

# Advisor

Fall 2012



# Advisor

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## 2012 National Foster Family Week — Dates Confirmed

National Foster Family Week is celebrated across Canada the third full week of October. This year the dates are: October 21 – 27.

This is a time for foster families across Canada to be recognized for their dedication, love and commitment to children and youth in care.

### Saskatchewan Youth In Care and Custody Network presents **"Born To Lead: Voices for our Future"** Sept. 28-30th, 2012

**Hitchcock's Hideaway — Birsay, Sk**

Some join us near Birsay, Saskatchewan this year for a fun-filled provincial conference! Our conference this year will focus on leadership in networking and beyond! We are looking for youth, alumni and adult support who are interested in learning more about leadership in networking, building the voice of youth, and of course, having fun!

Registration Fee:  
\$250.00 before August 31st, 2012  
\$275.00 after August 31st, 2012

Included in your registration fee are your accommodations and meals from Friday, September 28th, 2012 until Sunday, September 30th, 2012. Fees do not include transportation. If you are having trouble finding funds to attend, please do not hesitate to contact the office at:

Tel. 306.522.1533  
Toll Free. 1.888.528.8061

Full conference details and registration forms can be found on the SFFA website at [www.sffa.sk.ca/news/](http://www.sffa.sk.ca/news/)



## bookcorner

### Finding the Right Spot: When Kids Can't Live with Their Parents

by Janice Levy, Whitney Martin

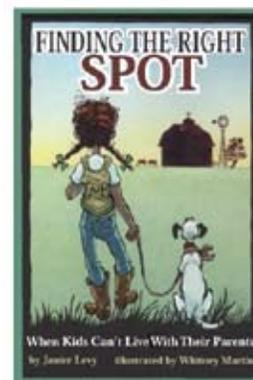
This fiction picture book is for children not living with their parents and explores emotions that kids may feel about their parents, including disappointment, hope, anger, and worry along with thoughts and feelings

that children may have about their new caretakers and surroundings. Includes Note to Parents section discusses issues such as entering a new school, discomfort with circumstances in relation to new peers, etc.

Hardcover, 48 pages

Published January 1st 2004  
by American Psychological  
Association (APA)

ISBN 1591470730 (ISBN13: 9781591470731)



# Greetings from our Chairman of the Board, Kevin Harris



Greetings foster parents! It is September already; fall and the fall schedules are just about upon us. I hope your summer was a time that you enjoyed. On behalf of the board of directors, I bring you greetings. Thank you again for bestowing on us the responsibility of leadership and direction for the SFFA, a responsibility that we all take very seriously.

At our June AGM, our rewritten constitution was passed by the delegates of the local associations. With this new constitution, the board has given me the accountability of chairman of the board. Together we hope to build stronger partnerships with the locals committees. We also approved a rewrite of our mission statement:

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.

We have a lot to do in the next year, so we look forward to working with all of you and your local leadership teams as we strive to accomplish the mission of the SFFA.

I would encourage you to get involved in your local groups as this is one of the most effective ways to communicate and participate in

the work of fostering.

As a board we are committed to improving on communicating, and one of the best avenues is through the local groups across the province. We will be communicating through the local committees, as well as through the Advisor, the changes to the board organization as we work through the various committees that are required to operate effectively. Also, check out our new web page: [www.sffa.sk.ca](http://www.sffa.sk.ca). It has vastly improved. Kudos to Deb and the team for this.

Again, thanks for your support and we look forward to moving forward in partnership with you. Feel free to call or drop me an email. I look forward to what lies ahead!

I can be reached via email (this is probably the best way to reach me) at [Kevin.harris@sasktel.net](mailto:Kevin.harris@sasktel.net) or by phone at 306.789.2956.

*Kevin Harris, Chairman of the Board*

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## Watch for our NEW and improved website!

The new Saskatchewan Foster Families Association website is being launched this month! On the new site you'll find:

- a new and improved look and design
- a user-friendly site that's easier to navigate
- a community events calendar listing relevant events taking place each month
- a blog where foster parents can post things that matter to them. As foster parents, you will also be able to highlight important events happening in and around your community. Connect with other foster parents around the province with this incredible new feature!



**[www.sffa.sk.ca](http://www.sffa.sk.ca)**

# Foster Care Council of Canada

## Advocating for Transparency and Accountability in Child Welfare

The Foster Care Council of Canada is a member-supported organization made up of former foster children advocating for improved transparency and accountability in child welfare services.

### Mission

It is our Mission to involve current and former foster children and their supporters in the process of improving the transparency and accountability of child-welfare services through a strong and united voice.

The Foster Care Council of Canada has published its first issue of The Crown Ward, a newsletter about Child Protection Services in Canada. This is a national newsletter, though the first issue mainly focuses on Ontario. The first official issue of the Crown Ward newsletter has been published online! Get your free copy at <http://bit.ly/OmbcgY>

### What We Do

Your membership provides us with both the financial and the human resources required to fulfill our mission through engaging in the following activities;

- launching or supporting child-welfare related public awareness campaigns
- conducting child-welfare related research and reporting our findings to both the government and the public
- assisting current and former child-welfare clients in the process of acquiring access to their own personal records held by various child-welfare authorities
- providing guidance and support to current and former child-welfare clients regarding complaints procedures and criminal injuries compensation claims resulting from their time in foster care
- endorsing (publicly supporting or approving), intervening in, or initiating legal action where it is deemed necessary, appropriate, financially possible, and in the public interest

For more information, visit the website at [www.afterfostercare.ca](http://www.afterfostercare.ca)

## New System Improves Care of Children

A new electronic case management system designed to keep track of children in care of the Ministry of Social Services is now up and running across the province.

This new system, called Linkin, replaces the previous paper-based system and enhances services provided by the province's Child and Family Services Division, which works to protect children from abuse and neglect.

"The safety and well-being of children is our top priority," Social Services Minister June Draude said. "This new system provides front-line workers with better access to information so they can spend more time working directly with at-risk children and families."

Benefits of the new system include:

- Accurate information that is accessible to case

workers anytime and anywhere;

- Increased accessibility to information provides for better decision-making capabilities regarding risk levels for children in care;
- Enhanced ability for case workers to plan and locate family resources for children;
- Ministry Child and Family Services workers providing after-hours services are able to access case information and make better decisions with children and families; and
- Improved collection of province-wide statistics to inform decision-making and policy direction.

"As we work to transform child welfare in Saskatchewan, this new system is an important step that will improve outcomes for vulnerable children and families," Draude said.

# Province Moving Ahead on Child Welfare Transformation

## Social Services continues to respond to child welfare review panel recommendations

The Ministry of Social Services will continue to partner with community-based organizations to support children and youth in care and will no longer directly operate child welfare residential spaces.

This direction is consistent with the province's child welfare transformation strategy, based on the independent Saskatchewan Child Welfare Review Panel's 2010 recommendations. The report urged government to work differently and to emphasize collaborative approaches to child welfare with First Nation, Métis and community partners.

"We want children and youth to live successfully at home and in their communities," Social Services Minister June Draude said. "That's why our government has invested in family and community-based care and placed greater emphasis on prevention and family supports."

"We have been working with community-based organizations and our First Nation and Métis partners to develop the supports that children and youth need. Since 2007, we have nearly doubled the number of community-run child welfare spaces. Today's announcement is another step in our continued transformation of the child welfare system."

Currently, community-based organizations (CBOs) and agencies deliver 95 per cent of the child welfare residential spaces in the province. Social Services operates five per cent. No new government-operated residential spaces for children have been developed since 1999.

"CBOs, with their local boards and tremendous volunteer

base, know the clients who live in their communities, can quickly mobilize supports for clients with other local agencies and respond to the needs of the people they serve with flexible and creative solutions," Draude said.

A total of 12 children and youth currently reside at the Saskatoon Treatment Group Home, Prince Albert Adolescent Group Home and Eden House in Regina. Ministry staff will work with these youth and their families to determine appropriate community placements. These facilities will close within 60 days. Red Willow Centre in Saskatoon and Dales House in Regina, which currently serve 31 youth, will remain open until community capacity is developed.

"I want to thank the staff in these homes for the incredible dedication and compassion they have shown to many children, youth and families," Draude said. "This decision is not a reflection of the quality of their service to vulnerable children. Rather, it signifies our commitment to change the child welfare system, and to expand our partnerships with local organizations whose structure and connection to the community are helping create positive outcomes for children in care."

The province has increased funding for child and family services by 133 per cent since November 2007. This includes more than \$48 million in increased support for CBOs serving children, youth and their families. Overall funding for group homes is not being reduced as part of this announcement.

Funding provided to the government-run group homes will be reinvested into community-based services for children and youth.

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## Christmas allowances

Each child in care shall receive a Christmas allowance to enable the caregiver to purchase a gift for the child and for the child to purchase a gift for their family and/or caregiver.

Payment of the Christmas gift allowance will be made automatically, in advance, through the FYAP system for children who are in care. A print-out listing the gift allowance issued is sent to each service area by mid-November and the caregivers receive the allowance by mid-November as well.

When children are missed or are admitted to care after October 31st, the caseworker arranges for payment of the allowance through FYAP as a purchase order. The Christmas allowance is \$75.00 per child.



# Guidelines for Helping With Homework

Don't Work Harder Than Your Child! *by Dr. Charles Fay*

## **Set aside a time each day for family learning.**

Set aside at least 30 minutes, devoted to "family brain cell development." During this time, there should be no TV, video games, computer games, etc.

Model your own excitement for learning by reading a book, writing letters, etc.

Your child may learn by doing their homework, reading about something they love, writing stories, etc.

## **Help only when your child truly wants it.**

Some parents make the mistake of forcing help upon their kids. This

only creates frustration, anger, and kids who believe they can't learn without their parents' help.

## **Help only when there's an absence of anger or frustration.**

When either you or your child gets frustrated or angry, learning becomes associated with frustration and anger.

## **Help only when your child can describe what the teacher said.**

This ensures that your child continues to believe that it's important to pay attention to teachers.

Unfortunately, some kids learn that it's best to "tune-out" at school and

let their parents do all of the teaching at home.

## **Move away from your child before he/she "gets it."**

Some children believe they can only learn something, or "get it," when an adult is in the same room... or is guiding them every inch of the way.

To prevent this dependency, avoid falling into the habit of sitting at the table as your child does their homework, especially when they are on the brink of learning something new.

*THE CARDINAL RULE FOR HELPING: Never Work Harder Than Your Child*

## Fee-for-Service and Daily Living Support Assessment (DLSA)

Are you being properly compensated for the care you give to your foster child? The Ministry of Social Services provides financial compensation to foster parents over and above basic maintenance for children requiring extra care by the foster parents. The Ministry of Social Services provides Fee-for-Service and Daily Living Support Assessment in these cases. The money provided is direct compensation to the foster parent and is not intended to be used to support the foster child.

As stated in policy, the caseworker should meet with the foster parent approximately six weeks after a child's placement to review the extra service provided. As well, a review of the fee-for-service payment is to be completed when a change in level of service appears evident, or at minimum, every six months. This also means that the compensation

may be reduced or eliminated if the level of extra care decreases. The caseworker's recommendations will be sent to the Rate Review Board for assessment.

Fee-for-Service compensation will include compensation for the extra work the foster parent does with the birth family, assistance with the child's physical care, body functions, diet, medication, feeding, ambulation, medical dressing, physical exercise, child development, as well as assisting the child with school or community involvement.

Conversely, a decision may also be made to compensate the foster parent through the Daily Living Support Assessment for each child in care with extreme developmental delay and/or physical disabilities. The DLSA will be completed within the first three months of placement

and will be retroactive to the date of placement. DLSA covers personal care, mobility, speech and language, behavioral, and health assistance.

New foster parents may not be aware of the fact that they are providing services that are beyond what is required of them. As well, long term foster parents may not realize that they are putting in more effort to care for a child's needs than what they had been originally. It is important for the foster parent to monitor the level of care they are providing and to contact their worker should they feel that the child's needs are increasing.

Your advocate at the SFFA can help you assess if you may qualify for extra compensation and assist you in contacting the Ministry of Social Services to make a request for this compensation.

## The Myths about Sibling Placement



**MYTH:** Children who have assumed a parental role should be separated from younger siblings in order to give him/her a chance to be a child.

Younger siblings who face placement in an unfamiliar home without the older sibling could have a negative impact. The older sibling is often a source of comfort and support. The older child, who feels responsible for younger siblings, may suffer anxiety over their care. A foster family that understands sibling dynamics is

the best placement. Fear and anxiety can be relieved and the siblings can go on to develop a healthier, more “normal” relationship.

Children even learn how to deal with conflict through their sibling arguments.

**MYTH:** Because of sibling rivalry, it is in the best interest to separate brothers and sisters.

Sibling rivalry is normal for all families. Children even learn how to deal with conflict through their sibling arguments, by learning how to come to terms with their differences safely with the support of parents. Without this, the children would not have the opportunity to learn how to deal with conflict in a healthy way, and separation increases the trauma of being removed from their home.

**MYTH:** A child with special needs must have specialized attention and should be placed separately from siblings.

All children have the same needs, including children with special needs: to feel love, belonging, and to feel safe. Families, who are also made up of brothers and sisters, are capable of fulfilling this need. Living as a member of a sibling group, as the child did before, allows for normal sibling relationships to be maintained, along with the new adults in the family. Foster families who are trained to care for both children with special needs and their siblings is the best solution.

Adapted from Casey Family Programs, 2003



## DON'T FORGET TO ASK

*Foster Parents often wish they had asked more questions before accepting a child into their home. The list below is designed to assist you in your discussion with the Ministry. (All questions do not apply to all placements.)*

- Why is this child being placed?
- What is the child's understanding of the reason for placement/separation from his family?
- What are the child's previous placement experiences?
- What is the family situation—parent's names?
- Where are the parents?
- Will the parents visit? Where? How often?
- Are there siblings? Where are they?
- Will there be pre-placement visits?
- What is the plan for the child? Length of placement?
- What is the child's legal status?
- When was the child's last physical?
- What is the child's health? Allergies? Medication? Last dental check up?
- Who is the child's doctor? Their medical number?
- Is religion important to the child?
- What school and what grade does the child attend?
- Are there school problems?
- Does the child have any special behavioural problems? Habits?
- If this child has been sexually abused, is he at risk to himself/others?
- What will help the child feel at home? Favourite food, comforting toy?
- Will there be a clothing grant? Are the child's clothes adequate/appropriate?
- When will the social worker visit/call?
- Who do I call after hours?
- What is expected of me (as the foster parent)?
- Will I receive the form Confidential Information for Foster Parents Regarding Child Placement?

# Battling the Back-To-School Blues

## Parents can make the first days of school fun rather than frustrating

by Dr. Charles Fay

Too frequently, children begin the school year unprepared to succeed, quickly experience frustration and failure, and get turned-off to learning. However, kids can love instead of loath the first days of school; they just need a little help from mom and dad. Here's how:

### **Tip #1: Give your children the gift of chores.**

Children who regularly do chores at home find it much easier to do assignments at school. Why? Both schoolwork and chores require perseverance, delayed gratification, and attention to detail. When parents expect chores to be done without reminders and without pay, children also learn how to work independently and to enjoy the intrinsic rewards of accomplishment.

### **Tip #2: In a loving way, hold your children accountable for their chores.**

Parents who nag and remind their children to do chores raise kids who expect their teachers to nag and remind them to do assignments. These children don't do well in school. Smarter parents ask their children to do their chores, bite their tongues, and let empathy and consequences do the teaching. Why empathy? When parents deliver sincere doses of empathy or sadness before describing consequences, their children learn responsibility rather than resentment. A parent might say:

How sad... I love you so much, but you forgot to clean your bathroom today. Now I don't have the energy to take you swimming. This really stinks.



When parents expect chores to be done without reminders and without pay, children also learn how to work independently and to enjoy the intrinsic rewards of accomplishment.

### **Tip #3: Limit television, videos, videogames, and other “entertaining” activities.**

Children who are used to being entertained during the summer by fast-paced TV shows, movies, games, and trips to the amusement park go into shock when they enter the classroom. Before long, they begin to complain about how “boring” their teachers are and how much they dislike school. Love and Logic parents help their children transition back to school by making their homes so “boring” that their kids can't wait to be back in class!

### **Tip #4: Have fun with reading and writing.**

During the first week of school, teachers can always tell the difference between the children who've been read to during the summer and those

who have not. Spend at least 20 minutes per day reading with your kids. Experiment with reading one page, asking your child to read the next, and alternating back and forth. Writing is important too! Experiment with having your child spend the two weeks prior to the start of school making and writing cards for friends and relatives. Your child's writing skills will grow... and so will these relationships!

With these practical tips from The Love and Logic® Institute, you can give your kids an advantage in school that will last for months, years, and a lifetime! Parents around the world have benefited from the power of these four down-to-earth tips. Now it's your turn to give your kids the head start they deserve!

# Be Food Allergy Aware When Packing School Lunches

The beginning of the school year can be a very exciting time. Along with packing school supplies such as books and pencils, you'll also be packing school lunches for your children. While there are food safety tips that you should follow to avoid food borne illness, it's also important to remember allergy awareness when you are packing lunches for school. If your children pack their own lunches, you should help them understand how to be food allergy aware.

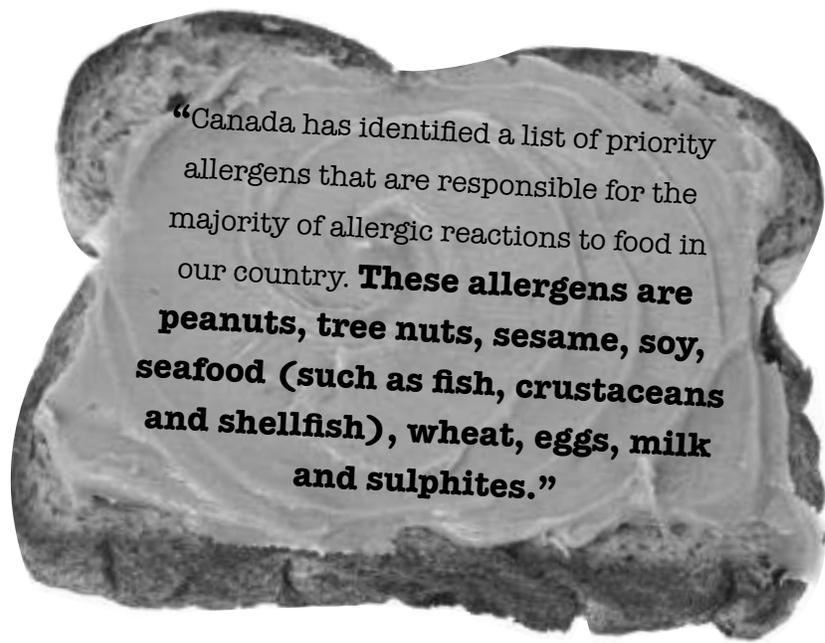
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## Food allergies

As many as 1.2 million Canadians may be affected by life-threatening food allergies, and these numbers are possibly increasing, especially among children. Currently, it is estimated that six per cent of children are affected by food allergies.

Although many foods can cause allergic reactions, Canada has identified a list of priority allergens that are responsible for the majority of allergic reactions to food in our country. These allergens are peanuts, tree nuts, sesame, soy, seafood (such as fish, crustaceans and shellfish), wheat, eggs, milk and sulphites.

Allergens can cause a reaction in your respiratory system, stomach and intestines, skin or cardiovascular system. The symptoms of allergic reactions vary in type and severity, from mild skin irritations and hives to breathing difficulties and loss of consciousness. Symptoms can also develop at different rates, sometimes getting worse very quickly. The most severe reaction, called anaphylaxis, can be fatal.



Food allergies are triggered when your body's immune system mistakenly identifies a food protein to be harmful. Exposure to even the smallest amounts of allergenic protein can cause a serious allergic reaction in sensitive individuals. This is why you need to be very careful when packing school lunches for your children.

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## Allergens in schools

Because of the potential seriousness of allergic reactions, many schools have a policy in place to restrict students from bringing certain items in their lunches. It's very important for you to follow the school's food allergen policy closely, even if your child is not allergic. The health and safety of other students depends on all parents and students following the school's food allergen policy.

### Here are some tips to help you:

- If your child is allergic to a certain food, make sure the school knows about the allergy

and work with them to come up with a strategy to keep your child safe. Remind your child that it isn't safe to trade or share food.

- If peanut is on the school policy as a restricted food, try thinking about alternative sandwich-making ingredients. For example, try hummus or apple butter instead of peanut butter.
- Always read the labels on the food you pack in your child's lunch. Don't pack any food with ingredients that are restricted at your school. Look for warning statements on the label such as "May Contain...". Remember, even trace amounts can cause a severe allergic reaction.

For more information, visit: [http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/school-lunch\\_repas-ecole-eng.php](http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/school-lunch_repas-ecole-eng.php)

# Research shows — youth in care networks change child welfare outcomes

**O**ur Dream, Our Right, Our Future is the title of a recently released pilot study produced by the Saskatchewan Youth in Care and Custody Network (SYICCN), working in partnership with University of Saskatchewan researcher, Marie Lovrod, to investigate how the practice of peer networking contributes to more positive outcomes for participating youth.

For more than a decade in Saskatchewan, youth in and from government care have been working together with adults from various government ministries, the Children's Advocate Office, other non-government agencies and local communities to develop learning, communications and healing networks that sustain peermentoring opportunities, promote youth engagement, and raise awareness about important issues affecting their lives.

While study participants recognize that there are no utopias, they see opportunities for improvements and change through the active engagement of youth working to build durable relationships among themselves and contributing to planning for government care policies and objectives. Part of the practice of the study was to involve youth leaders and membership at every level of development and analysis, so that the report reflects the anonymous perspectives of participating youth.

A number of young people who participated in the study remarked that members of their local and

provincial networks become like a second family for them. One youth alumni sums this experience up well:

*"We will carry on. . . I believe that firmly. I think people should look at us as models for families. Because, there are so many families out there that are broken and dysfunctional. And then there's us-and we're not even blood related! And we get along; we do not judge each other. It doesn't matter, your race, your age, your sex, your sexuality; it doesn't matter who you are. We're all the same inside; we all need to be loved and we all need to belong. And with the Network, we do belong. There's someone from every background here."*

By contributing to public discussions about conditions faced by youth in care and reflecting on ways to improve them, networks can impact circumstances influencing youth in local communities and the wider public, well beyond their own direct in-care experiences. This contributes to hope and resiliency. As one long-term adult support remarked:

*"I believe and would like others to know, that I think the values... and the outcomes of Network involvement have significant impact on the lives of young people in care, probably more than any other kind of intervention. I would like people to understand the Network as an intervention and have it valued as such."*

Youth benefit, certainly, but so do the professionals who support them, by learning to be more effective in their

roles. Part of what the organization seeks to achieve is to combat stereotypes of youth in government care, which may not always recognize how resilient youth can be when supported by peers who share related experiences and adults who respect what youth can learn and teach in collaborative efforts to build more successful futures:

*"The Network is doing so much good for so many people. Everyone should see it. People need to start caring more about what is helping in child welfare. If people paid attention to young people in care, to children in care and really wanted the best for them all around, the Network would be a household name."*

A foster parent who participated in the study notes that her own child benefitted from her family's participation in providing care for several youth.

*"I look at my son; I had been fostering already 3 or 4 years, so he was born into foster care, but I think it has given him a good base of parenting and for his relationship with wife, and I am very proud of the male he became; it has given him a good foundation. I look at how his sisters tease him with eight females. But they taught him well. It's pretty amazing what young people can teach us."*

Too often, critiques of government care may influence public perceptions of youth in the system in negative ways that can construct barriers to self and social acceptance. This project, while recognizing the

challenges youth experience in care, also celebrates their successes, and identifies opportunities to create better outcomes for those who need government care through the Saskatchewan Youth in Care and Custody Network.

Drawing on the research, the

organization has developed several recommendations to enhance the flourishing of youth networks, reaching out to more youth with supportive programming.

For more information or inquiries please contact either Marie Lovrod, Ph.D, UofS Researcher or Darlene

Domshy, Executive Director-SYICCN.

Marie Lovrod 1.306.966.7538 marie.lovrod@usask.ca

Darlene Domshy 1.888.528.8061 (toll free) 1.306.522.1533 darlene@syiccn.ca

## Angry Kids *by Jim Fay*

“**T**hy does my child always have an attitude? She’s often disruptive, disrespectful or picking on other children. She’s always the one with a chip on her shoulder.” This frustrated parent expresses the feelings of many—Why is my child angry and how do I deal with it?

A child who acts out may be expressing other emotions through anger. A youngster may be experiencing a loss, a divorce or a move. A child may be trying to let the world know that his/her life is not what it ought to be. Regardless of the reason, it looks the same. But how can we deal with this angry attitude without being a psychologist?

### **A Parent’s Job is to Understand, Not to Fix Things**

Listening for understanding is impossible when a child is “drunk” on anger. Never reason with an angry child. Instead say, “It sounds like you’re really mad. I want to listen and understand. I will listen when your voice is as calm as mine. Come back then.” If you can’t make the child leave, you leave. Be prepared to repeat your calm statement if the child is determined to yell out the anger without leaving. “Don’t worry about it now. We’ll talk



when you’re calm.” You may need to say this several times. Be prepared to play “broken record” with, what did I say? Use these phrases instead of reasoning. Reasoning will only fuel the anger.

### **“Thanks for Sharing That”**

Once the child is able to discuss the anger, listen without reasoning. Try to avoid telling the child why he/she should not be angry. Avoid telling them that things will be okay and how to make it better. Your job is to prove that you understand – “It sounds like you get mad when I tell you it’s time to do your chores. Thanks for sharing that with me. I’ll give it some thought. If you think of a better way for me to remind you, let me know.”

### **Parents Can Make It Worse**

Parents who do not treat their children with respect send a message that says, “You’re not worthy.” These parents often communicate with a lot of yelling. This encourages the child to yell and scream back while the parents retaliate by getting madder. It’s a vicious cycle that breeds chronic anger in the child.

In place of anger, parents should work on listening to their children in a non-threatening, honest and open manner. Most children will talk openly only after they truly believe their parents are interested in what they have to say and recognize their feelings.

### **When Anger Continues**

If, despite your best attempts to understand your child’s anger, there is no change in behavior after three months, parents should seek professional counseling for their child. In some instances, chronic anger is best helped by a professional.

Never reason with an angry child. Use empathy and understanding instead. “It sounds like you’re really mad. I want to listen and understand. And I will listen when your voice is as calm as mine. Come back then.”

## Updates to Discounts for Foster Families

There have been some changes to the participants in the discount program. Please refer to this list for the most current information. In order to receive the following discounts, foster families must show their membership card and one piece of identification. If you know of a local business to request discounts from, please call Pam Kostyk at 1-306-975-1580. For complete details on the Saskatchewan Foster Families Discount Program, visit [www.sffa.sk.ca](http://www.sffa.sk.ca)

Best Western Seven Oaks – Regina	Discounted room rates
Buttons and Bows – Saskatoon	10% off
Cheestoast, 22nd Street – Saskatoon	10% off (22nd Street location only)
Costco – Regina	\$10 off each new membership
Costco – Saskatoon	\$10 off new membership
Cozy Cradles – Regina	10% off
Dawgs Footwear – Saskatoon	40% off all instore merchandise (Centre at Circle & Eighth Mall)
Day's Inn – Prince Albert	Discounted room rates
End of the Roll – Saskatoon	10% off
Family Pizza – Prince Albert	15% off
FDE Flooring – Saskatoon	15% discount off all regular, retail priced carpet, lino, tile & laminate 10% discount off all regular priced hardwood and cork
Forza Contracting	Call for discount
Heartland Motor Inn – Moose Jaw	10-15% commercial pricing
Horse Drawn Rides – Saskatoon	Contact for special coupon rates
Humpty's – Prince Albert	Kid's eat free every Friday
ICI Paints – Saskatoon	30% off paints and 20% off rollers/brushes
Jet Steam – Saskatoon	10-15% off depending on area
Kart Track Raceway – Saskatoon	2 for 1 coupons (located at Idylwyld Drive )
Katz N Jammers – Melville	Call for discount
Kid's Trading Company – Regina	10% off
Lil Sprouts – Saskatoon	10% off
Lookin Good Family Hair Styling – Moose Jaw	1/2 price haircuts
Once Upon a Child – Saskatoon	10% off
Payless Shoes – Saskatoon	15% off
Picture Perfect – Saskatoon	\$8 per sheet, for all foster children school photos. For in studio portraits, there will be a 20% discount on printed product and services
Plato's Closet – Saskatoon	10% off
Rak's Bowling House – Saskatoon	2 for 1 call ahead for availability
Ramada – Prince Albert	Discounted room rates
Regina Inn and Conference Center – Regina	Discounted room rates
Sport's Excellence – Prince Albert	20% off all regular priced items in store
Super 8 – Prince Albert	Discounted room rates
Second Time Around – Prince Albert	15% off any regular merchandise
Temple Gardens Mineral Spa – Moose Jaw	Guestroom specials
The Brick – Saskatoon	Call for discount
The Brick – Regina	Call for discount
The Brick – Prince Albert	Call for discount
The Brick – North Battleford	Call for discount
The Brick – Moose Jaw	Call for discount
The Fun Factory – Saskatoon	Ages 1-2 \$3.99, 3 and up \$9.25, Wed-\$2 off
The Giggle Factory	10% off
Thomas the Cook – Saskatoon	10% Off
Travelodge – Regina	Discounted room rates
Travelodge – Saskatoon	Discounted room rates
Uncle Ed's Furniture – Saskatoon	Call for discount

# Children's Advocate Tables 2011 Annual Report

REGINA — Bob Pringle, Children's Advocate, tabled his 2011 Annual Report in the Saskatchewan Legislative Assembly.

The report sets a new tone for the Advocate's Office under Pringle's leadership in recognizing the significance of the provincial government's Saskatchewan Children and Youth Agenda, while strongly encouraging a broadening of the Agenda to include community engagement and address issues beyond the initial four cross-government strategies.

"It is my hope that in the coming years, the Government of Saskatchewan—with the assistance of our Office, First Nations and Métis leaders, and communities—builds a successful and sustainable Saskatchewan Children and Youth Agenda," said Pringle.

"Working openly and together, I believe that Saskatchewan can become an innovator and leader on

child and youth matters."

While Pringle expressed strong support for the goals and early work of the Agenda, he also highlighted the need for more urgent action on:

- developing a Saskatchewan poverty reduction strategy to address social and economic drivers of the child welfare and criminal justice systems;
- transforming the child welfare system to better respond to the needs of families prior to points of crisis, and keep all children and youth in safe and supported homes; and,
- improving services and outcomes for Aboriginal children, youth and their families, with substantial supports, interventions and opportunities to succeed and counter the inter-generational trauma experienced by First Nations and Métis families and communities.

"Poverty-related conditions are at the heart of challenges affecting children, youth and their families," said Pringle. "Saskatchewan's strong economy provides many opportunities to address these issues, and many sectors in our society can work together to create an anti-poverty strategy that works."

Pringle recognized the good work that has been done to address the challenges identified in the 2010 Child Welfare Review and that change of the magnitude envisioned will take time and require the effort of all of us—government, communities and individuals—to achieve.

"It's an exciting time in our province and in our Office," said Pringle. "New partnerships, directions and solutions are created everyday to the benefit of children, youth and their families. There is still much work to be done, but I am proud to be a part of this change."

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## Every Child Matters: Strengthening Foster Families in Canada

In 2010, the Child Welfare League of Canada (CWLC) embarked on a journey to explore the world of the foster parent in Canada now, and where we need to be in the future. In partnership with the Canadian Foster Family Association (CFFA), we would like to invite you to complete a survey on your experiences as a foster parent. This Canada-wide research survey will help identify:

1. Common foster parent retention practices;
2. Effective retention practices; and
3. Retention practices requiring improvement.

Research outcomes will then be given back to provincial and territorial governments and stakeholders near the end

of 2012. This survey has been funded by Human Resources Skills and Development Canada and developed by researchers at the University of Western Ontario and the University of Ottawa. Your responses will only be shared with the researchers, and are completely anonymous.

If you have experience as a foster parent in Canada and would like to fill out the survey, go to <http://www.canadianfosterfamilyassociation.ca/category/announcements/> and click on the name of your province or territory. The survey will open in a separate window in a fillable pdf form and should take you 20-30 minutes to complete.

# Pumpkin Latte

2 cups milk

2 tablespoons pumpkin

2 tablespoons sugar

2 teaspoons vanilla

½ teaspoon pumpkin spice

½ cup strong coffee

Combine ingredients and bring to a boil. Blend for foam. Add whipped cream and nutmeg to each serving. Can be put in a slow cooker or crockpot to keep warm.



# Pumpkin Cupcakes

## Ingredients:

2 cups flour

1 cup sugar

1½ tsp. pumpkin pie spice

1½ tsp. baking powder

1 tsp. baking soda

½ tsp. salt

2 eggs

1 cup canned pumpkin

½ cup buttermilk

¼ cup vegetable oil

## Directions:

Whisk flour, sugar, pie spice, baking powder, baking soda and salt. In separate bowl, whisk eggs; blend in pumpkin, buttermilk and oil. Pour over dry ingredients, stir just until moistened. Spoon into muffin cups, filling almost to the top. Bake at 375 degrees for 20-25 minutes.

## Icing:

1- 250 gram package cream cheese,

1 tbsp. butter

1 tsp. vanilla

2 cup icing sugar

Beat cream cheese, butter and vanilla until light and fluffy. Beat in sugar until smooth. Spread on cooled cupcakes.

# HALLOWEEN

## Safety Tips

### Trick-or-treaters

- Wear makeup instead of a mask. This will allow you to see and be aware of everything going on around you while walking house to house.
- Wear reflective clothing.
- Make sure your costume does not drag on the ground so you don't trip.
- Wear comfortable shoes, even if they don't go with your costume.
- It is safer to carry flexible props (e.g. magic wands, swords).
- Wear a watch you can read in the dark.
- Carry a flashlight so you can see where you are going.
- Walk, don't run.
- Stay in familiar neighbourhoods.
- Stay on the sidewalk. If there is no sidewalk, walk on the left side of the road facing traffic.
- Do not cut across yards or driveways.
- Obey traffic signals and give traffic the right of way.
- Only approach houses that have the outside lights turned on.
- Stay away from pets you don't know.
- Trick-or-treat in groups.
- Never enter a stranger's home or car for a treat.

### Parents

- Ensure that your child eats dinner before setting out.
- Discuss with your children what they should do to call home in case of emergency.
- Ideally, young children of any age should be accompanied by an adult.
- If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark.
- If you buy a costume, look for one made of flame retardant material.
- Older children should know where to reach you and when to be home.



- Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything. Look at the wrapping carefully and toss out anything that looks suspect.
- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- Pets get frightened on Halloween; put them inside to protect them from cars or inadvertently biting a trick-or-treater.
- Battery powered Jack-O-Lantern candles are preferable to a real flame.
- Place pumpkins and decorations out of reach of children.
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat microwave popcorn.
- Refrain from handing out treats that contain peanuts or peanut butter, as many children are allergic.

You can find directions for carving pumpkins as well as some free printable cool pumpkin carving patterns at: [www.dltk-holidays.com/halloween/mpatterns.htm](http://www.dltk-holidays.com/halloween/mpatterns.htm)





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Watch for our next issue of the *Advisor*.



**Advisor**

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