

Advisor

NEWSLETTER
.....

Fall 2015

Featuring

**Preparation is key
when welcoming
a foster child into
your home**

Head Lice 101

**Self-esteem
building activities
for kids**

**7 Major Learning
Styles**

Parent Resources



**SASKATCHEWAN
FOSTER FAMILIES**

Inside

- 2 Training for foster parents
- 2 Leadership Teams
- 2 National Child Day
- 3 Chairman of the Board Message
- 4 Preparation is key when welcoming a foster child into your home
- 7 How to deal with head lice
- 8 Self-esteem building activities for kids
- 10 The 7 major learning styles
- 12 Bullying
- 16 How foster care defined a family
- 17 Parent Resources
- 20 Book Corner
- 20 Foster Family Week

Training

This fall the Saskatchewan Foster Families association will be offering training to foster parents in their regions across the province. The training will be in a class room environment and be about three hours long. We will be setting up a schedule soon so if there are any topics you would like to see covered please contact Wayne at the provincial office at (306) 975-1528 or wayne@sffa.sk.ca. The courses will be taught by local professionals or Wayne who holds a 3 year degree in Psychology and a 4 year degree in Sociology.

Leadership Teams

Our local leadership teams are active across the province. Leadership teams are informal groups comprising of foster parents in the local areas. Through the Team Leader, the team hosts coffee get togethers for foster parents and events

such as BBQ's and Christmas parties. If you are interested in joining the team or would like to be a team leader in your area contact Wayne at the provincial office at (306) 975-1528 or wayne@sffa.sk.ca



Have you ever considered being a foster parent and don't know how to get started?



SEARCH FOR...
"Saskatchewan Foster Families Association"
on YouTube.



SASKATCHEWAN
FOSTER FAMILIES

233 4th Ave South
Saskatoon, Saskatchewan
S7K 1N1

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



Celebrate National Child Day

National Child Day has been proclaimed across Canada since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights: the United Nations Declaration of the Rights of the Child on November 20, 1959, and the United Nations Convention on the Rights of the Child on November 20, 1989. The "Child Day Act" outlines human rights to which children, under the age of 18, are entitled by law. This Act promotes awareness and teaches children that they have rights, like adults do, under the law. **The date of celebration is November 20.**

http://en.wikipedia.org/wiki/Children's_Day



A Message from the Chairman of the Board

The time since our PAGM has gone by very quickly and we are already back to school.

I want to reflect on a couple of things. First we were treated at the PAGM with not just great food and time to renew acquaintances or make new friends, but we were inspired by Jeph Maystruck to find our "super power." His message was not just entertaining but inspirational as well. I hear people are still talking about their experience.

The second issue that is top of mind is the state of retention and recruitment of foster homes. A part of the PAGM was spent on reflecting on these two topics and brainstorming on ideas



“The board will be organizing itself and our accountabilities in the fall Board planning meeting.

with the underlying theme of "Contagious." There is much

more work to be done on these two topics that the SFFA office and Board of Directors need to work through these next few months.

In closing, the Board of Directors this year are Tara Switenky, John Quong, Konota Crane, Justin Reves, Herman Goertzen, Tim Adams and Kevin Harris. The Board will be organizing itself and our accountabilities in the fall Board planning meeting.

Please feel free to reach out to us with any questions or comments. We look forward to serving the membership of the SFFA in the year to come.

Kevin Harris

MISSION STATEMENT

The Saskatchewan Foster Families Association exists to support and encourage foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth in care across the province.



The 2015 CFFA National Conference will be held SEPTEMBER 21 – 27, 2015. It is being hosted by the Foster Parent Society of Ontario, at the Americana Conference Centre in Niagara Falls, Ontario.

SFFA's Board of Directors:

CHAIRPERSON
Kevin Harris

DIRECTORS
Tara Switenky
Herman Goertzen
Konota Crane
Tim Adams
John Quong



We need your e-mail

We are now sending e-mails to our foster parents on a monthly basis. To be added to our list and receive the latest news, please send your e-mail address to wayne@sffa.sk.ca
THANK-YOU!



PREPARATION is
key

when
welcoming
a foster
child into
your home

● by Dr. John DeGarmo

“

While each child is unique, it is difficult to predict how each new foster child will react to this sudden and extreme change.



The arrival of a foster child in your house can be a time of excitement, as well as anxiety. The phone call from a caseworker asking if you would like a foster child placed in your home can leave you in a state of apprehension. It is often a time of questions, from you and your family, as well as from the foster child. For the child coming into your home, it is especially an intimidating period. Remember, this new foster child is being moved, against his/her wishes, to a strange home and to an unknown family.

While each child is unique, it is difficult to predict how each new foster child will react to this sudden and extreme change. Yet, with a little preparation and planning, you can ease the stress that is sure to occur during this transition.

Do

Do educate yourself with the child's background information and history

Perhaps the most important thing you can do to prepare for the arrival of a foster child is to educate yourself with as much background information and history as you can about the child. While the caseworker may not have all of the answers, you will find valuable information by asking.

Some questions to consider include:

- How old is the child?
- Why is the child in care?
- How long might the child stay with you?
- Will the child need day care supervision?
- Does the child have any learning disabilities or special needs of any kind?
- Does the child have any anger management or extreme emotional issues that you need to be aware of?
- Is this the first time the child has been in foster care?
- Are the child's medical shots up to date? Are there any medical concerns?
- Is the child from the same town? Does the child need to be enrolled in your local school system?
- Does the child have clothes? Will you need to buy diapers and baby wipes?

Do welcome foster children into your home with warmth and compassion

The first impression you create with foster children is often vitally important to how the next few days and weeks will transpire.

Without a doubt, kids will be full of questions, as emotions swirl within them. No matter how much these children have been abused, whether it is physically or emotionally, your foster children will want their mother and father back. After all, these people have been the most important family in their lives. Along with this, they have lost their familiar pattern of living, their home, their friends, and all that made up their own personal world.

Do approach this time with caution and care

Although it is impossible to predict how foster kids will react when they first meet you, it is crucial that you approach this time with caution and care. Each child's placement is different. What is important is that you do not judge your foster child based on his/her arrival and appearance. However they arrive, they will need your love and care.

Do offer your time and patience

As foster children adjust to their new home and environment, they will require time and patience from you. To them, everything is new: A new home, new food, new "parents," new "brothers and sisters", and new rules and expectations. As a result, they may act out in a variety of ways. It is vital that you do not take their behavior personally, as they attempt to understand their feelings and cope the best way they can.

The best gift you can give your foster child is the gift of time. It is often said that "time heals all wounds." While this may not be true, the passage of time will help your child in foster care. It is important that you give her this time. She will need time to grieve the loss of her family. After all, moving from her home to yours is a huge shock.

✓ DO

- educate yourself with the child's background information and history
- welcome foster children into your home with warmth and compassion
- approach this time with caution and care
- offer your time and patience

✗ DON'T

- overlook the need to prepare for questions
- demand that a child follow your rules immediately
- expect your child to adjust quickly
- insist that your foster child call you mom and dad



Additionally, she will need time to fully understand why she is in your home, as well as time to learn your rules and expectations. She will simply need time to adjust to a new home, new family and new school. Your foster child also will need time from you—time for someone to listen to him, to guide him and to teach him. It will be extremely important for his mental well-being if you give him the time to laugh, play, and most importantly, time to be cared for and loved.

Don't

Do not overlook the need to prepare for questions

Without a doubt, there will be numerous questions. Both you and your foster child will have questions. Some of these might include:

- How long will the child remain in the foster home?
- When will the child see his/her parents next?
- How often can he/she visit with family members?

Make sure you answer each question as honestly as you can. If you are unsure of an answer, let the child know, and reassure him/her that you will attempt to find out.

Do not demand that a child follow your rules immediately

All families have some sort of routine and patterns of behavior that exist within their home. Your own family may have a routine that you follow on a daily or regular basis. Depending upon the type of household your foster child came from, he may not be familiar with your day-to-day routine. Indeed, she may come from a home that had no set routine or schedule. Even more, he may have lived in a home where there were no expectations of him, and no rules for him to follow.

Do not expect your child to adjust quickly

It is important that you include your foster child into your family—and into your routine. Before expecting too much from him, give him some alone time to become comfortable with his new home, family and surroundings. Allow him time to observe your family's routine before expecting him to actively participate. Some of your routines might be informal, such as dinner time habits, shoes in the house and respect for others when speaking. If he has questions about your family's routine, answer them honestly and at a level he can understand. Let him know why you do such activities in your house.

Do not insist that your foster child call you mom and dad

Do not ask to be called mom and dad. In fact, it is wise that you never insist upon this. The word "mom" may refer to the person who beat him. "Dad" may be the person who left her family. If you feel comfortable, allow your foster child to call you by your first names, or by whatever name he/she feels comfortable calling you.

Summary

Each time a foster child comes to live with you and your family, it will be a unique and a special experience. Every placement will be different. You are sure to have surprises from time to time, and some placements may even be challenging and disruptive. Preparation, a welcoming smile and the passage of time will help your family and your foster child during this time of transition.

<https://expertbeacon.com/preparation-key-when-welcoming-foster-child-your-home#.VapuCDp32-I>



Head Lice 101

How and what to look for

Finding lice is tricky, and it gets missed – and misdiagnosed frequently. With sunlight, or a bright

light, and a pair of magnifying glasses or magnifying visor, check the crown of the head and the hotspots. These are in the bangs, around the ears, and on the back (or nape) of the neck. Check the whole head, because frankly, lice could be anywhere.

If you find something and you can flick it off, it's probably not a nit. Nits—or lice eggs—are cemented to the hair with the bug's special bond. If you can remove it, tape it on a white piece of paper and examine it.

Lice eggs have colour; they're not white. They're teardrop shaped, brownish, and attached to one side of the hair shaft. They're tiny – but visible. Lice bugs – lice (or in the singular, louse) – are unmistakable. They're about the size of a sesame seed, and light to dark brown in colour.

Now what?

Don't pull your hair out! Lice is a solvable problem, and there are options; effective options that don't contain pesticides:

- The RobiComb® zaps live lice.
- Enzyme Shampoo aids in the removal of lice.
- Oil smothers bugs by clogging up their breathing apparatus.
- Reduction combing with a professional quality nit comb is the one step to remove bugs and eggs, getting them off the head and into the bin.

Don't want to go through this again?

There's no guaranteed way to avoid lice, just lots of things you can do to prevent it.

- Avoid head to head contact, including selfies.
- Avoid sharing hair items, including brushes.
- Check regularly.
- Scent hair with specially essential oils for relief.
- Watch for scratching. Notify close friends and the school if you find lice.
- Educate kids about lice.

If you prefer to have someone else do the lice removal, there's a service for that! When you want head lice gone, visit LiceSquad.com.



Lice Squad

CANADA®

Parent & Teacher trusted!

Visit us today! 

Lice Squad Canada - Saskatoon, Saskatchewan

Professional Head Lice Removal, Head Lice Services, Head Lice Products



1-306-371-7102



saskatoon@licesquad.com

- We have been servicing people just like you for over 10 years and have innovated the way head lice are being treated.
- We Get The Job Done Right—the first time!
- Lice Squad Canada only utilizes tools and products that get the job done right the first time. Add to that our free information and education tools and you have a complete one stop shop for all your head lice needs and questions.
- We know how stressful dealing with head lice can be. Our services are available days, evenings and weekends to get you back on track as quickly as possible.





7

Major Learning Styles

Everyone learns differently, that's nothing new. However, over the years the different styles of learning have usually been cut down to visual, physical (learn-by-doing), or audible. Truth is, we could probably dissect each of these learning three styles down even further and arrive at a handful of sub-levels.

Learning is a complicated concept as everyone is unique in their own way, and learns in their own way as well. That said, it is still very much possible to classify a learning style into one of seven categories.

When possible, you should always strive to create learning that engages a variety of these styles. Not only will it be helpful for the learner, but it also will go a long way in learning retention. Using an online learning approach that includes videos, reading, audio, exercises, social forums, and the like is a great way to hit on multiple learning styles.

1 Visual

These people prefer to use pictures, images, diagrams, colors, and mind maps.

2 Physical

These are the "learn by doing" people that use their body to assist in their learning. Drawing diagrams, using physical objects, or role playing are all strategies of the Physical learner.

3 Aural

People who prefer using sound (obviously), rhythms, music, recordings, clever rhymes, and so on.

4 Verbal

The verbal learner is someone who prefers using words, both in speech and in writing to assist in their learning. They make the most of word based techniques, scripting, and reading content aloud.

5 Logical

The people who prefer using logic, reasoning, and "systems" to explain or understand concepts. They aim to understand the reasons behind the learning, and have a good ability to understand the bigger picture.

6 Social

These people are the ones who enjoy learning in groups or with other people, and aim to work with others as much as possible.

7 Solitary

The solitary learner prefers to learn alone and through self-study.

In reality, we all probably fall into each category, depending on the learning that is taking place. Some topics lend themselves better to select styles, and a combination of multiple styles helps to solidify the learning that takes place.



SELF ESTEEM AND CHARACTER BUILDING

Activities for Kids

by kidsplayandcreate

It's very important for a child to feel good about themselves. Statistics show that children with low self-esteem tend to perform below their potential in school and make poor decisions in social situations.

Make a difference! There are many things that can be done to help improve a child's self-esteem:

Be Attentive

When your child speaks to you give them eye contact and listen make them feel what they are saying is important to you.

Make a child feel special

Praise children when they do a good job and also for trying hard. Tell children your proud of them when they put a lot of effort in something. Give complements and tell them that they are special.

See the learning in mistakes

When a child makes a mistake turn the negative into a positive. Focus on what he/she learned from the mistake.

“ **Self Esteem, by definition, is a realistic respect for or favorable impression of oneself.** ”

Be a positive role model

If you are constantly hard on your-self, putting your self down or pessimistic your children will see that and may eventually copy those same feelings. This may lead to them to feel that way about themselves.

Tune in to their feelings Sometimes this can be hard especially when a child has done something wrong and you yourself get angry and when to yell and scream. Sometimes a child doesn't understand what they have done. I remember I was sitting on the couch and my 6 year-old niece came running through the room with both her middle fingers up yelling middle finger, middle finger I almost lost it but I asked her if you knew what it meant and she said no and said her friend at school was doing it. I explained what it was and she was surprised she said she didn't know and never did it again.

<http://www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids/>

Feel Good Notebook

A feel good notebook is a great thing a child can have to help them focus on positive experiences they have each day. Often times we focus too much on the negative that we forget about the simple good things that happen throughout the day such as making someone laugh, having fun or even finding a good luck penny.

Materials: notebook, pen or pencil

Optional: Have your child decorate their notebook. Try using stickers, crayons, markers, glitter etc... to make their notebook a reflection of them and what makes them happy.

Each night have the child sit at the table and write 5-10 good things that happened that day. It can be as simple as I had fun at recess or I made Sammy laugh in class today. If the child likes to draw encourage them to draw a picture of one of the things they listed.

If a child is too young to write you have them tell you what good things happened to them that day or have them just draw a picture and tell you about it.

When they are done writing in their notebook have them share what they wrote with you.

The key to this activity is consistency. This is a daily writing exercise.



Me Tree

This is a fun activity to do with kids. In this activity children will create a tree that represents positive things about themselves. This is a great project that can be displayed in a classroom or on the wall of the child's room to remind them about how special they are.

Materials: 11×14 white paper, construction paper, crayons, markers, glue

Have each child draw a tree trunk with branches on the white paper.

Have each child cut out leaves from the construction paper.

On the leaves have each child write something they like about themselves.

Glue the leaves to the tree.

Have the children color the paper

Variation:

Instead of drawing a tree, draw a flower. On each petal have the children write something positive about themselves.



All adults—including parents—should talk openly about bullying with the children in their care, and should be prepared to deal directly with any problems that arise, whether at school, among groups of friends, or in other social situations.

Bullying

What Can Parents Do?

by the Government of Canada

How to recognize bullying

Bullying has had increasingly high profile in recent years as people have come to understand how deeply it can wound children—and how tragic the consequences can sometimes be. Bullying is defined as “wilful, repeated aggressive behaviour with negative intent used by a child to maintain power over another child.” The result is “a victimized child caught in an

abusive relationship.”

- Unequal power - One child has more power than another child (or it seems this way to the children involved)
- Hurtful actions - Physically or psychologically harmful behaviour takes place (such as name-calling, insults, threats, kicking, hitting, punching, etc)
- Direct or indirect actions - The abusive behaviour may be face-

to-face or done behind a child's back (such as teasing, exclusion, gossiping and spreading rumours)

- Repetitive behaviour - The hurtful actions keep happening, so the child being affected finds it increasingly difficult to escape



What can parents do?

All adults—including parents—should talk openly about bullying with the children in their care, and should be prepared to deal directly with any problems that arise, whether at school, among groups of friends, or in other social situations.

Bullying (ages 4 to 11)

When the cycle starts

The cycle of bullying often begins between the ages of four and 11 when children are forming their own social identities at school and through other activities. No matter when it starts, it's important

to remember that bullying is not a normal part of growing up. It needs to be dealt with directly by adults who are willing to recognize there is a problem and take whatever steps must be taken to stop it.

The different kinds of bullying

Physical

- Hitting
- Kicking
- Punching
- Pushing/Shoving
- Stealing

Psychological - Verbal

- Insults
- Name-calling
- Threats
- Comments about how someone looks or talks
- Comments about someone's ethnicity (culture, colour, religion)

Psychological - Social

- Gossiping
- Rumours
- Ignoring
- Not including someone in group activities

Results

- Can hurt a child's body, damage belongings (clothes, toys, etc) or make a child feel badly about himself or herself.
- Can make a child feel badly about himself or herself.
- Can make a child feel alone and not part of the group.

FastFact

When other children intervene in bullying, more than half of the time it stops within 10 seconds.





How to help

If a child comes to you for help with a bullying situation, he or she may need reassurance as well as practical advice. Use your judgment about the circumstances and get as many details as you can. Here are some things you can say:

If the child is being bullied

- "Stay calm, try to show you won't get upset. Anger can make things worse."
- "As soon as you get bullied, find an adult you trust and tell the adult what happened. It is your right to be safe."
- "If you are afraid to tell an adult, ask a friend to go with you."
- "Stay close to friends or children you know will stick up for you."
- "Stay away from places you know bullying happens."
- "If bullying continues, walk away and join other children or ask someone for help."

If the child sees someone else being bullied

- "Speak out, you can help by telling the bully to stop - nobody deserves to be bullied."
- "If you are afraid to speak out alone, ask a friend or many friends to do it with you."
- "Comfort the person who was hurt, tell them they don't deserve what happened."
- "If you are afraid or telling them doesn't work, find an adult you trust to help you."

- "Help children who are bullied. Invite them to participate in your school activities - this will help them not feel like they are alone."

Assurances you can give children:

- "Despite how it seems, it is not a hopeless situation. Something will be done to stop the bullying, I will help you."
- "There is always someone who you can talk to about bullying, whether it's me or another adult/teacher at school."
- "Remember, if you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem."

Bullying (ages 12 to 17)

A changing spectrum

As children get older, the type and range of bullying behaviour increases. While physical, psychological and social bullying happen among children as young as four, other bullying behaviour emerges as children move toward adolescence. For example, sexual harassment and dating aggression typically begin in middle school. No matter what form it takes, bullying is not a normal part of growing up.

Some common forms of bullying in adolescents and teens:

Dating aggression, which includes physical or verbal actions including grabbing, pushing, punching, spreading rumours and name-calling.

Sexual harassment, which occurs when a person or group hurts another person by taunting or discussing sensitive sexual issues, creating sexual rumours or messages, making homophobic comments, rating sexual body parts or name-calling, telling sexual jokes, and initiating unwanted sexual touching.

Ethnographically based bullying, which includes any physical or verbal behaviour used to hurt another person because of his or her ethnicity (culture, colour, religion).

Did you know

Cyberbullying is the use of email, cell phones, text messages, Internet sites and chat rooms to physically threaten, verbally harass or socially exclude an individual or group. Social media technologies often allow bullies to remain anonymous while distributing damaging messages/pictures to a widespread audience.

Set the example

Always consider how you treat others and how you allow others to treat you. As a role model, your actions and reactions can influence how youth relate to each other.



How parents and guardians can prevent bullying

Advice for teens

Although situations concerning bullying often differ and vary depending on the incident, some common guidelines for teens to follow are:

- Ignore the bully - Bullies look for big reactions, so ignore threats, walk away and go to a place of safety.
- Stand up for yourself - Challenge the bully to stop in a loud and firm voice, and walk away (run if needed). Bullies keep attacking if you do what they say and tend to pick on those who do not stand up for themselves.
- Don't bully back - Physically fighting back satisfies the bully and is dangerous because you could get hurt or end up in trouble.
- Tell an adult - Anyone being bullied or who sees someone being bullied has to tell an adult. Principals, teachers, parents and lunchroom monitors can all help. It's not tattling, ratting or snitching: calling out a bully isn't telling on someone for something small - bullying is wrong and it helps everyone if it is stopped.

A problem youth can't always solve on their own

Bullying is a power struggle that is difficult to resolve without the help of an adult. In most cases, it requires only a few minutes of intervention to stop, especially if adults act immediately and in a consistent manner. If you are present when bullying occurs, talk to those who are being aggressive. Explain the hurt they are causing and have them make amends to those who were harmed. This can break the cycle.

If a young person tells you someone is being bullied

Listen - and take it seriously even if it seems trivial, such as name-calling. Youth usually go to adults with these problems only as a last resort. In a very small number of cases, bullying behaviour is a chronic problem requiring the involvement of families and the assistance of a health professional.

What else can you do?

Parents and guardians:

- Talk, talk, talk. Don't wait for your child to come to you, bring up the conversation about bullying if you suspect or see/hear something.

- Talk to the adults who were in charge when the bullying occurred to find ways to remedy the problem and prevent future situations.
- If presented with the opportunity, confront the child, teen or group guilty of bullying and explain to them the hurt they cause.
- Stop any bullying behaviour at home, because consistency matters.

Adults responsible for young people (such as teachers, principals, coaches and other leaders)

- Be aware of the social interactions in your group of children - separate youth who tend to have negative interactions with others.
- Place left-out youth in groups where they will be accepted - try to avoid situations that will victimize at-risk youth (for example, don't have peers pick group partners or teams).
- Support other adults who work directly with youth to end bullying - by enforcing the separation of disruptive teens, increasing supervision in bullying hotspots and placing vulnerable youth in positive groups.

Reprinted with permission
trainorcommunications.com

How Foster Care Defined a Family

A TESTIMONIAL FROM MAYA COLANTUONO



Let me start by saying that I have one huge regret related to fostering; I wish we started years earlier! April 2013 marks our fifth anniversary as a foster family. I will never forget the excitement I felt when the phone call came requesting placement of our first foster child. We had received our license in the mail only the day before and were not expecting the phone to ring so soon. That call, which brought a 4 month old little girl into our family for the next year, was the beginning of a journey that has enriched our family in ways we could have never imagined.

Our biological children have grown into more compassionate, understanding and open-minded young people as a result of being foster siblings. Last year we attended an open house at our 11 year old daughter Sophie's school and her teacher directed us to a questionnaire hanging on the wall. One of the questions asked "What is the best thing your parents ever did for you?" Sophie's answer was "The best thing my parents ever did for me was to become

a foster family". The classmate next to Sophie answered the same question with "My parents took me to Disney World". Sophie has never been to Disney World but I don't think she feels she is missing anything!

When the first little girl went home we stayed in touch and eventually became her Godparents. She was a flower girl in our oldest daughter's wedding and will always hold a special place in our family. We welcomed another little girl after she left, and 5 more children after that. One of the children, Niveyah, was not able to return home, so after 3 years with us she joined our forever family through adoption. While we did not enter the world of foster care with any intention of adopting, we cannot imagine life without her!

People seem to want to think that our family has some special quality that allows us to do this and I want to be very clear that there is nothing special or unique about us. We thought about doing this for many years before we finally summoned up the courage to jump

in. If I had a dollar for every time someone said to me "Oh I would love to do foster care but I would get too attached", I would be a wealthy woman! Believe me we get way "too attached". That's the whole point; we take in children who need a safe and nurturing environment, love them like our own, hang in there with them every single day, and trust that they will leave us at least a little better off than when they came. We cry for days when they leave but we hug each other, tell funny stories (there are always plenty of those!), pick up the pieces and wait for the phone to ring again. Our family may not be anything special, but each child who has joined our family has made us stronger, smarter, more flexible and more determined than before. There is no question that we get way more from all of this than we give.

Foster care has defined us in a way we were never defined before. We were The Colantuonos, a generally happy family with all of the regular triumphs and tribulations of a middle class suburban family. We did not, however, stand all together for anything that really mattered until we discovered foster care. Foster care has defined us in a way that religion, sports and community involvement did not. It has made our home and our family into something that matters outside of ourselves. It has taken us beyond just the daily meeting of our own needs and put everything into perspective. It isn't easy, but it's worth doing. I hope you will consider it. I hope you will jump right in and get too attached. Believe me, you will regret not having done it years ago!

See more at: <https://www.fosterforward.net/about--success-stories--how-foster-care-defined-a-family>

PARENT RESOURCES

Emergency

24-Hour Emergency Services (fire, ambulance, police).....911
Rural RCMP Emergency Services Only.....310-7267
Rural RCMP Inquiries and Complaints.....975-5173
SaskEnergy Natural Gas Emergency and Safety..... 1-888-700-0427
SaskPower Outage Reporting (no charge).....310-2220

Poison Control Centre 1-866-454-1212

24 hours a day, 7 days a week
 Provides immediate assessment and treatment recommendations for poison and chemical emergencies and is staffed by a specially trained team of poison experts (pharmacists, nurses and doctors). Call for emergency treatment advice for victims exposed to all kinds of poisons including drugs, plants, mushrooms, pesticides, snake and spider bites and a wide variety of household cleaners and chemicals.

Problem Gambling Help Line 1-800-306-6789

The Problem Gambling Help Line provides 24-hour help to people with gambling problems and their families. Callers receive confidential, professional service from trained counsellors. The line operates 24 hours a day, seven days a week and is free of charge.

Kids Help Phone 1-800-668-6868

Confidential, anonymous, 24-hour access for children and youth to a professional counsellor by phone or online.

Highways Hotline 1-888-335-7623

Saskatoon and area: (306) 933-8333
 Regina and area: (306) 787-7623
 SaskTel cell network: *ROAD
 Toll-free across Canada:
 1-888-335-7623

Farm Stress Line 1-800-667-4442

The Farm Stress Line is a 24-hour phone line that provides confidential telephone counselling, support, information and referral services that respond to the needs of rural people, families and communities.

Ministry of Social Services Regional Offices

Centre Service Area

Saskatoon (306) 933-5961
 Kindersley (306) 463-5470
 Rosetown (306) 882-5400

North Service Area

Creighton 1-800-532-9580
 Prince Albert 1-866-719-6164
 La Ronge 1-800-567-4066
 Melfort 1-800-487-8640
 Nipawin 1-800-487-8594
 North Battleford 1-877-933-9911
 Lloydminster 1-877-367-7707
 Meadow Lake 1-877-368-8898
 Buffalo Narrows 1-800-667-7685
 La Loche 1-877-371-1131

South Service Area

Regina Service Centre (306) 787-3760
 Moose Jaw Service Centre (306) 694-3647
 Swift Current (306) 778-8219
 Yorkton (306) 786-1300
 Estevan (306) 637-4550
 Fort Qu'Appelle..... 1-800-667-3260
 Weyburn (306) 848-2404

Crisis

Saskatchewan Crisis Lines

The Saskatchewan Crisis Lines provide 24-hour crisis intervention, crisis counselling and conflict management to individuals and families in distress or crisis.

West Central Crisis & Family Support Centre

Box 2235
 Kindersley, SK S0L 1S0
 Crisis: (306) 463-4357

North East Crisis Intervention Centre

P.O. Box 2066
 Melfort, SK S0E 1A0
 Crisis: (306) 752-9455
 Toll-free: 1-800-611-6349

North Battleford Crisis Line

North Battleford, SK
 Crisis: 1-866-567-0055

Prince Albert Mobile Crisis Unit Cooperative

Prince Albert, SK S6V 0X5
 Crisis: (306) 764-1011

Mobile Crisis Services

Regina, SK
 Crisis: (306) 757-0127

Saskatoon Crisis Intervention Service

Saskatoon, SK S7K 4A7
 Crisis: (306) 933-6200

South West Crisis Services

P.O. Box 1102
 Swift Current, SK S9H 3X3
 Crisis: (306) 778-3833



Family Services

Saskatchewan Children's Advocate Office

315 25th Street East
Saskatoon, SK
S7K 0L4
1-800-322-7221
www.saskadvocate.ca

The Children's Advocate Office (CAO) promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The CAO engages in public education, works to resolve disputes and conducts independent investigations. The CAO also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone, particularly a child or youth, can contact the CAO if they have a concern about a child or group of children receiving services from a provincial department or agency.

Parenting Education Saskatchewan

306-506 25th Street East
Saskatoon, SK
S7K 4A7
(306)934-2095
www.parenteducationsask.ca
Parenting Education Saskatchewan provides information and resources important to supporting and educating parents and caregivers.

The First Nations Child & Family Caring Society of Canada

Suite 401 - 309 Cooper Street
Ottawa ON
K2P 0G5
(613) 230-5885
www.fncaringsociety.com
The First Nations Child & Family Caring Society of Canada (the Caring Society) was developed at a national meeting of First Nations child and family service agencies (FNCFSAs), held at the Squamish First Nation in 1998. Meeting delegates agreed that a national non-profit organization was required to provide research, policy, professional development and networking support to support FNCFSAs in caring for First Nations children, youth and families.

The Compassionate Friends of Canada

1-866-823-0141
www.tcfcanada.net
Compassionate Friends is an international, non-profit, non-denominational, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause. The Saskatchewan chapter meets once a month throughout the year in various locations throughout the province.

Saskatchewan Youth in Care and Custody Network

Cornwall Professional Building
510-2125 11th Ave.
Regina, SK
S4P 3X3
1-888-528-8061
www.syiccn.com
The SYICCN is a non-profit organization that advocates and supports Youth, aged 14 - 24, in or from foster care/young offender systems. Located in Regina, the SYICCN is mandated to help set up local 'networks' throughout Saskatchewan and develop strategies that empower youth in and from the system. The SYICCN's purpose is to ensure that young people involved in government care are able to have a voice in their lives and in their community in order to make improvements to the services they receive.

Saskatchewan Voice of People with Disabilities

984 Albert St
Regina, SK
S4R 2P7
1-877-569-3111
www.saskvoice.com
The Saskatchewan Voice of People with Disabilities is a non-profit community based organization that promotes full and equal inclusion of people with disabilities in society.

The Child Welfare League of Canada (CWLC)

226 Argyle Avenue
Ottawa, Ontario
K2P 1B9
Telephone: (613) 235-4412
www.cwlc.ca
CWLC is the voice for vulnerable children in Canada. Established in 1994, CWLC is a national, membership-based organization dedicated to promoting the protection and well-being of vulnerable children, youth and their families. We play a significant role in promoting best practices among those in the field of child welfare, child and youth mental health, child rights and youth justice.

Adoption Support Centre of Saskatchewan Inc. (ASCS)

233 4th Avenue South
Saskatoon, SK
S7K 1N1
1-866-869-2727
www.adoptionsask.org
ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or inter-country adoption.

Child Find Saskatchewan

202-3502 Taylor Street East
Saskatoon, SK
S7H 5H9
1-800-513-3463
www.childfind.sk.ca
Child Find Saskatchewan provides services promoting personal safety to children, parents and organizations. A 24-hour help line, search assistance with missing children and education and awareness are also offered.

FASD Support Network of Saskatchewan Inc.

212-510 Cynthia Street
Saskatoon, SK
S7K 7L7
1-866-673-3276
www.skfasnetwork.ca
The network is a parent-run organization providing information to persons with FASD, families and professionals. Parents are linked for peer support and parent/caregiver support groups are promoted.

Saskatchewan Society for the Prevention of Cruelty to Animals

519 - 45th Street West
Saskatoon, SK
S7L 5Z9
1-877-382-7722
www.sspca.ca
The SSPCA is an Animal Welfare Organization that works in conjunction with the Ministry of Agriculture to enforce the Animal Protection Act, the legislation that protects animals in Saskatchewan from cruelty.

The International Foster Care Organisation (IFCO) is an international network dedicated solely to the promotion and support of family based foster care across the world. We are a volunteer and member based organisation providing a multi-cultural platform for young people, foster carers, social workers, academics, researchers, volunteers, media, policy makers and others to network and share information on a global basis. IFCO fully supports recent UN legislation stating that all children have the right to a family and our role is to enable the exchange of information through our conferences, consultation and networking to facilitate improvement and promotion of this model within a fostering environment.
www.ifco



Health

HealthLine 1-877-800-0002 (TTY) 1-888-425-4444

HealthLine is a confidential, 24-hour health information and support telephone line, staffed by Registered Nurses, Registered Psychiatric Nurses and Social Workers. The professionals who work at HealthLine are experienced and specially trained to help you make decisions about your health care options. They can help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider, or access emergency medical care, if necessary. HealthLine is available to anyone in the province, free of charge and is not for emergency situations. Call 9-1-1 if you are experiencing a medical emergency.

Health Regions

Athabasca Health Authority

Box 124
Black Lake, SK
S0J 0H0
(306) 439-2200
www.athabascahealth.ca

Cypress Health Region

429 – 4th Avenue NE
Swift Current, SK
S9H 2J9
1-888-461-7443
www.cypresshealth.ca

Five Hills Health Region

455 Fairford Street East
Moose Jaw, SK
S6H 1H3
1-888-425-1111
www.fhhr.ca

Heartland Health Region

Box 2110
Rosetown, SK
S0L 2V0
(306) 882-4111
www.hrha.sk.ca

Keewatin Yatthe Health Region

Box 40
Buffalo Narrows, SK
S0M 0J0
1-866-274-8506
www.kyrha.ca

Kelsey Trail Health Region

Box 1780
Tisdale, SK
S0E 1T0
(306) 873-6600
www.kelseytrailhealth.ca

Mamawetan Churchill River Health Region

Box 6000
La Ronge, SK
S0J 1L0
(306) 425-2422
www.mcrha.sk.ca

Prairie North Health Region

1092-107th Street
North Battleford, SK
S9A 1Z1
(306) 446-6622
www.pnrha.ca

Prince Albert Parkland Health Region

2nd floor, 1521 6th Avenue West
Box 5700
Prince Albert, SK
S6V 5K1
1-800-922-1834
www.paphr.sk.ca

Regina Qu'Appelle Health Region

2180 23rd Avenue
Regina, SK
S4S 0A5
(306) 766-5100
www.rqhealth.ca

Saskatchewan Cancer Agency

SCA Head Office
204-3775 Pasqua Street
Regina, SK
S4S 6W8
(306) 791-2775
www.saskcancer.ca

Saskatoon Health Region

Level 2 Administration
Saskatoon City Hospital
701 Queen Street
Saskatoon, SK
S7K 0M7
(306) 655-7500
www.saskatoonhealthregion.ca

Sun Country Health Region

Box 2003
Weyburn, SK
S4H 2Z9
(306) 842-8399
www.suncountry.sk.ca

Sunrise Health Region

Executive Office-Park Unit
270 Bradbrooke Drive
Yorkton, SK
S3N 2K6
(306) 786-0100
www.sunrisehealthregion.sk.ca

Legal

Legal Aid Saskatchewan

Central Office - Saskatoon
#502 - 201 21st Street East
Saskatoon, SK S7K 0B8
1-800-667-3764
www.legalaid.sk.ca

Legal Aid Saskatchewan provides legal services to eligible youth and adult applicants who need assistance with family law or criminal matters.

Saskatchewan Human Rights Commission

Saskatoon Office
8th Floor, Sturdy Stone Building
122-3rd Avenue North
S7K 2H6
1-800-667-9249
www.shrc.gov.sk.ca
Regina Office
Suite 301
1942 Hamilton Street
S4P 2C5
1-800-667-8577
www.shrc.gov.sk.ca

The Saskatchewan Human Rights Commission's mission is to promote and protect the individual dignity, fundamental freedoms and equal rights of Saskatchewan citizens by investigating and resolving discrimination complaints in a quick and efficient manner, as well as promote equality and diversity and human rights issues.

Public Legal Education Association of Saskatchewan (PLEA)

300-201-21st Street East
Saskatoon, SK S7K 0B8
306-653-1868
www.plea.org

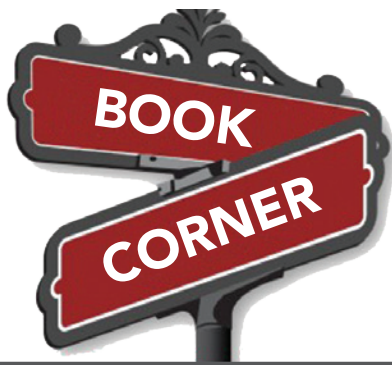
The Public Legal Education Association of Saskatchewan is a non-profit, non-government organization which exists to educate, inform and empower through law related education.

Saskatchewan Crime Stoppers

RCMP "F" Division
Bag Service 2500
Regina, SK S4P 3K7
1-800-222-8477
www.saskcrimestoppers.com

Crime Stoppers is a trustworthy and cost effective method for citizens to easily and anonymously assist the police and other authorities in solving and reducing crime by submitting tips online or by phone.





Building Self-Esteem in Children Who are Adopted or Fostered
by Sue Cornbluth

How do you give your adopted or fostered child the best opportunities to grow up to be happy, healthy and successful?

In this accessible book, psychologist and trauma expert Dr. Sue offers simple advice to those supporting children aged 7+. She explains why adopted or fostered children can often experience self-esteem issues, the impact it can have on their lives, and offers everyday strategies to help the child to move beyond their trauma and develop healthy self-esteem.

Ideal for foster and adoptive parents as well as professionals supporting children and families, this book reveals the powerful role you can play in your child's well-being.



'This book offers important insight into why adopted and foster teens struggle with self-esteem and offers valuable strategies when helping these teens. Cornbluth's book is required reading for anyone who is working with these children, and is a great resource.'

- John DeGarmo, speaker, trainer, foster parent and author of The Foster Parenting Manual and Keeping Foster Children Safe Online

© 2014

ISBN: 978-1-84905-466-9



Celebrate Foster Family Week

October 18 – 24, 2015

Every fall, Canadians honour the contributions of approximately 35,000 foster families across the country. This year, National Foster Family Week will be celebrated October 18–24. Please check our website for updates on events and goings-on. Visit sffa.sk.ca

PUBLICATIONS MAIL AGREEMENT NO. 41271051

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:
SASKATCHEWAN FOSTER FAMILIES ASSOCIATION
233 4TH AVE SOUTH
SASKATOON SK S7K 1N1

Please Recycle

