



## What's Your Child's Love Language?

Have you heard of love languages? The concept, developed by Dr. Gary Chapman, suggests we all interpret love, value, and appreciation in five different ways:

- ♥ Quality time
- ♥ Receiving gifts
- ♥ Words of affirmation
- ♥ Acts of service
- ♥ Physical touch



If we "speak a different love language" to our kids, we can think we are communicating our love to them, but they won't necessarily hear us.

The key is to discover your child's primary love language and intentionally invest in showing affection in that particular way.

Continued on Page 9

**Studies show that kids in foster care suffer from PTSD at almost twice the rate of returning war veterans.**



## BE A SAFE SPACE FOR YOUR TEEN

Teens have opinions; they're just looking for a safe space to express them. So be that safe space when it comes to discussions about sexuality. Whether they agree or disagree with you, the only way they'll feel confident making their own decisions is if you reinforce their power by helping them navigate their thoughts and feelings.

Ask them how they're processing the sexual messages they're getting in popular culture, and help them understand their options for dealing with new, sexual feelings. Share your values and be okay if your teen disagrees. Just follow up by asking them about their values.



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<https://parentandteen.com/parenting-snack-be-a-safe-space/>



# Free Fishing WEEKEND



## FREE FISHING WEEKEND JUNE 3-4, 2023

On Free Fishing Weekend, you can wet a line without a fishing license, trout stamp or salmon stamp. What a great opportunity for family and friends to give it a try! Watch for details to plan your special fishing day for your club or community group.

### NO TACKLE? NO PROBLEM!

Wisconsin has more than 50 tackle loaner sites and many of them have ice fishing gear that you can borrow. Office hours vary by site, so contact the loaner site and plan ahead to pick up the gear.

### TRIED FISHING AND LOVED IT? GET YOUR LICENSE NOW.

New to fishing or haven't bought a fishing license in 10 years? Want to make it a healthy habit? Try our First-time buyer - Welcome back resident license for only \$5. Buy yours today!

### MARK YOUR CALENDAR

Free Fishing Weekends are always held the third full weekend in January and the first full weekend in June. Watch for clinic announcements in the months ahead.



## MODELING BOUNDARIES FOR TEENS

Pssst, don't look now but you are surrounded by teachable moments. They're in books, movies, television shows, and the news. They make for an easy way to get your child to think about how they'd react in a similar situation. Ask your teen how they would have responded if facing the same peer pressure. You can help them come up with an answer by being a role model. Show them how you push back against the daily barrage of advertisements and requests. Let them hear you say "no" sometimes, especially when that "no" means saying "yes" to something positive. Written By: Melissa Ford

Parenting in 100 Words Nov 03, 2022

[www.parentandteen.com/parenting-snack-modeling-boundaries/](http://www.parentandteen.com/parenting-snack-modeling-boundaries/)

WFAPA works hard every year empowering, supporting, advocating, and providing resources for foster and adoptive families. Our work is so important to us, and the strides we have made so far would not have been possible without supporters.

Will your company consider becoming a sponsor of WFAPA? You can make a one-time, yearly donation of \$300.00 or a monthly donation of \$25.00 for one year. Since we are a 501(3) (C), your is tax deductible.

Not only will your company benefit through the positive publicity of supporting our mission and organization, WFAPA helps you achieve this publicity by promoting your business:

- On our website, [www.wfapa.org](http://www.wfapa.org),
- On our Facebook page, [www.facebook.com/wfapa](http://www.facebook.com/wfapa),
- Through social media,
- In our newsletters, which are published four times a year,
- At our Spring and Fall Conference.

Sponsors  
Welcome

If your company is interested in being a sponsor, please reach out to us. For more information, go to our website, [www.wfapa.org](http://www.wfapa.org), click on Support Our Work, and then click on Sponsors. We can't wait to hear from you!

**HUGE shoutout and thank you to Renee Thorssen, for being our conference photographer!**

Please enjoy the photos from our Spring Conference that are scattered throughout the newsletter. Please go to our website, [www.wfapa.org](http://www.wfapa.org), to view more photos.



# Fostering Sibling Bonding: How to Set Them Up For Success

Sick of constant bickering? Is the sibling competition in your house driving you crazy? You're far from alone. When your children are generally peaceful, respectful of each other and loving, this makes your job as their parent way more rewarding and enjoyable. When they bicker constantly? The opposite is true.

As an in-home therapist, parenting coach, and mom of four, I have found that a few key principles help support sibling bonding from the start...

1. Get older siblings invested from the beginning. During pregnancy, read aloud weekly emails that provide the update of your baby's development. Make it a special time when your older child can learn about the process and growth of your developing baby. When older siblings feel that they are an important part of the team that is raising the new baby, they will naturally be protective and take pride in their responsibility in this role.

2. Let your older children help as much as they want. Maybe your three-year-old can't actually help with bathing a newborn, but he or she can go get the clothes you picked out and bring them to you. Take time to answer questions about breastfeeding and other topics related to this special time.

3. Be honest with yourself about your older child's development and don't push them to grow up too soon. But don't short-change them either. Sometimes moms who are preoccupied with a new baby can become a bit too permissive with the older child to try to make up for the guilt the mom experiences. Loving limits must be in place to continue the learning and growth of your older child as he or she needs structure and boundaries (as well as affection and understanding) to thrive.

4. Take time to listen to your older child(ren). They may have some feelings that are difficult to deal with during times of transition- such as bringing a new baby home. You can listen to them without feeling like you need to fix it and make everything better. Acknowledging the feeling with a simple comment like "I know, it's been hard for Mommy too," and a hug, can be the moment of connection that helps.

5. Model peaceful, positive communication with your partner. Siblings learn how to cooperate by watching you. If tempers are running



hot with adults in the home and there is unresolved tension, children are going to take that in and inevitably act out their anger and frustration in unhealthy ways. Calming, cleansing breaths can be a simple way to work through a difficult moment if stress is keeping you from seeing straight and thinking clearly. If you model these relaxation breaths with your children and explain how to do it, they can practice with you and use this as a tool when they become upset with siblings. Using strategies like this will support you being able to get moments to yourself as the kids get older because they will be able to play harmoniously (not perfectly, but generally peacefully). I'm not saying don't argue (because we all do); just be sure that your kids see there's a resolution and forgiveness.

6. Sleep and nutrition are major factors in how children tolerate stress and process their feelings. A consistent sleep routine for each child will support their best behavior and ability to cope with difficult feelings when a situation arises.

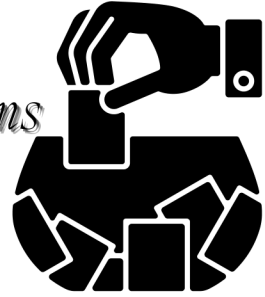
7. Take time to help siblings understand each other. Currently, I have a 14 year old, 7 year old, 2 ½ year old, and a baby who is almost one year. The 7 year old understands that he must be patient and that his younger siblings do not know how to share yet, nor do they intend to hurt him if they bop him on the head. Our toddler is learning to say he's sorry and starting to grasp the concept that other people have feelings that he can affect. This is something I spell out to my older children so they can help him practice and they can show empathy when he may be struggling with an impending meltdown. There is a sense of shared experience that fosters community and support amongst siblings when these things are spelled out.

8. Avoid comparing siblings and DO treat them as individuals. Children can be very different in temperament, sensitivities, demeanor, talents, style of learning, and preferred method of receiving affection.

**Article continued on page 8**



*Free  
Registrations  
and  
Rooms*



**COME TO OUR  
FALL CONFERENCE, AND  
YOU COULD BE ONE OF THE  
NEXT LUCKY WINNERS!**

At our Spring Conference, we held a drawing for three free registrations and rooms for our Fall Conference. The lucky winners were:

- Scott Kasten from Lincoln County,
- Jennifer Baranczyk from Waushara County and
- Brian George from Rock County.

CONGRATULATIONS to all the winners and we are looking forward to seeing you in the fall!

*Life  
Begins  
Here*

*Caring Closet,  
Inc.*



At our Spring Conference, WFAPA donated to Caring Closet Inc. Danielle Calhoun, herself a foster parent, started Caring Closet Inc. in the lower level of the historic old Tomah post office at 903 Superior Ave.

But while Caring Closet's initial focal point was helping foster children and foster families, she emphasizes the service there for any families who need assistance. Caring Closet works with Family Promise to assist the homeless.



Now Caring Closet consists of three visit rooms, which has allowed them to find space for more donations. With the additional room in the building, they can provide a safe secure place for families. The visit rooms are used by social workers and for supervised family interactions with parents in space that resemble a home.

Along with an ample supply of children's clothing in a variety of sizes, Caring Closet accepts housewares and can assist with toddler needs like strollers, play pens and just about anything else that may be needed. Presently Caring Closet provides services for Monroe, Juneau and Sauk counties. Those services are gaining ground.

Please keep Caring Closet in mind for clothing or furniture donation. If you were unable to attend this conference, but would like to donate monetary donations, you can mail them to Caring Closet, c/o Danielle Calhoun, 29774 Fox Ave., Tomah, WI 54660.

# SPRING CONFERENCE

## *Tools and Techniques we learned from Charlie Applestein, MSW*

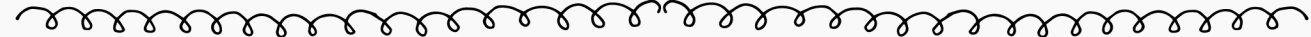
We just want to extend a heartfelt thank you to Charlie for speaking at our Spring Conference. His presentation on "No such thing as a bad kid" was not only informative, but also highly entertaining. We were all thoroughly impressed by his wit and humor, and we couldn't stop chuckling or reciting the cues and raps you shared with us. In all seriousness, though, we are extremely grateful for your contribution to the event.



When children and youth misbehave, often in very serious ways, it's as if there is a neon light flashing over their heads, announcing: I need help! I need help! Fortunately, adults can respond to these calls for help with an effective, evidence-based strategy. Strength-based (SB) practice is a proven approach to guiding off-track lives that positively transforms our most vulnerable children.

SB practice is an approach to guiding children and youth – and in particular, those experiencing ongoing emotional and behavioral challenges, that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that all young people are resilient and have or can develop strengths and draw on past successes to make good decisions and enhance functioning and happiness.

SB practice is a way of understanding and responding to problem behavior, and those who commit such acts, that recognizes that behavior is a message ("I need help") being sent by inherently good people, and that when we respond to these calls for help in respectful, affirming, and empowering ways... problem behavior diminishes, self esteems rise, and happiness abounds. It's about two words: attitude and actions. It begins with the uplifting attitude a professional presents to an at-risk young person or group – from the moment they meet and then forever, that conveys the following message: I believe in you. I know you will succeed here and after you leave. And I am absolutely thrilled to be part of your life.



## ADVOCACY 101



### MAKING THE WORLD A BETTER PLACE FOR CHILDREN AND FAMILIES.



We want to express our sincerest gratitude to Judy Olmanson, CSW, M.A., M.A.T. for her participation as a guest speaker at our recent conference. Judy shared with us her vast knowledge on the concept of advocacy, particularly its desired outcomes and the factors that contribute to success. Her expertise on advocacy for children and youth in foster care was invaluable.

What is advocacy? Why engage in advocacy? What factors contribute to advocacy? Advocacy (n.) The act of arguing in favor of something, such as a cause, idea, or policy; active/support.

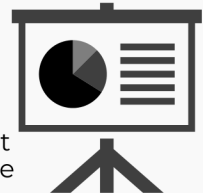


One of the most important roles that foster and adoptive parents play is that of advocate for his or her children. They are often called upon to be advocates for the children in their care, whether it be with the child welfare system, schools, mental health services, medical services, or local and state governments.

She provided us with the essential skills necessary to be an effective advocate in a variety of settings. From the Wisconsin Legislature, starting with the basics of finding your legislators, the best ways to contact them, what to say, and how to build a relationship with them, as well as how to share our story for change.



## *If You Weren't Able To Attend . . .*



We are incredibly appreciative of everyone who attended our Spring Conference. We hope that you found the conference informative and worthwhile. Your presence, enthusiasm, and positive spirit helped to make this event a great success!

Charlie and Judy's powerful and stimulating presentations were highly praised by everyone present. Their passion and enthusiasm were truly inspiring and their expertise was invaluable. Their role in making our conference a success was monumental and we hope to have the opportunity to work with them again in the future.

If you weren't able to attend our conference, but are interested in their presentations, Charlie and Judy are allowing us to share their PowerPoint Presentations. You can view them on our website, [www.wfapa.org](http://www.wfapa.org), under Resources, and click on their link.



# Mama Kasch's Kitchen Recipe

## APPLE CAKE WITH CREAM CHEESE FROSTING

Prep Time: 10 Minutes  
Cook Time: 20 Minutes  
Total Time: 30 minutes

### Ingredients

\* 4 cups sliced Granny Smith Apples (about 4 medium apples) \* 2 large eggs \* 1 cup Oil \* 2 cups Granulated Sugar \* 1 Tsp. Vanilla Extract \* 2 cups All-Purpose Flour \* 2 Tsp. Cinnamon \* 1 Tsp. Baking Soda \* 1 batch of our The Best Cream Cheese Frosting

### Instructions

1. Wash peel your apples. We use Granny Smith Baking Apples.
2. Slice your apples into slices, as you would for an apple pie (as opposed to chunks.) Try to get the slices to be as uniform as possible so they will bake evenly in the cake. Sprinkle the apples with a squeeze of lemon to keep them from browning.
3. Add the flour, cinnamon, and baking into a bowl.
4. Whisk together until the cinnamon is well combined with the flour.
5. In a second bowl, add the oil and eggs. Beat them on medium speed with a mixer until the eggs are frothy.
6. Add the sugar and the vanilla.
7. Continue to mix until the ingredients are combined.
8. Add the dry ingredients to the bowl with the cake batter.
9. Mix with a spoon until just combined.
10. Add the apples.
11. Fold in the apples. The mixture will be sticky and thick.
12. Grease and flour a 9x13 pan. Spread the cake batter evenly in the pan.
13. Bake in an oven preheated to 350 degrees for 60 minutes. The cake will be golden brown on the top. Allow the cake to cool completely before adding the frosting.
14. While the Apple Cake is cooling, make up a batch of our super creamy and delicious The Best Cream Cheese Frosting. You'll find all the directions you'll need right here!
15. When the cake is completely cooled, frost it with the Cream Cheese Frosting.



## THE BEST CREAM CHEESE FROSTING



### Ingredients

Prep Time: 10 Minutes Cook Time: 20 Minutes Total Time: 30 minutes

\* 1/2 cup Butter, slightly softened (We use Salted Sweet Cream Butter) \* 8 oz. Cream Cheese (softened)  
\* 1 pound Powdered Sugar (or 4 cups) \* 3 teaspoons Vanilla Extract

### Instructions

1. Add the butter, cream cheese, and vanilla extract to a mixing bowl. The butter and the cream cheese should be "slightly softened" which means it is still cold but has been out of the refrigerator for 30-60 minutes.
2. Mix the cream cheese, butter, and vanilla together on medium speed until thoroughly combined (about 2 minutes.) You want to fully cream the ingredients together so their flavors meld together. Use a spatula to scrape the mixture down from the sides of the bowl before moving on to the next step.
3. In a separate bowl, use a food scale to measure 1 Pound of Powdered Sugar. If you don't have a food scale, measure 4 cups instead.
4. Add the Powdered Sugar into the mixing bowl.
5. Start your mixer (or electric beater) on the lowest setting and keep it on low until the cream cheese/butter and sugar are incorporated (about 30 seconds). Stop the mixer and scrape down the sides of the bowl and then increase the speed to medium-high and mix for another 30-45 seconds so the frosting gets light and fluffy.
6. This is the fun part of the frosting-making process where you get to taste your icing. You are tasting to determine taste (does it need more vanilla?) and consistency (is it too thin or too thick?) (Two Sisters note about cream cheese frosting. It is a thin frosting. It will never be a frosting that is pipeable or will crust up like buttercream. That being said, as you can see in our picture, you can do a swirl.) The first thing you should do before using the frosting is put it in the refrigerator for an hour or so, that will help the butter and cream cheese firm up. Another thing to try if the frosting is too thin is to add EITHER 1/2 cup of powdered sugar or 1 tablespoon of corn starch. Mix again and see if the consistency is better.



One out of every two foster youth has dealt with four or more adverse childhood experiences.

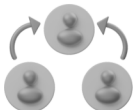
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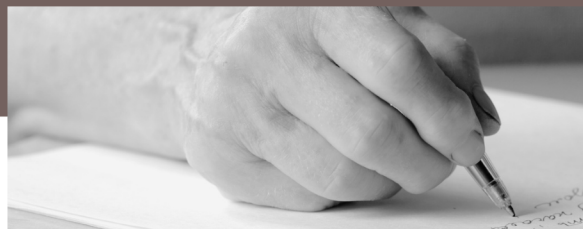
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# LETTER *From The* PRESIDENT



Dear friends of WFAPA,

WOW!! What an awesome conference we just had. Sixteen, yes sixteen new faces were at the Spring Conference held at Three Bears Resort in Warrens, Wi. Phenomenal speakers were Judy Olmanson who brought advocacy information to us and Charles Appelstein, who taught us new ways to help our kids. Some of the reviews that were given, "There is no such thing as a bad kid." Wonderful words of encouragement and support were given to both speakers. My personal favorite was, "it is great to see the speakers, see the people in person, and walk into the conference knowing that they all get it, and we were welcomed!" We do hope that everyone felt comfortable, welcomed and knew they were sitting with their peers. People who get it!

The Easter Bunny joined us, and the children were thrilled. On Sunday there were hundreds of eggs hidden for the Easter egg hunt and the Easter Bunny was there for kids and adults! Pictures, young and old were taken with the Easter Bunny. It was a great send off! Folks have stated, "they like the Easter Bunny and Mr. Grinch and hope this continues." You never know what may show up or be available for the adults and children! We are not only giving you an education, but we are also trying to give you some "fun time!"

During our membership meeting we drew three free registrations and rooms. The lucky winners were Scott Kasten Lincoln County, Jennifer Baranczyk Waushara County and Brian George Rock County. We welcome Brian to WFAPA as a new member. CONGRATULATIONS to all the winners. We look forward to seeing your smiling faces in October! 😊

What is Assembly Bill 83? I have received several calls and messages asking me what this is about and what I thought of this. "An Act: amend 48.78 (2) and to create 48.38(5) (dm), 48.38(5m) (dm), 938.38 (5) (dm) and 938.38 (5m) (dm) of the statutes, relating to: providing permanency plan and comments to out-of-home care providers in advance of a permanency plan review or hearing. Foster parent, guardian, relative other than a parent, or nonrelative in whose home a child or juvenile is placed, or the operator of a group home, residential care center for children and youth, or shelter care facility in which a child or juvenile is placed. Under this bill, any information that is required to remain confidential under federal or state law must be redacted from the permanency plan before it is provided to the out-of-home care provider." (2023 ASSEMBLY BILL 83, 2023-2024 LEGSLATURE)

My thoughts are, I would never agree to this. I believe there is pertinent information that shall be withheld from us. EXAMPLE: What if this child is a firestarter, but they redacted that information from us. Child is with us for a week and suddenly his room is on fire. Do you think that information should be withheld from us? NO! We should all call or write to our representatives that introduced this bill on March 6, 2023. They are Representatives Murphy, Behnke, Brandtjen, Brooks, Mursau, Rozar, and Wichgers, cosponsored by Senators Jacque, Ballweg, and Tumczyk. Referred to Children and Families.

Don't forget to call us if you would like us to present to your county and foster parents. We are happy to do it and let everyone know what we are all about. Please call myself, Tina 715-938-6667 email: twfapa@new.rr.com. Or Tammy at 715-497-3561 or email: tmeeshai973@yahoo.com.

Summer is coming to us once again; life outside is beautiful! Fresh smells, warmth, sunshine, flowers, camping, traveling, vacations and picnics with family and friends! For you "summer folks", which I am, go out and enjoy! Call us, email us, text us or go through our WIX Website. We want to hear your questions or concerns. Thank you for being members of WFAPA. Thank you for all that you do! Happy Memorial day (May 29th), Happy Mother's Day (May 14th), Happy Father's Day (June 18th), Happy National FOSTER CARE MONTH, Happy May 1st to May 31st, and Happy Fourth of July (July 4th). Oh shucks, HAPPY everything. See you in the Fall. Information will be on the web soon.

Love and Light,

*Tina*





## New Members

We want to thank the following new members for joining us at our Spring Conference.

Jason and Staci Bowe  
Tricia Francher  
James and Teresa Flaig  
Brian and Diane George  
William Haight  
Craig and Stephanie Manka  
Tara Meister  
Les and Jody Muck  
Rob and Pam Rikers  
Jim and Brenda Zarecki

We hope that you were able to connect with other foster and adoptive parents, and that you received valuable resources, knowledge and ideas.



## HOW TO OBSERVE



### #NationalFosterCareMonth

Support those who provide care and if you are able, consider being a foster parent. The need is increasing. Use #FosterCareMonth to share on social media.

## 4 Tips to Parent Foster Children With Trauma History

by Katie Gerten | Feb 23, 2022 | Blog, Children's Mental Health, Featured, Foster Care, Parenting, Trauma

Parenting a foster child with trauma history can be challenging. Trauma profoundly influences brain development, impacting children's behaviors, ability to regulate emotions, and even their capacity to form healthy relationships.

And for many, it's coupled with attachment issues, rooted in everything from abuse and neglect early on in life to repeated moves due to broken-down placements.

Here are some signs that may indicate a child is struggling with attachment.

### Signs of Attachment Disorders:

- Bullying or hurting others
- Extreme clinginess
- Failure to smile
- Intense bursts of anger
- Lack of eye contact
- Lack of fear of strangers
- Lack of affection for caregivers
- Oppositional behaviors
- Poor impulse control
- Self-destructive behaviors
- Watching others play but refusing to join in
- Withdrawn or listless moods

Parenting children with attachment issues rooted in a history of trauma can be a formidable task. To put it simply—it's not easy to be a foster parent.

But the work is so critical. The bonds foster parents build with kids help them heal and serve as the foundation for



healthy connections in adulthood.

That said, we want to guide you on the path to parenting kids with trauma history. So, here are a few tips to help build trust and influence children's behavior.

#### Meet Needs

Your #1 goal is to find out your foster child's needs and meet them. And the best way to find out is to ask. When doing so, be direct, using exact language. For example, "What's going on?" "What are your needs?" "How can I support you?"

#### Say "Yes"

Kids in foster care have little power over their lives. So, often that manifests in a desire for control.

You can go miles when it comes to building trust with children by focusing on dishing out "yes" more than "no." The optimal ratio is 7:1, saying "yes" 7 times for every "no."

#### Make Eye Contact

Our eyes speak louder than words. Nonverbal cues are critical components of communication, especially for kids with trauma history. As often as possible, get on your foster child's eye level when speaking to them.

#### Mirror Behavior

Be a mirror. Secure attachment is characterized by a healthy rhythm between children and their caregiver's behavior. For instance, if a baby coos, their mother will coo back, or when a toddler laughs, their father laughs too. Congruent behaviors build trust and attachment.

## Foster and Adoptive Support and Preservation Program Surviving Allegations of Abuse and Neglect

FASPP's mission is to meet the needs of foster and adoptive parents statewide through a network of peer driven support and information which will help to preserve foster and adoptive families. Are you feeling lost? Do you need information? Are you under an investigation? If so, FASPP may be able to help! Our FASPP and SAAN volunteers are highly trained to provide you with information and/or resources to guide you through various issues. FASPP and SAAN is made up of fellow foster or adoptive parents.

SAAN (Surviving Allegations of Abuse and Neglect)

SAAN is a peer driven support network, the purpose of which is to minimize the trauma to foster and adoptive families while undergoing an allegation without compromising the integrity of that investigation. Foster parents welcome children into their homes knowing that they bring their histories and issues along with them. For this reason, foster and adoptive parents are at a higher risk of having an allegation made against them. Undergoing an investigation is a stressful and scary situation for anyone, and SAAN is here to provide information to support you throughout the investigation process.

Please call or email the following people with questions in these areas: Norma, Chairperson (Advice on general/allegations) Phone: 920-922-9627; Melissa (Focuses on fostering younger children) Phone: (608) 333-6650 Email: [lovedalemelissa@gmail.com](mailto:lovedalemelissa@gmail.com); Tammy (Advice on general/foster) Phone: 715-497-3561 Email: [tmeesha1973@yahoo.com](mailto:tmeesha1973@yahoo.com); Lauri (Advice on general/adoption) Phone: 715-816-4152. Email: [lthorssen@gmail.com](mailto:lthorssen@gmail.com)

Continuation of Fostering Sibling Bonding: How To Set Them Up For Success from Page 3

9. Focus on quality of time versus quantity. Especially for working parents, it can be challenging to find enough time with the kids so we may neglect our own needs in order to get every second possible before bedtime. Out of the desperation, we can become impatient, resentful, and not very pleasant to be around, therefore creating a bigger issue. A more targeted "together" time of 15 minutes over a stressful 30 minutes will be better received and appreciated. They you can spend the other 15 minutes recharging your batteries, refilling your cup, and any other euphemism you want to visualize. The important part is: self-care for parents supports better parent-child relationships and therefore sibling relationships! It's all connected.

10. When in doubt, LAUGH. Juggling more than one child will sober up any formidable super-mom or dad! Don't take yourself too seriously and let your kids remind you to loosen up.

11. Watch out for repeating unhealthy family patterns. Self-awareness and reflection on our own childhood is essential to creating a healthy environment for our children to thrive. Most of us did not come from an idyllic family and often becoming a parent can bring up unresolved issues from the past. Knowing your story and being able to select what you want to carry on, versus what you want to leave behind, will support your ability to have the family you want.

12. When you are feeling overwhelmed too often with family dynamics, it's time to seek support. Find a therapist or parent coach in your area to talk to about what you're experiencing. You don't have to feel alone and often the acknowledgement of needing a little help is the most important step to improved family satisfaction.

You don't have to accept sibling rivalry as a fact of life. Many parents are passive about how their children relate to each other because they think "that's how kids are." Taking a proactive role in supporting loving interactions between siblings and appreciation for each other can make parenting that much more rewarding. I take solace in knowing that when I'm gone, my four sons will be there to support each other—in part because their father and I set things up that way.



Article written by Shay Stinson  
<https://www.scarymommy.com/sibling-bonding?fbclid=IwAR2XgIPYIJm4ZfEN8nrWRYcjal3CGMCBHA7PAhqOR9Ihr5Fyr6Z3RsY628s>



On behalf of everyone at our organization and the foster and adoptive families we serve, we'd like to say thank you for your kind donation.



## Join Us

WFAPA's leadership has helped to educate policy makers and engage foster and adoptive parents in the debate on issues that affect the foster and adoptive system.

We'd love you to join us on our adventure! We couldn't continue to play a role in influencing public policy and advocating on behalf of foster and adoptive children and parents in Wisconsin without our members.

One of the best ways to acquire our collective voice is to create a strong community among foster, adoptive and kinship families.

Our members:

- Receive four newsletters each year.
- Get first hand information of what's happening at the State level.
- Who you can call when an allegation arises.
- Peer Support.
- Scholarship information.
- Reduced rate for conferences.
- Opportunities to become involved in projects to help foster children.

There are two ways you can join. Either go to our website, wfapa.org, and click on Membership or you can fill out the attached Membership Form and mail it along with \$10.00 per adult to: Michelle Ward, W7018 Discovery Drive, Fond du Lac, WI 54937.

### WFAPA Membership Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Your Address \_\_\_\_\_

Would you be willing to help out with WFAPA?  Yes  No

County, State or Agency Name (that licenses you): \_\_\_\_\_

Additional Donation: \$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_

\$50 \_\_\_\_\_ Other \_\_\_\_\_

GO GREEN!  I'd like to "go green" & paperless by receiving my newsletter online only.

In comparison to veterans, former foster youth are twice as likely to suffer from Post-Traumatic Stress Disorder.



# History of National Foster Care Month

Around 1830, a large population of homeless children emerged in big cities in the Northeast, including New York City. Some children were orphaned because of their parents dying of epidemics like typhoid and the flu, others were neglected due to poverty. At the time, three charitable institutions — The Children’s Aid Society, Children’s Village, and the New York Foundling Hospital, developed a program that allocated these homeless children into new homes.

The United States Children’s Bureau is a federal agency organized under the United States Department of Health and Human Services’ Administration for Children and Families. Today, the bureau’s operations involve improving child abuse prevention, foster care, and adoption. It was founded in 1912 when President William Howard Taft turned the bill into law that would fund the government organization.

During the height of its influence, the Bureau was directed, managed, and staffed almost entirely by women — a rarity for any federal agency in the early 20th century. It was most influential in bringing the methods of reform-oriented social research and the ideas of maternalist reformers to bear on federal government policy. The signing of this law culminated in a grass-roots process that was started in 1903 by two early social reformers, Lillian Wald and Florence Kelly. The stated purpose of the new Bureau was to investigate and report “upon all matters pertaining to the welfare of children and child life among all classes of our people.”

Along the way, their efforts picked up support from President Theodore Roosevelt, among other prominent supporters, before finally becoming a law nine years after they launched the initiative. The law also called for the Bureau to be headed by a chief, who would be a presidential appointee, subject to Senate confirmation. The first chief of the Children’s Bureau was Julia Lathrop — she was the first woman ever to head a government agency in the United States.

# National Foster Care Month Timeline



## Continuation of Fostering Sibling Bonding: How To Set Them Up For Success From Font Page

### The Five Love Languages for Kids

Below are Dr. Chapman’s five primary love languages broken down:

#### Quality time

Is quality time your child’s love language? If so, they feel most valued when you give them your undivided attention—engaging in meaningful, shared activities.

Remember, quality is key here. Limit distractions during one-on-one time to ensure you’re fully present.

#### Receiving gifts

Who doesn’t like a well-thought-out, meaningful present? If receiving gifts is one of your child’s more prominent love languages, they adore them—feeling most connected to you when you offer small individualized tokens of affection—reflecting their interests and personality.

#### Words of affirmation

If words of affirmation are your child’s love currency, they feel most valued when you offer positive words of appreciation, compliments, and encouragement. Make sure to express gratitude regularly, acknowledge their accomplishments, and encourage them through challenges.

#### Acts of service

Are acts of service your child’s love language? If so, they feel most appreciated when you offer gestures of support. For example, children might show affection by offering to help with household chores or bids for love by asking for help on tasks. Show love by providing support in practical ways—exploring what acts of service mean the most to your child. By understanding their needs and wants, you can show love in the most meaningful way and strengthen your connection with them.

#### Physical touch

If your child’s primary love language is physical touch, they feel most loved with hugs, cuddling, pats on the back—appropriate physical affection. Improve all your relationships. Each of us has a different way of expressing and interpreting affection in relationships, whether with partners, friends, or family members. When we take the time to understand our own and others’ love languages, it can significantly improve all our bonds. By: Katie Gerten | Mar 7, 2023 | Blog, Featured, Parenting, Wellness Toolkit <https://www.youthdynamics.org/whats-your-childs-love-language/>



Melissa Butor ~ Thank you for your recurring monthly donation. We simply couldn’t do what we do without amazing people like you.



### ONGOING VIRTUAL ADULT ADOPTEE SUPPORT GROUP

Connect with other adult adoptees from around Wisconsin in a space for discussing your adoption experiences with others who “get” it, as well as for just getting to know one another and talking about life. This group is facilitated by an adult adoptee. Find out more about the group at [www.wiadoptee.eventbrite.com](http://www.wiadoptee.eventbrite.com).



## HELP WANTED



### We have the following positions open on the board: Fund Raiser Chair and Grant Writer Chair.

If you are looking for an engaging job that is fulfilling and an opportunity to help, impact, feel good and work with an amazing team, please contact Tina Christopherson at [twfapa@new.rr.com](mailto:twfapa@new.rr.com) or (715) 938-6667. These positions are voluntary; however, you receive free lodging, training, and meals at our conferences, plus free WFAPA apparel.

#### FUNDRAISER CHAIR

Solicit and gather monetary donations or other gifts for conferences. May design and produce promotional materials to help raise awareness of WFAPA's work, goals, and financial needs.

##### Responsibilities:

- Identify and build relationships with potential donors.
- Secure commitments of participation or donation from individuals or corporate donors.
- Solicit cash or in-kind donations or sponsorships from individual, business, or government donors.
- Create or update donor databases.
- Coordinate transportation or delivery of materials, supplies, or donations for conferences.
- Write and send letters of thanks to donors.

#### GRANT WRITER CHAIR

Join our team and lead our efforts in securing funding to help our organization operate throughout the year.

##### Responsibilities:

- Research grant opportunities.
- Work with WFAPA's officers to understand our financial needs and secure needed funding.
- Prepare proposals and prepare grant applications with all required documents.
- Provide copies of the final and completed application to WFAPA's officers prior to submission of the grant.
- Track the status of grant applications and provide additional information as required.

*Thank you* **TO OUR SPONSORS**

Thank you so much for your recent sponsorship of our organization! As a sponsor, your contribution is vital to continue our important work. We cannot succeed without the generosity of supporters like you.



**FROM YOUR VACATION SPECIALIST**  
MEGAN & JOSH ROBERTS  
(715) 907-1270 WESTON, WI



As a recent breast cancer survivor, Josh and I have really realigned our priorities. Family, memories & time away are things that topped the list. We love travel and think it is so important. We'd love to help you, your family and your loved ones make some memories and make travel a priority too!

#### From Your Vacation Specialist: Dream Vacations

As a recent breast cancer survivor, Megan and Josh Roberts, have really realigned their priorities. Family, memories & time away are things that topped the list. They love travel and think it is so important. They would love to help you, your family and your loved ones make some memories and make travel a priority too! For more information, you can contact them at (715) 907-1270 or visit their website at [mmroberts.dreamvacations.com](http://mmroberts.dreamvacations.com).

## KERRY

**Kerry-Owen We are from food, for food. We are Kerry**

We never stand still. With our deep knowledge of taste and nutrition, we deliver products for people to enjoy and feel good about consuming. From a small dairy company in the southwest of Ireland to a global multinational in 50 years, the journey of Kerry tells a story of how belief and vision were combined to create a unique company. We've stayed close to our food heritage while drawing on expertise and inspiration from all over the world. Our organization is committed to helping delight and nourish consumers everywhere. Visit their website at [Kerry.com](http://Kerry.com).



**Family Works Programs, Inc.**

**Families are the best place for children to grow and mature. That's why we're called "Family Works."**

For more than 30 years, Family Works, Inc. has been dedicated to serving the children and youth of Wisconsin. We do this by recruiting, training and supporting treatment foster care parents throughout Wisconsin, and by coordinating the care of the children placed in our foster families. Visit their website at [family-works.com](http://family-works.com).



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#### Dana Longpre

Dana Longpre is a film producer, screenwriter, casting director, actor author of *In a Van Down by the River* and *Other Adventures of a Born Again Aspie*. She also is a speaker on topics of autism, foster care and overcoming mood imbalances with great nutrition. You can contact her at [linkedin.com/in/dana-longpre-995a8851](https://www.linkedin.com/in/dana-longpre-995a8851) or [facebook.com/dana.longpre/](https://www.facebook.com/dana.longpre/)