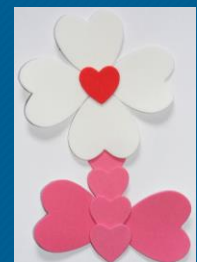
### Craft



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