



Saskatchewan Foster Families Association

Adviser

Volume 3, Issue 2
Fall 2008

Meet Our New Staff 3

Privacy On the Internet 5

*2008 Conference: Supporting
Caring Families: Meeting the
Challenges* 6

Caring Too Much Can Hurt 12

We Are Here to Help 15

PHOTOGRAPH BY ANTHONY DEVLIN/PA

Message from the President of SFFA:



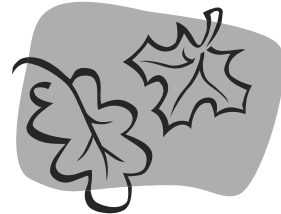
Above: Tracie Gilchrist

Hello fellow Foster Parents! I cannot believe how this fall has been speeding by...soon all the harvest will be finished and we will be preparing for Christmas!

Foster Families Week kick-off will be held in Saskatoon on October 20th, 2008. I will be attending this event and look forward to seeing all of the many families who will be attending as well. My heartfelt thank you goes out to each and every foster family for opening up your hearts and your homes to children in need of your support, nurture and love.

November 14th & 15th, 2008, the Board of Directors will be meeting with all local Presidents for our semi-annual meeting. If you have anything you want brought up at this meeting be sure to contact your local President.

Happy Thanksgiving to everyone!



Executive Director: Deb Davies

It is hard to believe that fall is here. It seems the older I get the quicker time flies by. Mind you it could have something to do with how consistently busy we seem to be at the Provincial Office. I hope that everyone had a fun-filled relaxing summer.

Over the summer, the staff has been very busy working on a number of projects and proposals that we feel will better support our foster families. The most recent project is the SFFA Handbook; the handbook would be a quick resource reference for policy info, parenting suggestions and general information to assist in the day-to-day questions of fostering. Last spring the staff did consultations throughout the province with foster families, to gather information of what topics would be beneficial for our

families. The handbook is in draft form and we plan to go to press by early January and distributing the books in March.

The SFFA is piloting an 18-month project with Centre Region; the project is managing all in home help, which is provided to foster families that exceed the recommended number of children in a foster home. The SFFA will now become the employers for the staff that provide support to the overcrowded homes in the Saskatoon Region.

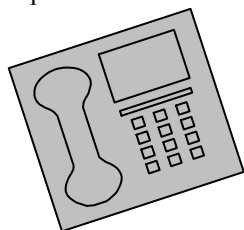
President Tracie Gilchrist and I attended the CBO Summit that was hosted by the Provincial Government here in Saskatoon. In attendance at the summit were a number of community partners, which discussed the many struggles that

organizations have to face. The common thread of the discussion was the retention and support of staff.

I've had the opportunity to meet a number of foster families over the past year and I want to personally thank all of you for the care that you provide to the Minister's children.

In closing, I want to thank the SFFA's Board of Directors for their hard work and commitment to our foster families. Thank you to my staff you do an amazing job; your dedication to your work is outstanding. This year's foster families' week celebrations are being held across the province from October 19 to 25.

I hope to see everyone there!



MOVING? Please contact the SFFA Toll Free: 1-888-276-2880 to continue receiving important updates and info!



Meet Our New Staff

Tracey Arnold - Intake/ Volunteer Coordinator

Greetings to All!

I hope everyone had a wonderful, safe and fun filled summer! I would like to take this opportunity to introduce myself. My name is Tracey Arnold, and I have been working with Saskatchewan Foster Families Association since June 5, 2008. Before coming to the Saskatchewan Foster Families Association, I was working as a research assistant and managed a social psychology laboratory at the University of Saskatchewan. Our main focus was to study discrimination towards minority groups in Saskatchewan. I bring with me knowledge gained from achieving a Bachelor of Arts degree in Psychology, a partially finished Biology degree, previous work experience and much life experience.

I look forward to continuing to work with Foster Parents and the Ministry of Social Services, and also meeting everyone I have yet had the opportunity to be introduced to. If any of you have questions or concerns, please feel free to contact me.

I will leave you with one of my favourite quotes.....

Being deeply loved by someone gives you strength; loving someone deeply gives you courage.



Brette Zacharias—Office Administrator

Hello/ Bonjour!

I hope everyone had a fabulous summer! My name is Brette Zacharias and I am brand new to Saskatchewan Foster Families Association. I started here as the Office Administrator on September 2nd, 2008, and I recently graduated from Marion M. Graham Collegiate Institute. I was enrolled in French immersion throughout my entire education and graduated with my diploma as well as a Bilingual Certificate. I have also had the opportunity to spend two months in Quebec learning the language and culture. I have a passion for people and animals, and enjoy volunteer work. I have volunteered at the Friendship Inn, Salvation Army, the S.P.C.A. and various church programs. Not only do I like to keep active in the community, but also participating in sports. I take part in several sports and am a former High School, City, and Provincial gold medalist in female wrestling. This will be a new experience for me and I am more than excited to be pursuing this position. Hope to speak with you in the near future!

Wayne Roman—Family Support Coordinator

Greetings!

My name is Wayne Roman and I have been working with Saskatchewan Foster Families Association since June 5, 2008. I have extended experience in the working world as well as in education. Before coming to the SFFA, I graduated from the Microcomputer Management Course at SIAST, and in 2003 I returned to the University of Saskatchewan to complete my B.A. in Psychology and decided to change careers to Human Services. I have taught adult training computer courses within Saskatoon for over 20 years. Also, I was working as an Employment Counsellor before my current position, where I provided clients with scheduled and delivered resume writing, interview techniques and job search workshops. I am currently continuing my education by completing my second degree in Sociology at the University of Saskatchewan.

I look forward to continuing to support the Saskatchewan Foster Families Association, Foster Parents and the Ministry of Social Services. If any of you have questions or concerns, please feel free to contact me.

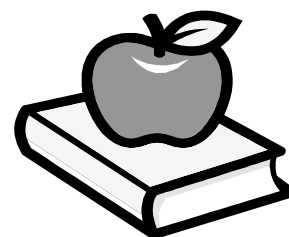
Thank you for your support!

Angela Kurysh – Coordinator of Services

Hello everyone!

I started my employment as Office Administrator with the SFFA a year and a half ago, and have learned a lot about fostering and the challenges that come with it. I'm sure I have corresponded with a lot of you over the telephone or, I have had the pleasure of meeting you at our extremely successful conference that we held in June of 2008. I have recently accepted the newly appointed position of *Coordinator of Services* that started as of September 1, 2008. In my new position, I will continue to manage all of the finances for the SFFA, as well as acting as coordinator of all of the Saskatoon In-Home Staff. My new role will make things exceptionally easier for foster parents and will provide them with one less thing to worry about in their day-to-day practices. Please feel free to contact me at the office if you have any questions or concerns. I am eagerly looking forward to all of the new challenges that come with taking on a new position, and wish everyone a successful and promising new school year!

It's Back to School Time Again!



Here is the policy on school costs to help you when planning your child's new school year:

7.5 Education Costs

Procedures

1. Under *The Education Act*, particularly sections 144, 178 and 184, the local Board of Education has the responsibility of providing education services to, among others, children who reside in the school division. This includes children in care.

2. Initial Supplies and Fees: Foster parents will receive the initial costs of books, supplies and equipment prior to the start of the school year. The actual costs will be recommended to regional offices by the local school board or division. For youth in high school, fees may be required prior to the start of each semester.

School costs incurred other than at the time of enrolment, e.g. when a child comes into care in mid year, will be provided.

3. The department shall pay tuition fees for a child in care only in those instances where a resident parent would have to pay fees.

4. Children in care should not be enrolled in university or other educational or training facilities outside the province unless it has been definitely established that the course is not available in Saskatchewan and is consistent with the youths' educational goals.

5. Tuition may be paid to attend a private school only if this will meet an identified need which cannot be met in the regular school system or if this is part of an ongoing plan.

School Pictures:

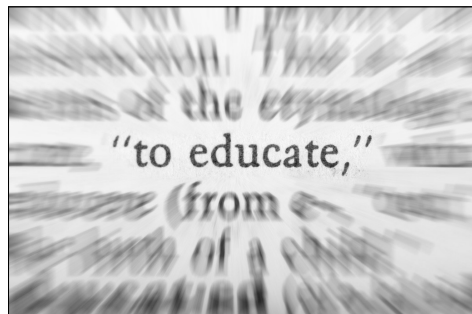
The actual costs of an average package of school pictures will be issued to the foster parents. This may be paid in advance or reimbursed after the purchase.

Tutoring:

It is important that special tutoring considerations be discussed with school officials and it must be documented on the file that the plan clearly falls outside section 184 of *The Education Act*. Normally, all education expenses are the responsibility of the Board of Education. If the board cannot cover expenses, and if the tutoring is such that a child's parent would otherwise be responsible, the department may pay the cost. Payment may be made for individual tutoring due to environmental or personal factors or therapeutic tutoring when a child in care is experiencing failure in his school setting and will benefit from a therapeutic tutoring project.

Other Educational Services:

Ancillary services such as psychological testing, speech therapy, and other professional services are often available through the Health District or the Department of Education, and must be considered before a decision is made to purchase services from a private individual or agency. When a child in care is unable to enter the regular school program, training-on-the-job situations may be considered. Funds may be available through Post Secondary Education.



DESCRIPTION	EXPENDITURE	CODE	APPROVAL
Education		CCRGED	
Tuition (exceptional)		--TN99A	RD
Initial supplies/Fees	Actual Cost	--SU99A	Worker
Pictures	Actual Cost of an average package	--PI99A	Worker
Tutoring (only if not covered under Education Act)	Actual cost (Requires contract)	--TU99A	RD
Youth attending university/technical school	Spending \$60 Personal \$30 Actual cost		RD

PRIVACY ON THE INTERNET

In today's communication practices, the easiest and most popular way is through the internet. The internet is the most convenient way to share photos, videos and information with family and friends who may live in a distant location or even as close as next door.

The main problem with sharing information via the World Wide Web is privacy. Information that is posted via the internet can be accessed by a wide array of people and is never really kept restricted to any type of audience. Anybody that can access the internet can retrieve anything posted by fellow users and become privy to their pictures and videos, etc. When a foster parent posts pictures and information regarding a foster child in their care, they are infringing on the foster child's right to privacy and violating the rules of confidentiality.

The problem is not only with outside sources gaining access to your delicate information, it also pertains to foster parents sharing information regarding their foster children to friends and family, etc. who have no authorization to have that confidential information shared with them. We all know that foster parents do a great job in caring for the foster children and are very proud of the foster children in their care, but they have to try to respect the child's privacy along with the privacy of the foster child's natural family.

Here are some tips that foster parents can use to respect a foster child's privacy:

- Do not post pictures of foster children via the internet; Facebook, My Space, email, or any other websites.
- Do not post information pertaining to the foster children; Names, ages, or any identifying information.
- When communicating with others, do not share private information about the foster children in your home.



If you ever have any questions pertaining to confidentiality, or are just unclear about acceptable practices, you can contact The Saskatchewan Foster Families Association (1-888-276-2880) or contact your local Ministry of Social Services office.



2008 Conference: Supporting Caring Families: Meeting the Challenges



This year's conference was held on June 13 and 14 in Saskatoon, SK, at the Saskatoon Inn. First on the agenda was a fashion show themed, "Stepping Out" that was held on the evening of the 13th, hosted by a CJWW radio dignitary, Sharon Jacobs, whose jokes and wit kept everyone pleasantly entertained. The clothes being showcased were from the Pennington's and Addition Elle's 2008 clothing lines. Our models were fun-loving foster parents who got to strut their stuff on the runway, and we very much appreciated their participation.



The next morning, there were three plenary sessions for everyone to attend that included a workshop on Caregiver Compassion Fatigue and how to overcome it, an overview of the PRIDE Model of Practice, and a presentation done by the Saskatoon Police Service that provided drug paraphernalia recognition, how to identify signs of drug usage, and an overhaul on controlled drugs and the Substances Act. Throughout the day there was a silent auction, with winners to be announced later in the afternoon.

In the afternoon part of the conference, foster parents got to choose from three workshops to attend. The first was a workshop done by John Brand, director of Advocacy and Investigation. This workshop focused on the Children's Advocate Office's determination that there is a need for a paradigm shift in the delivery of child welfare services. The second was presented by Rolly Regnier, an Addictions Recovery Counsellor, which focused on educating and empowering parents with the skills necessary to steer children away from the harmful use of drugs. The third workshop was presented by Judy Hanke, Senior Rate Board Representative, and Owen Manz, Area Service Manager for Child and Family Services, which provided important information and details on the subject of fee for service.

The Honouring and Caring Banquet was held that evening to honour foster parents who are either at their 20 year milestone or are retiring with 20+ years of fostering. The evening started off with cocktails and mingling then was followed by an amazing dinner. Steve Chisholm hosted the event with speeches and awards presented by Hon. Donna Harpauer, Minister of Social Services, and Tracie Gilchrist, the president of the association. Following the awards, a "Loonie Auction" was held; everyone would bid one dollar on a painting or an electronic, etc. and a number would then be drawn to determine the winner of the item. The Saskatoon Brass Band provided classic jazz music to finish off the evening with unforgettable entertainment and a touch of elegance.

Thank you to everyone who helped make the conference a success and we appreciate everyone who took part in the festivities. We hope that everyone enjoyed the workshops, and found them to be educational and interesting. We hope to see everyone again soon at the future conferences.

(Pictures to follow on the next page)



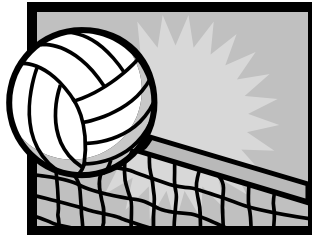


Being Safe with School Sports



We all know how much kids love to play sports in school but they have to learn to be careful. Here are five steps to prevent injuries so that they can stay in the game:

- Wearing protective gear, such as helmets, protective pads, and other gear.
- Warm up.
- Knowing the rules of the game.
- Watching out for others.
- Not playing when injured.



R.I.C.E. is a way of remembering how to treat a sports injury:

Rest whatever body part is hurt.

Ice – Use it where it hurts.

Compression – Wrap the body part with a bandage.

Elevate the injured part. In other words, raise it up on a pillow.

Let's find out more about each of these:

1. Wearing Protective Gear

Protective gear is anything they wear that helps keep them from getting hurt. The gear they wear depends on the sport they play.

Helmets are the most common protective gear. They protect their all-important head while they're playing football, hockey, baseball, softball, biking, skateboarding, and in-line skating, just to name a few!

Make sure they're wearing the right helmet for the sport. If it has a strap - like a bike helmet does – It needs to be fastened, otherwise, it will fall off when it is needed most.

Other sports require eye protection, mouth guards, pads, wrist, elbow, and knee guards, and a protective cup (for boys only). And don't forget the feet. Cleats are worn in football, baseball, softball, and soccer. These shoes have special rubber or plastic points on the soles to help feet grip the ground when they run around.

2. Warming Up

Doing some stretching can get them prepared to hit the field. By warming up, they get themselves ready to play. Warm-ups that last 15 to 30 minutes and include slow, gradual stretching help lengthen muscles and increase the blood flow and muscle temperature. That way, the muscles are ready to go and are much less likely to get hurt.

3. Knowing the Rules of the Game

When players know the rules of the game - what's legal and what's not - fewer injuries happen. With sports that use plays, it helps to understand the plays and what role everyone plays in each one.

4. Watching Out for Others

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being courteous. For instance, in baseball or softball, the batter can't fling the bat after hitting the ball and heading for first base. He or she must drop it so that it doesn't hit anyone. Likewise, a diver would make sure that the pool was clear before diving in. Otherwise, he or she might land on someone else.

5. Not Playing When Injured

This is a really important one. When someone loves sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt - or before an injury has had a chance to fully heal - is a bad idea. It can lead to an even worse injury, one that might sideline them for a long time. Take them to a doctor for their injuries, when necessary, and follow his or her advice about how and when they are alright to return to practice and play.

Originally reviewed by: Steven Dowshen, MD, and Michael Stanwood, ATC, CSCS

Play Safe and Have Fun!!





In this section, we will show you some fun and easy ways to make items that you need at home instead of buying them, using everyday household products. Plus: they are so simple that you can get the children in your home to help out.

1. Homemade Baby Wipes

Ingredients:

- 1 cylinder shaped plastic container
- 1 roll of paper towels
- 2 C Boiling Water
- 1 TBSP. Baby Bath
- 1 ½ TBSP. Baby Oil

Directions:

Cut the roll of paper towels in half (cross wise) with a knife, serrated works best. Remove the cardboard from the middle. Place your paper towels in the container (cut side down). Mix the baby bath and baby oil with the boiling water. Stir well. Pour the mixture over the paper towels in the container.

2. Homemade Diaper Rash Ointment

Ingredients:

- 1 tsp mineral oil
- 2 tsp cornstarch
- 2 tsp zinc oxide ointment
- 2 tsp triple antibiotic ointment
- (optional for yeast infection) 2 tsp Lotrimin A/F ointment

Directions:

Mix oil and cornstarch until a suspension is formed. Add ointments and mix well. Place in container with lid. Apply with cotton swab.

Some other cool stuff for consideration!

Thrifty Creations



3. Kool-Aid Playdough

Ingredients:

- 3 cups flour
- 1/2 cups salt
- 2 Kool-Aid packages
- 2 cups boiling water

Directions:

Mix dry ingredients together. Add boiling water. Knead on floured board.

Can add flour by sprinkles until desired consistency. This playdough will last for a long time when stored correctly.

4. Home Made Playdough

Ingredients:

- 2 cups flour
- 1 cup salt
- 2 tablespoons cream of tartar
- 2 cups of water
- 1 tablespoons mineral oil
- food coloring

Directions:

Mix all ingredients in a saucepan. Cook over medium heat, stirring until stiff. Allow to cool, then knead.





5. Uncooked Playdough (salt and flour)

Ingredients:

- 1/4 cup salt
- 1 cup flour
- 1/4 cup water

Directions:

Have your child mix the flour and salt in a bowl then add water. Knead and squeeze the dough to make a clay consistency. You may need to add more water.

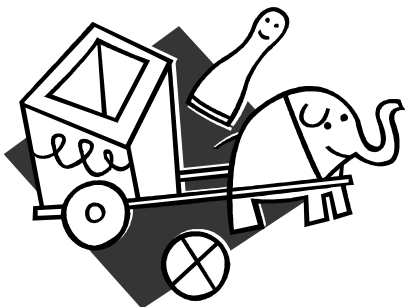
Note: Your child will find that this playdough doesn't last as long as the cooked recipes.



Something to Check Out!

The Foster Care Trading Post, that used to be called Foster Care Share, has all kinds of free items up for the taking. Do you have used articles that you no longer need, such as children's clothing and/or toys, furniture or appliances? Do you need some new items like a bed, household items, or personal items?

The Foster Care Trading Post is exclusively for Foster Parents to use and was developed to assist in providing foster parents with **FREE** used articles that are in good condition. Next time you're on your computer, you can visit either of these sites:



<http://groups.yahoo.com/group/saskatoonfostercaretradingpost/>

For Saskatoon

Or

<http://groups.yahoo.com/group/reginafostercaretradingpost/>

For Regina

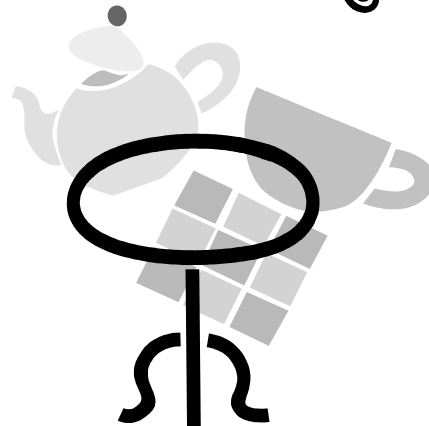
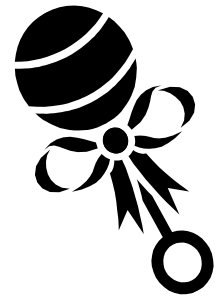
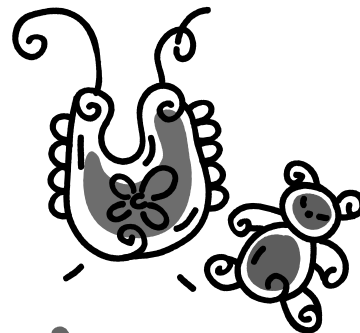
6. Playdough Ideas for Groups

Directions:

Make up a large batch of playdough, and divide it into balls (about 1/3 of a cup). Each ball should be enough for one child to easily handle and work with. Put the ball in one hand, and use the fingers of the other hand to make a small impression in the center of the ball. Add a bit of food coloring, and then carefully cover it over with white playdough.

When you've finished with the balls, put them in baggies, or put in them all in a large plastic container with a lid. Let them sit overnight.

The next day, give each child one ball and have them start kneading it. The children will watch in amazement as they turn their white playdough into a colourful ball.



Discounts for Foster Families



Bring in your membership card to the businesses below and receive great discounts!

If you know of a local business to request discounts from please call Tracey Arnold for more information: 1-306-975-1580 and we will provide you with a letter you can present to the business which will then be followed up by the SFFA.



Kids Trading Company is offering foster families a 10% off discount for everything in the store. Show your membership card at time of purchase. **(Regina)**
<http://www.kidstradingcompany.ca>



Payless is offering foster families a 15% off all regular priced merchandise for 2008. The discount cannot be used in conjunction with any other promotion or discount. You must show your membership card at time of purchase.



ICI paints offers 30% off paint and 20% percent off brushes and rollers. Bring your membership card in and the discount account is under Saskatchewan Foster Families. The account is available all across Saskatchewan.



(Saskatoon location) Standard rooms: \$89.95 for single/double. This rate is subject to availability. Group conference rates (10 rooms or more) can be negotiated at the time of booking. If you have trouble booking a room, please call Alana at 978-6520.



(Saskatoon Location) When foster families purchase a NEW membership at Costco, you can receive a \$10.00 Gift card. This is not available for membership renewals. Please contact Debbie Oberhammer at 933-4262 if you are interested in this offer.



Saskatoon: contact Randy King or Ken Collier and they will give you contract pricing. Make an appointment with Randy and t h e process will go more quickly. 244-1400



Prince Albert.: Contact Heith Olmstead for contract pricing. 763-1775

Regina: Contact Roger Martin for contract pricing. 924-2020

Moose Jaw: Contact Ron Morin for contract pricing 692-9520

North Battleford: Contact Tim or Chris for contract pricing. 446-3433

Uncle Ed's Saskatoon: Talk to Bernie or Manfred and they will give you a good discount. 244 -2057



Saskatoon: Members of the Saskatchewan Foster Families Association will receive 10% off at Thomas The Cook restaurant when they present their membership card .



Caring Too Much Can Hurt

by Patricia Smith

At this year's conference, we had an extraordinarily inspiring speaker, Linda Rabyj, who spoke about Caregiver Compassion Fatigue and how to deal with this condition. Most foster parents find themselves feeling this way, so here is a full description of this condition and how to recognize and treat it.

When caregivers focus on others without practicing authentic, ongoing self-care, destructive behaviours can surface. Apathy, isolation, bottled up emotions, substance abuse, poor hygiene, and emotional outbursts head a long list of symptoms associated with the secondary traumatic stress disorder now labelled: *Compassion Fatigue*

It is important to note that Compassion Fatigue is a term, not a disease. While the effects of Compassion Fatigue are dismal, chances for complete recovery are not. The Compassion Fatigue Awareness Project is dedicated to helping people and organizations recognize the detrimental effects of Compassion Fatigue and begin down the path to healing.

What is Compassion Fatigue?

Studies confirm that caregivers play host to a high level of compassion fatigue. Day in, day out, workers struggle to function in care giving environments that constantly present heart wrenching, emotional challenges. Affecting positive change in society, a mission so vital to those passionate about caring for others, is perceived as elusive, if not impossible. This painful reality, coupled with first-hand knowledge of society's flagrant disregard for the safety and well being of the feeble and frail, takes its toll on everyone from full time employees to part time volunteers. Eventually, negative attitudes prevail.

Compassion Fatigue symptoms are normal displays of chronic stress resulting from the care giving work we choose to do. Leading traumatologist Eric Gentry suggests that people who are attracted to care giving often enter the field already compassion fatigued. A strong identification with helpless, suffering, or traumatized people or animals is possibly the motive. It is common for such people to hail from a tradition of what Gentry labels: other-directed care giving. Simply put, these are people who were taught at an early age to care for the needs of others before caring for their own needs. Authentic, ongoing self-care practices are absent from their lives.

Accepting the presence of compassion fatigue in your life only serves to validate the fact that you are a deeply caring individual. Somewhere along your healing path, the truth will present itself: You don't have to make a choice. It is possible

Recognizing Compassion Fatigue

Compassion Fatigue symptoms are normal displays of stress resulting from the care giving work you perform on a regular basis. While the symptoms are often disruptive, depressive, and irritating, an awareness of the symptoms and their negative effect on your life can lead to positive change, personal transformation, and a new resiliency. Reaching a point where you have control over your own life choices will take time and hard work. There is no magic involved. There is only a commitment to make your life the best it can be.

Normal symptoms present in an individual include:

- Excessive blaming
- Bottled up emotions
- Isolation from others
- Receives unusual amount of complaints from others
- Voices excessive complaints about administrative functions
- Substance abuse used to mask feelings
- Compulsive behaviours such as overspending, overeating, gambling, sexual addictions
- Poor self-care (i.e., hygiene, appearance)
- Legal problems, indebtedness
- Reoccurrence of nightmares and flashbacks to traumatic event
- Chronic physical ailments such as gastrointestinal problems and recurrent colds
- Apathy, sad, no longer finds activities pleasurable
- Difficulty concentrating
- Mentally and physically tired
- Preoccupied



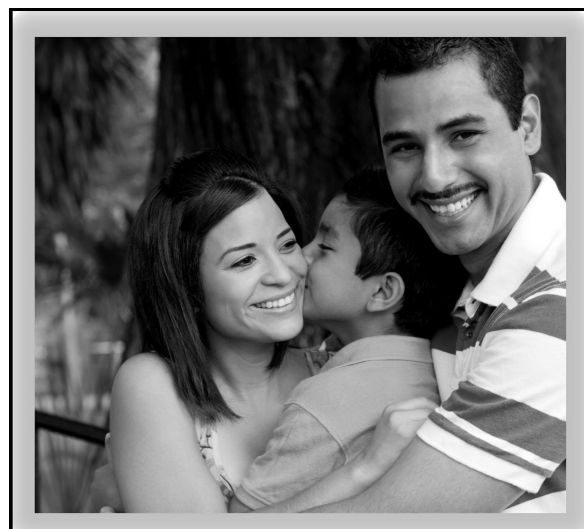
In the Workplace

When Compassion Fatigue hits critical mass in the workplace, the organization itself suffers. Chronic absenteeism, spiralling Worker's Comp costs, high turnover rates, friction between employees, and friction between staff and management are among organizational symptoms that surface, creating additional stress on workers.

Healing an organization takes time, patience, and most important, commitment. An awareness of Compassion Fatigue and its far reaching effects must be present at the highest level of management and work its way down to encompass line staff, as well as volunteers. Often, the mistrust that employees feel towards management is not unfounded. Since many care giving institutions are non-profit, they inherit additional challenges such as low wages, lack of space, high management turnover rate, and constantly shifting priorities.

Organizational symptoms of Compassion Fatigue include:

- High absenteeism
- Constant changes in co-workers relationships
- Inability for teams to work well together
- Desire among staff members to break company rules
- Outbreaks of aggressive behaviours among staff
- Inability of staff to complete assignments and tasks
- Inability of staff to respect and meet deadlines
- Lack of flexibility among staff members
- Negativism towards management
- Strong reluctance toward change
- Inability of staff to believe improvement is possible
- Lack of a vision for the future



The Path to Wellness

Once you realize that you are a candidate for compassion fatigue, or are already suffering its effects, exploring this new awareness can lead to insights concerning past traumas, pain, and defeating behaviours. A common and understandable coping mechanism in care giving is to simply stuff the overwhelming emotions that surface repeatedly in your work. How else can you keep going? Eventually, those emotions refuse to be ignored. All too often, psychological and physical crisis occurs.

With support, insightful information, and authentic self-care, you can begin to understand the complexity of the emotions you've been juggling and, most likely, suppressing. Most people never take the time to understand how their jobs affect them emotionally. Give yourself credit for moving forward and affecting change. Your hard work will pay off.

Authentic Self Care Begins With the Following:

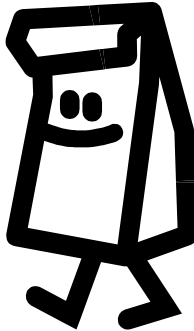
- Be kind to yourself.
- Enhance your awareness with education.
- Accept where you are on your path at all times.
- Understand that those close to you may not be there when you need them most.
- Exchange information and feelings with people who can validate you.
- Listen to others who are suffering.
- Clarify your personal boundaries. What works for you; what doesn't.
- Express your needs verbally.
- Take positive action to change your environment.

7 Steps to a Great Lunch

Whether you pack or give your children money for lunch, try to follow these guidelines and teach them how to choose food wisely:

1. Choose fruits and vegetables.

Fruits and vegetables are like hitting the jackpot when it comes to nutrition. They make the plate more colourful and they're packed with vitamins and fiber. It's a good idea to eat at least five servings of fruits and vegetables every day, so try to fit in one or two at lunch. A serving isn't a lot. A serving of carrots is ½ cup or about 6 baby carrots. A fruit serving could be one medium orange.



Useful Fact #1: Organic Foods are foods where the livestock and crops were raised without the additions of things like synthetic herbicides, pesticides and hormone growth

2. Know the facts about fat. Kids need some fat in their diets to stay healthy — it also helps keep them feeling full — but you don't want them to eat too much of it. Fat is found in butter, oils, cheese, nuts, and meats. Some higher-fat lunch foods include french fries, hot dogs, cheeseburgers, macaroni and cheese, and chicken nuggets. Don't worry if they like these foods! No food is bad, but you may want to serve them less often and in smaller portions. Foods that are lower in fat are usually baked or grilled. Some of the best low-fat foods are fruits, vegetables, and skim and low-fat milk.

3. Let whole grains reign. "Grains" include breads, cereals, rice, and pasta. But as we learn more about good nutrition, it's clear that whole grains are better than refined grains. What's the difference? Brown rice is a whole grain, but white rice is not. Likewise, wheat bread contains whole grains, whereas 100% white bread does not.

4. Slurp sensibly. It's not just about what you eat — drinks count, too! Milk has been a favourite lunchtime drink for a long time. If they don't like milk, serve them water. Avoid juice drinks and sodas.

Useful Fact #2: Omega 3s, found in foods like salmon and most types of fish, help prevent heart attacks and strokes and may have a role in cancer and diabetes prevention.

5. Balance their lunch. When people talk about balanced meals, they mean meals that include a mix of food groups: some grains, some fruits, some vegetables, some meat or protein foods, and some dairy foods such as milk and cheese. Try to do this with their lunch. If you don't have a variety of foods on your plate, it's probably not balanced. A double order of french fries, for example, would not make for a balanced lunch.

6. Steer clear of packaged snacks. Many schools make salty snacks, candy, and soda available in the cafeteria or in vending machines. It's OK to have these foods once in a while, but they shouldn't be on the lunch menu.

7. Mix it up. Do you pack the same lunch every day? If that lunch is a hot dog, it's time to change your routine. Keep your taste buds from getting bored and try something new. Eating lots of different kinds of food gives your body a variety of nutrients.



Useful Fact #3: Bread may be a staple of the school diet, but it needn't be boring. From fruit or malt loaf to organic raisin-and-sunflower bread, a change of loaf could do the trick. But if white is right and wholemeal is not to be endured (remember that Hovis now bake a white wholemeal loaf), add interest with a pack of **mini** or **finger rolls**.

Reviewed by: Mary L. Gavin, MD

For more information on this subject and many other healthy tips, go to: <http://kidshealth.org>
Another great website to check out about healthier eating for kids is: www.HealthierGeneration.org.

Questions....Concerns.....Need Information?



Come check out our **resource center** offering books, videos, and DVDs, which provide information to new and experienced foster parents!

You will find more information on our website: <http://www.sffa.sk.ca/>

We Are Here To Help



SFFA: What we do

The Saskatchewan Foster Families Association (SFFA) is a provincial association that receives core funding through the Ministry of Social Services (MSS), however operates independently as a Community Based Organization (C.B.O.).

The SFFA is a network of supports for the foster parents and foster families. A team of Family support workers, Intake and Volunteer Coordinator, Office Administrator and the Executive Director help by:

- Listening to the needs of foster parents
- Advocating on their behalf
- Providing support through difficult times
- interpreting and clarifying policies and procedures of MSS
- assisting them with unresolved issues with MSS
- assisting them in understanding methods and decisions made by MSS
- providing moral support
- Providing educational and training (PRIDE) opportunities to foster parents.
- A resource center in which books, videos, pamphlets, DVDs and CDs are available to deal with difficult issues or help answer questions of new and experienced foster parents.

- Providing educational and training (PRIDE) opportunities to foster parents
- A resource center in which books, videos, pamphlets, DVDs and CDs are available to deal with difficult issues or help answer questions of new and experienced foster parents
- Newsletters;
- Child Services Manual
- Social events/Conferences
- Opportunities to sit on the board



If you ever have any questions, require support, or are interested in acquiring any of the above information, please contact us at **(306) 975-1580**, or toll free at **1-888-276-2880** and someone will be happy to assist you.

The Saskatchewan Foster Families Association, Inc. exists to improve the quality of care for all children and youth in care requiring provincial services in Saskatchewan by encouraging, promoting, and assisting the development of healthy foster families.



Trick or Treating Safety Tips

It's almost that time of year again, here are a few tips to make sure that you and your child have a safe and spooky Halloween:

- Go trick or treating with your children each year until they are old enough to go by themselves. When they are old enough, make sure they go with a buddy or in a group. Or follow along at a distance to keep an eye on them.
- Tell your children to walk, not run from house to house and to stay on the sidewalk or at the side of the road facing traffic.
- Tell your children to stay in well-lit areas and only visit homes that have their outside lights turned on. Make sure they know never to go inside homes or cars.

- Give each child a flashlight to carry, to make them more visible.
- Tell your children not to eat any goodies until you have looked them over. Serve dinner before the children go out, so that they will be less tempted to eat goodies along the way.
- Examine the treats your children bring home before they start eating them. Throw out any treats that are not wrapped, have loose or torn wrappers or have holes in the wrappers.
- Check toys or novelty items for small parts and do not let children under three years of age play with them.



FOSTER CARE SHARING AND STORIES

Here are some great inspirational quotes that we found and received from foster parents:

"I've learned that the kind of adults my children are now is directly related to the kind of children that I told them they were."



"So it's great to foster a teenager, see them grow and make a positive impact on their lives and their future. You have to be non-judgemental as you don't know what they have been through in their life and what their needs are, so being understanding is crucial".

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove . . . But the world may be different because I was important in the life of a [child]." -Forest E. Witcraft

"I've learned that children need smiles and hugs more than they need lectures and instructions."

We worry about what a child will become tomorrow, yet we forget that he is someone today.~Stacia Tauscher



Children need love, especially when they do not deserve it ~ Harold Hulbert

Every child comes with the message that God is not yet discouraged of man. ~Rabindranath Tagore



" I've learned that it is never too late to heal an injured heart."

**Please send in your stories and quotes about your experience in fostering!
We want to hear from you!**



A Reminder for all Foster Parents:

Please take the opportunity to obtain the Introduction to the PRIDE Session as it is required before March 31, 2009.
Thank you!

The Starfish



I HAD A SPECIAL REQUEST FOR THIS POEM FROM A FOSTER PARENT, AND I THINK THAT IT HAS A GREAT STORY.....

The old man awoke just before sunrise, as he often did, to walk by the ocean's edge and greet the new day. As he moved through the morning dawn, he focused on a faint, far away motion.



He saw a youth, bending and reaching and flailing arms, dancing on the beach, no doubt in celebration of the perfect day soon to begin. As he approached, he realized that the youth was not dancing to the bay, but rather bending to sift through the debris left by the night's tide, stopping now and then to pick up starfish and then standing, to heave it back into the sea.

He asked the youth the purpose of the effort. "The tide has washed the starfish onto the beach and they cannot return to the sea by themselves," the youth replied. "When the sun rises, they will die, unless I throw them back into the sea."

As the youth explained, the old man surveyed the vast expanse of beach, stretching in both directions beyond eyesight. Starfish littered the shore in numbers beyond calculation.

The hopelessness of the youth's plan became clear and the old man countered, "But there are more starfish on this beach than you can ever save before the sun is up. Surely you cannot expect to make a difference."

The youth paused briefly to consider my words, bent to pick up a starfish and threw it as far as possible. Turning to the man, he said:

"I made a difference to that one."



If you have any poems, stories or announcements that you would like us to include in the Advisor publication, please contact Brette or Tracey at the provincial office at (306) 975-1580 or toll free at: 1-888-276-2880 or email your write-up to brettez.sffa@sasktel.net.



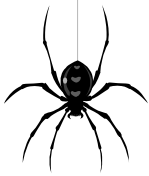
FASD SUPPORT NETWORK OF SASKATCHEWAN

Toll Free: 1-866-673-(FASN) 3276

Saskatoon: 975-0884

Email: fasdnetwork@sasktel.net

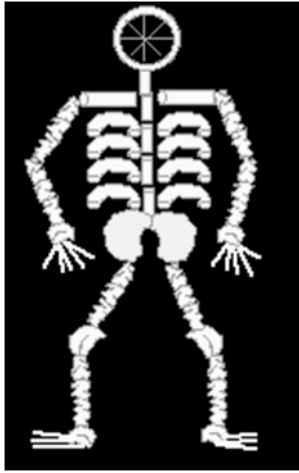
www.skfasnetwork.ca



CREEPY CRAWLY CRAFTS



Pasta n' Bones



Instructions: Glue the pasta to the black paper using white glue. Have the kids arrange the pasta on the paper before gluing (to make sure that they have room for the whole body on the piece of paper).

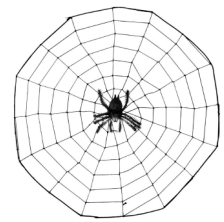
You can use just about any type of pasta (or dried beans) for the bones. A wagon wheel is nice for the head. Spaghetti makes good fingers and toes. Tiny tubes or dried lentils are good as vertebrae in the spine. Long tubes make collar bones. Longer tubes or long spirals make good arm and leg bones. Small shells or dried white beans are nice for the kneecaps, wrists and ankles. Two dried lima beans make good hips.

Supplies: A few different types of pasta and dried beans, like spaghetti, macaroni, tiny tube pasta, long tube pasta, wagon wheels, long spirals, tiny shells, wagon wheels

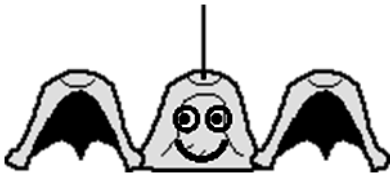
A piece of black construction paper

White glue

A white crayon to write your name (or label the bones)



Googly Eyed Bat



This is an easy way to make bats using egg cartons, crayons or markers, and scissors. Googly eyes are a nice touch.

Instructions:

1. Separate 3 cups from an egg carton.
2. Cut out part of the bottoms of the 2 outside cups to resemble bat wings.
3. Add eyes, a mouth, and decorate.
4. Hang it from a string or a rubber band.

Bobbly Boo

Supplies:

- A white balloon
- Scissors
- 2 white plastic grocery bags
- Tape
- A black marker

Instructions:

1. Cut the handles off the white plastic grocery bags. If there are coloured markings on the bags, cut them off too.
2. Leaving the seam at the bottom of the bags intact, cut the bags into strips.
3. Blow up a white balloon.
4. Tape the plastic bags around the end of the balloon (tape the bags in a circle a few inches from one end of the balloon). If you plan on hanging the ghost up as a decoration, tape the plastic bags around the plain end, leaving the tied end of the balloon exposed so you can tie a string to the top of the ghost.
5. Using a black marker, draw two eyes and a mouth on the balloon.
6. You now have a spooky ghost that you can use as a Halloween decoration or as a toy (but not for very young children). This ghost flies really well!



Come Check Out Our New Website! www.sffa.sk.ca

We are in the process of completely revamping our website

- * We will have continuous announcements from our staff
- * We will have a calendar of events for the whole province
- * Updated manuals and policies
- * A list of our Resource Centre Materials
-and much, much more!



We ask that all Local Committee members notify us of all current and upcoming events as well as any training so that we may post them on our website calendar.

We want to hear your stories—Do you have a story or a touching experience that you would like to share about being a foster parent? Something that would encourage and support other foster parents? If so, then we want to hear from you! We will publish your story/ experience in the newsletter and/or website and it can be completely confidential. You can either contact Brette or Tracey at 1-888-276-2880 or at brettez.sffa@sasktel.net with your submission. The personal choice you have made to become a foster family makes a significant impact on the lives of vulnerable children and their families. Becoming a foster parent is a very noble decision because it takes special people like you to open their homes and lives to others. **YOU DESERVE TO BE HEARD!**



*The new website is a work in progress and should be up and running by the end of **October***

New Zealand Family and Foster Care



—Encouragement, Advice and Support

On Monday, June 9, 2008, Gaylene Lawrence, Executive Officer to the New Zealand Family and Foster Care Federation Inc., came and paid a visit to our Saskatoon Office. She was interested in hearing about the programs and training that we offer, as well as general information regarding our association.

The New Zealand Family and Foster Care Federation is a non-profit, voluntary organization made up of local Foster Care Associations/Support Groups, Section 396 Child and Family Support Agencies and individual members.

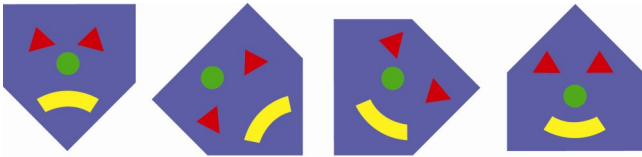
Their Vision

- ◆ All children are in safe foster homes and receiving equal opportunity
- ◆ All foster carers are appropriately trained.
- ◆ All foster carers feel valued and supported.
- ◆ All foster carers are recognized as professionals having status in the community.

There are numerous social benefits made to the child, their family and the community by those dedicated people who choose to care for our nations disadvantaged children.

Right to left: Deb Davies, SFFA Executive Director, Gaylene Lawrence, NZFFCF Executive Officer





SASKATCHEWAN FOSTER FAMILIES ASSOCIATION INC.

Saskatchewan Foster Families Association Support Staff

231 4th Ave South
Saskatoon, Saskatchewan
S7K 1N1

Phone: (306)975-1580
Fax: (306) 975-1581
Toll Free: 1-888-276-2880
E-mail: sffa@sasktel.net
Website: www.sffa.sk.ca

Board of Directors

President
Tracie Gilchrist
Bethune

Stephen Clark
Parkside

Carolyn Scheinous
Cudworth

Greg Yewchuck
Birch Hills

Paul Pirie
Moose Jaw

Ted Beglau
Swift Current

Judy Hanke
Hague

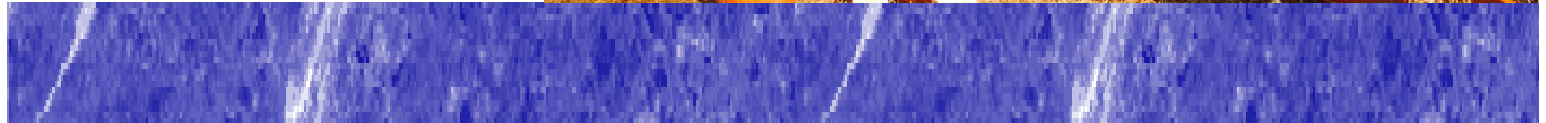
Executive Director
Deb Davies

Office Administrator
Brette Zacharias

Coordinator of Services
Angela Kurysh

**Intake and Volunteer
Coordinator**
Tracey Arnold

Family Support Coordinator
Wayne Roman



PUBLICATIONS MAIL AGREEMENT NO. 41271051
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:
SASKATCHEWAN FOSTER FAMILIES ASSOCIATION
231 4TH AVE SOUTH
SASKATOON SK S7K 1N1

Please Recycle

