

# Advisor

**PRIME MINISTER  
SENDS GREETINGS**

**HOW TO HELP AN  
ANXIOUS CHILD  
CALM DOWN**

**PROPERTY DAMAGE  
CLAIMS**

**RISK INSIGHTS ON  
HOME INSURANCE**

**HOME EMERGENCY  
PREPARADNESS**

**RECOGNIZING  
THE IMPORTANCE  
OF CULTURE**

**FOSTER FAMILY  
APPRECIATION  
MONTH**

**DANGERS OF  
SOCIAL MEDIA**

**HELPING TEENS  
TAKE CHARGE OF  
THEIR HEALTH**

**SANDWICH FREE  
LUNCH IDEAS**



# Advisor

The Advisor is published by Saskatchewan Foster Families Association Inc.



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## OUR MISSION

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 across the province.

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PRIME MINISTER • PREMIER MINISTRE

October 2018

Dear Friends:

I am pleased to extend my warmest greetings to everyone celebrating National Foster Family Appreciation Month.



This month offers a wonderful opportunity to recognize foster families for their commitment to the children and youth living under their care. I am certain that participants will leave with a better understanding of the challenges facing foster families, and with a renewed appreciation for their vital role in our society.

I would like to commend the Canadian Foster Family Association for advocating for foster families throughout Canada. You can take pride in the knowledge that you are making our country a better place to live.

Please accept my best wishes for a successful month of events.

Yours sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.  
Prime Minister of Canada

# The SFFA is committed to making a difference

Typically, individuals who pursue careers in the human services field are wanting to empower individuals who require assistance in accessing their basic needs in life; Foster Parents are no exception. A Foster Parent's genuine concern for the children that require out of home care can sometimes feel like a thankless, challenging, and exhausting endeavor. This however does not discourage Foster families in advocating and providing unconditional love and concern for the children placed in their care. The SFFA is committed to making a difference by connecting with families and listening not only to the positive stories, but the struggles and challenges of fostering.

## EDUCATING THE COMMUNITY

The right support can make all the difference to Foster families. Education, advocacy and a place to turn to for advice can help Foster Parents provide the support and healthy homes that children need. Training programs for Foster Parents can help Foster families develop a deeper understanding of each other and the process, manage stress and build effective relationships with the families we support.

## GUIDING FAMILIES AND CHILDREN THROUGH THE PROCESS

Foster Parents should feel secure when communicating and working with the Ministry of Social Services. This can be assured by our association through support, policy clarification, support through investigations and appeals, attending meetings and conflict resolution. It is our goal to have the Foster Parent and the Ministry of Social Services working together efficiently while maintaining a harmonious relationship.

## FOSTER PARENT ENGAGEMENT

No one knows what a Foster Parent's life is all about, other than that of another Foster Family. It's important to find supports, mentorship, and relationships with other Foster Parents. At the Saskatchewan Foster Families Association, we have Leadership Committees throughout the province that exists to help connect Foster Parents and provide a community of peer engagement. Through a combination of social events, meetings, educational sessions, families can share their ideas or struggles, and network with other families in their areas.

Many Foster Parents requested the support of our Foster Family Advocate in providing clarification or explanation of policy, facilitating meetings and discussions between themselves and the Ministry to promote resolution of conflict. Much time was spent in supporting Foster families through investigations of allegations of neglect or abuse and quality of care issues.

We are grateful and encouraged by those who have joined the fostering community and to the many families who continue to provide exceptional care for the most vulnerable children in our community.

---

## share your story.

**If you have a fostering story to share with our readers, please send it in!**

We accept stories/articles about:

- Personal stories and reflections about being a foster parent
- Great resources for foster parents that you'd like to share
- Long term connection with past foster children
- Challenges you've experienced and creative solutions
- How your extended family or children have responded to your fostering lifestyle
- Foster-related book reviews
- Foster-related movie reviews
- Foster placements resulting in a family growing through adoption
- Fostering tips and tricks
- Notable foster related experiences

**Please submit your articles by email to: [kendra@sffa.sk.ca](mailto:kendra@sffa.sk.ca)**



# Recognizing the importance of a foster child's ethnic/cultural identity

**A**n issue that often comes to mind in foster care placement is ethnic and cultural identity. It is an issue to be considered when a placement is made.

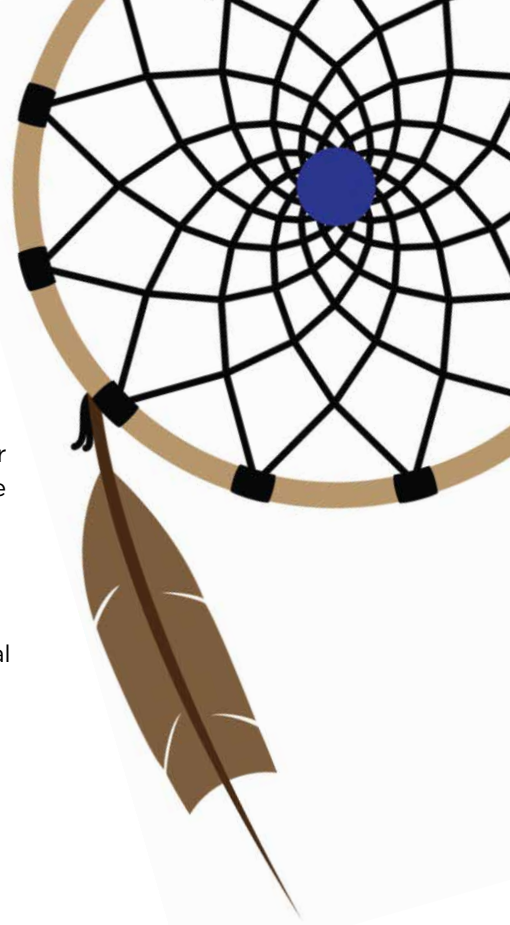
The placement of a foster child in a home where foster parents are from a different cultural background should be supported. Foster children can succeed in homes consisting of their same cultural background or of a different cultural background, if the child's cultural needs are addressed from the beginning of his or her placement. This is an issue that needs to be discussed with the potential foster parents prior to accepting the child into their home.

Many foster children have confided with a case worker that one of the issues they have concerns with is celebrating holidays. Many foster children celebrated specific holidays in their biological homes prior to

being placed in a foster home. It was a part of their identity. When these children arrived in their foster homes, many were told by their foster parents that they had to celebrate the new foster family's holidays but were not allowed to celebrate their own holidays. This greatly upset many of the foster children I counseled. They already felt stripped of their biological families and now they had to give up part of their identity as well. This did not make sense to them, nor to me.

Even though everyone has the right to have their own ethnic/cultural beliefs, these beliefs do not have to be demanded of the foster child? It is acceptable to include the children in your celebrations or holiday gatherings, but it is just as important to honor the foster child's ethnic and cultural background as well. After all, much has already been taken from them.

Source: <http://www.phac-aspc.gc.ca>



## Foster Family Appreciation Week

National Foster Family Appreciation week falls on the third week in October annually. This is one week out of the year where foster families across the country are recognized for their ongoing commitment to the most vulnerable children in all of our communities, our foster children. Each year events take place all across the country in recognition of foster families. Check with your region or contact the SFFA office if you would like to know what's happening in your community.



# 5 POWERFUL WAYS

## to help an anxious child calm down

by [PlayfulNotes.com](http://PlayfulNotes.com)



1

### Be supportive without judging the child's feelings

Sometimes we are tempted to dismiss the child's fears and worries when we don't really understand them. Using phrases like "You have nothing to be scared of" or even making fun of the child's vulnerability can do a lot of harm.

Instead, what really helps is being supportive. The child needs to hear that you are there for them. That you understand how frightened they are. And that you'll do your best to help them.

Sometimes a hug and some kind words can make miracles!

2

### Ask the child how you can help

This shows the child that you are really committed to supporting him. And it gives them the chance to focus on solutions that will make them feel better.

Sometimes kids' requests may seem silly. But they matter!

They can ask us to look under the bed to see if there is any danger there. To reassure them over and over again that we will always come to pick them up from preschool. To hold their hands when they enter a crowded room at a party.

These small gestures matter to them! And they can give them the confidence they need to overcome the anxiety.

3

### Focus on connection instead of "fighting" the fear

In many cases, the first reaction that we have in front of our kids' fears and worries is to "fight" them. We try to convince the kids that they have nothing to worry about, we give rational arguments against the fear, we explain why their feelings are not justified.

But this is not what the children need!

In those moments of intense anxiety, they only need to connect with us. They need to feel understood and supported.

So the first step should always be to make the child feel safe and connected. Only after those

overwhelming feelings are more manageable we can start focusing on helping the child overcome them.

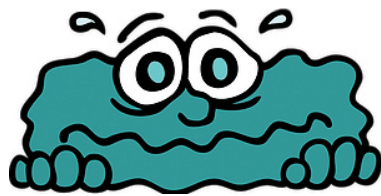
## 4

### Create a character that personalizes the child's worry

Kids love stories and they have a great healing power! So if your child worries often, you can create an imaginary character (like Monster Worry or whatever you want to name it) and talk about it.

You can explain to the child that sometimes Monster Worry comes to us and it makes us feel scared and helpless. And that everytime this little monster comes to them, they can come and talk with us about it.

Children sometimes struggle with expressing their feelings but they are more likely to talk about them if we create a playful context.



When "Monster Worry" or "Monster Fear" come to my son I use the opportunity to encourage him to talk about them.

How do they make him feel? How big is the "monster"? What can we do to "fight" it?

You can also encourage your child to draw the monster. Or you can create a story about a child who fought the same worry and managed to overcome it after a while.

Another playful way to deal with anxiety is to create a Worry Box.



Encourage the child to let you know every time they feel scared or worried. Then take a piece of paper and write the child's worry (or let the kids write it if they are old enough). Invite the child to place the note in the box as a first step towards letting go of it.

This is just a first step and it doesn't solve the problem but it offers you a lovely ritual that encourages your child to express the intense feelings and ask for your help.

## 5

### Create a step-by-step plan to help the child overcome the anxiety

We tend to avoid putting our kids in situations that we know that can cause them anxiety. This is a good strategy in some cases but in most of the cases, this doesn't really help.

Our job is not to protect kids from everything that can cause anxiety but to offer them the tools they need to overcome it.

Often the best approach is to create a step-by-step strategy that encourages the child to take little steps towards facing and overcoming the anxiety. This strategy will not only help the child overcome a particular anxiety but it will teach them how to approach their worries and fears in the future.



*We need your email*

We are now sending e-mails to our foster parents. To be added to our list and receive the latest news, please send your e-mail address to [kendra@sffa.sk.ca](mailto:kendra@sffa.sk.ca)

# Property Damage CLAIMS

## What happens if a child has damaged our home? Do I need to have insurance?

Foster families are expected to carry sufficient insurance to cover the value of their property. Deductibles for such insurance must fall within a normal range. You must take reasonable measures to assure that your property is protected from damage and that the children in your care are instructed in the proper care of property and provided with appropriate supervision.

While the primary source of compensation must be through insurance, the Ministry does not wish foster families to experience undue hardship due to damages by children placed in their care.

As fully approved foster homes, members of the SFFA are eligible for coverage under the insurance “rider” that the SFFA purchases, which applies when a claim is not valid or collectible under the foster family’s personal insurance due to the criminal or willful acts of the foster child. This “rider” does not cover damage to vehicles. Personal insurance on property and possessions must also be carried by the foster family.

In the event that the damage is not covered by personal home insurance or the SFFA liability insurance rider, foster families may seek compensation from the Ministry of Social Services.

The foster parent(s) should notify the SFFA of any damage or loss caused by a foster child or children in their care. The SFFA will arrange for an Independent Damage Assessor to carry out an assessment of the loss or damage. An assessment will be completed to determine the origin, details of damage and the cost associated with the loss.

Following the completion of the assessment, the Damage Assessor will provide the Ministry of Social Services with a detailed report, outlining the damage amount the foster parent is seeking for the Ministry’s consideration and possible reimbursement.

## Staff member plays a unique role at the SFFA



Barry Fraser has been doing contract work with the SFFA since 2008. His work consists of assessing damages to foster homes, by children in the foster parents’ care. More recently, he has begun work on a pilot project completing in-home safety inspections for prospective foster parents.

Barry worked as a claims adjuster with SGI Canada for 34 years, adjusting home and commercial losses. During this time, he was responsible for the liability claims for the Province of Saskatchewan for the SFFA’s insurance policy. Barry’s credentials include a Level 2 Residential Building Estimating from Vale Tech, located in Forth Worth, Texas, as well as RCMP arson investigation certificate.

Barry is married with three adult sons and two grandchildren. Barry and his wife, Lynne, enjoy travelling and spending time with family.

Over the past ten years, Barry has enjoyed working with the SFFA, Ministry of Social Services and foster parents throughout the province.



# Risk insight on home insurance

Having joined the community of being a foster parent, you have opened your home and hearts to children in need. In doing so, risk management is an important factor for consideration. Risk management is identifying and evaluating risks in order to avoid or minimize its impact.

Strategies for addressing a risk typically include at least two of the following:

1. Risk Avoidance:
  - Can you eliminate an activity considered too risky?
2. Prevention:
  - What steps can be taken to reduce the likelihood of an incident?
3. Risk Transfer:
  - Can you transfer the risk or its financial consequences to another party?
4. Risk Retention:
  - Accept the risk as is.

There are many risks that can be identified in being a foster family. Are you prepared? Preparation could include developing an emergency supply kit or planning a fire escape plan etc.

There are many insurance companies that provide home insurance policies. Each company may have their own parameters and guidelines around foster homes. For example, some companies may have a restriction with respects to the age or number of children.

An important risk to be taken into consideration is ensuring that you have disclosed the appropriate information to your Insurance Broker relevant to being a foster parent. This will ensure the appropriate insurance coverage is in place.

Depending on the insurance company, the following questions may be asked:

- Number of children
- Age of children
- Disabilities
- Medical conditions
- Placement: emergency or temporary
- Behavioural issues

Having risk management in mind will not only ensure the safety and well being of your family, it will also reduce the financial impact of a potential loss.



*Provided by Butler Byers Insurance Ltd. This Risk Insights is not intended to be exhaustive nor should any discussion or opinions be construed as legal advice. Readers should contact legal counsel or an insurance professional for appropriate advice.*



There I sat, alone and afraid,  
You got a call and came right to my aid.  
You bundled me up with blankets and love.  
And, when I needed it most, you gave me a hug.  
I learned that the world is not all scary and cold,  
That sometimes there is someone to have and to hold.  
You taught me what love is, you helped me to mend.  
You loved me and healed me and became my first friend.

And just when I thought you'd done all you do,  
There came along not one new lesson, but two.  
First you said, "Sweetheart, you're ready to go,  
I've done all I can, and you've learned all I know."  
Then you bundled me up with a blanket and a kiss.  
Along came a new family, they even have kids!  
They took me to their home, forever to stay.

At first I thought you sent me away.  
Then that second lesson became perfectly clear.  
No matter how far, you will always be near.  
And so, foster Mom, you know I've moved on.  
I have a new home, with toys and a lawn.  
But I'll never forget what I learned that first day.

You never really give your fosters away.  
You gave me these thoughts to remember you by.  
We may never meet again, and now I know why.  
You'll remember I lived with you for a time.  
I may not be yours, but you'll always be mine.

~ Author Unknown

# HOME MATTERS

## The Importance of Being Prepared

Disasters like hurricanes, tornadoes, floods and earthquakes can strike with little or no warning. To ensure that you and your family are prepared, there's no time like the present to create emergency kits: one for use if you need to evacuate your home and one for use if you get trapped in your home for several days.

## EMERGENCY PREPARATION

To help you evacuate quickly, keep the following items in an emergency backpack so you can grab it and go:

- First-aid kit
- Two litres of water per family member and non-perishable foods
- Can opener, plastic cups and eating utensils
- Flashlight and extra batteries
- Battery-operated radio
- Change of clothing and personal identification cards for each family member
- Personal hygiene items and hand sanitizer
- Medications that are needed regularly

Place the following items in an area of your home to be ready for an emergency that prevents you from leaving your home:

- First aid kit
- Canned food for at least three days and can opener
- Toilet paper and extra personal hygiene items
- Books, games and other forms of entertainment
- Flashlight and extra batteries
- Battery-operated radio and television
- Pet foods and supplies for three days, if applicable

## Safety First

By having these kits in place, you and your family can focus on remaining safe during a disaster and keeping each other calm. Consider preparing these kits together as a family so that kids understand the importance of being prepared.

## TIPS AND TOOLS FOR PARENTS

# 10 Tips to help your child with homework

**H**omework is an important part of learning. When you support your children's homework routine, you can help them do better at school. Here are some simple tips to help get the most out of their homework.

**1. A routine is good.** Homework can be habit forming and that's good news for you and your child. Work out a homework schedule and make sure children adhere to it. It won't be long before homework is complete without your getting involved.

**2. Give space for homework.** Distractions and homework don't mix. So do your best to create a bright and quiet space where your child can concentrate on schoolwork. Make sure it's away from distractions like TV, music and loud siblings.

**3. Practice makes perfect.** Repetition reinforces learning. That's why it's helpful to have kids practice reading, writing and math with you every day. Ten to 15 minutes a day can work wonders, whether reading a favourite book together, or helping measure ingredients in the kitchen.

**4. "How was your day?"** Every school day is an adventure. Kids will do and learn so much they'll be bursting to tell someone all about it. So take a few moments every day to chat about the school day—and be a good listener.

**5. Check in occasionally.** When kids do their homework all alone, their concentration can often wander. Check in once in a while and see how it's going. Ask if there are any questions. Sometimes kids just need to talk about a homework problem to figure out the answer.

**6. Turn everyday activities into homework.**

Teachers give homework and so can you. Include children in everyday tasks and assign activities such as searching newspapers, reading recipes, creating shopping lists, plotting out routes on a map, etc. Small activities can often teach big lessons.

**7. Make kids proud of their effort.** Getting the answers right is important, but it's only part of what homework is all about. Doing a thorough and neat job is important, too. Make it a habit to sit down and go over completed homework. Look at it together for thoroughness and overall quality of work. Always look for something positive.

**8. Motivate with applause.** "Hey, you did a great job". Words like these have an amazing effect on children. Encouragement gives them confidence and makes them feel good about doing their best. At the end of every homework session, try letting your son or daughter know that you appreciate and admire the effort.

**9. Encourage curiosity and questions.** Learning really begins when kids start asking questions. Who, what, where, when and why are magical words of discovery that make learning more interesting and fun. Give your children the confidence to ask for help if the homework is difficult or confusing.

**10. Know what's going on at school.** Unfortunately, kids don't always tell parents everything. Make a point of staying in touch with teachers, especially if you have a question or concern. Let teachers know they can always call you if there is a problem.

Source: [www.edu.gov.on.ca/abc123/eng/tips/homework.html](http://www.edu.gov.on.ca/abc123/eng/tips/homework.html)

# DANGERS

by Dr. John N. DeGarmo

## of Social Media



For children in the early 21st century, technology surrounds children.

Ipods, video games, and cell phones are practically inescapable for children. Along with this is social networking, which for many children is a daily part of their routine. Indeed, social network sites, such as Facebook, MySpace, and Twitter, to name a few, are a part of everyday life for children around the globe. Social Networking opens up the world to children, as they are able to stay connected to friends and family members from all over.

“There are dangers and risks involved for not only foster children, but for the foster parents, as well.”

For foster children, it can very much be a benefit as they stay in touch with birth parents and

biological family members.

Yet, at the same time, there are dangers and risks involved for not only foster children, but for the foster parents, as well.

Social networking is certainly here to stay, as it shows no sign of either being a fad or slowing down. To be sure, for many children, it is the main way of keeping in contact with their peers. Not only can children communicate with friends living nearby, social networking allows them to communicate with those friends living great distances away, friends made at summer

camp, sporting events, and other gatherings. These sites permit the user to communicate

instantly and without delay, allowing children to develop stronger social skills. Sites such as Facebook also allow children to express themselves on their own “homepage”, giving them an outlet to discuss ideas that interest them, as well as be introduced to other interests from friends.

There are educational benefits, as well, for those children using social network sites. Facebook, and other sites, allow children to discuss school work together, after school hours. Children social networking also develop stronger digital skills and competence, as they learn how to post pictures and comments on the site, as well as navigate through the internet. As schools become more and more digitally reliant, these skills are necessary for a child’s classroom’s success.

Furthermore, as the jobs of the future become more technologically based, these skills are essential for children when reaching adulthood and face the job market.

There are dangers, though, regarding children using social network sites. For one, children can be introduced to a world of harmful sites while using these sites. Not only can a child easily come across a site that is not child friendly, links and click ads are also easily accessible, as they are seemingly everywhere. Along with this, internet predators continue to seek out young internet users, waiting to prey upon unaware children.

Cyberbullying, or bullying through the use of the internet, is also a new problem among child social network users. Parents need to be aware of who their children associate with on social network sites, teach their children about the dangers of posting personal information while networking, monitor their internet usage, and ensure that social networking profiles are set to private and not public.

For those foster children who use social network, there are other concerns, as well as benefits. As sites such as Facebook are relatively new to society, the rules regarding foster children using social networks continue to change. Certainly, it is rather a new phenomenon for foster parents and child welfare agencies to consider. Many foster care agencies do not have rules in this area, yet this will surely change soon.

Social networking sites open up a new way to communicate with birth parents and other

biological family members. Facebook and other networking sites allow foster children and birth parents to remain in day to day contact, and even allow both to communicate in real time, or instant dialogue. Pictures and photographs can be shared by both sides, as well. Indeed, it allows the foster child the opportunity to continue in a relationship that is important to him, allowing him to heal from the separation from his family. Birth parents are able to use social networking to help in their healing process, as well. Along with this, day to day contact with the child, plus the benefit of seeing pictures and posts on the child's homepage, may possibly encourage the birth parent's to work even harder on their caseload, in the hopes of reunification with their loved one.

Birth parents and foster parents can also use social network sites to remain in contact. Foster parents can give regular updates on the child's progress, including school behavior, and emotional and well being status. Foster parents can also have the ability to contact birth parents about any questions they might have regarding their foster child's past. Again, this type of



communication might motivate the birth parents as they work their caseload.

Social networking does present problems to foster children, though. To begin with, some caseworkers may prefer that contact with birth parents be limited. Yet, with social networking, this can be most difficult, and almost impossible, for foster parents to monitor. More and more birth parents are contacting their foster children through social networking sites, many times against the wishes of foster parents and the caseworker. Birth parents are able to openly communicate with their child unsupervised, which can lead to false accusations as well as false promises from the birth parent; accusations harmful to the foster parent along with false promises that might damage the child emotionally. "There is the chat component of Facebook," one caseworker noted, "where a child and their parent could essentially have a conversation that no one would be able to monitor unless they were sitting right next to the child, which is a grave concern."

Case managers would have to be familiar with the birth parent's Facebook page before the foster child was to even access it. Another caseworker suggested that, "I am personally aware of inappropriate things that parents post on their ▶

Facebook pages that would not be appropriate for their children to view. Not only might there be inappropriate information and comments on it, there also might be inappropriate photos and other harmful content that the children do not need to be exposed to.”

““ Not only might there be inappropriate information and comments on it, there also might be inappropriate photos and other harmful content.”

As social networking continues to grow, more incidents of birth parents spying, as well as stalking, not only their child, but also the foster parents on these sites are increasing at alarming rates. Birth parents are able to have immediate access to a foster parent’s information, via a social network site. Some foster parents have reported feeling threatened by birth parents via Facebook. Thus these foster parents have been more reluctant to work alongside the birth parents, harming the foster

child and his emotional well being and healing, as a result.

As noted earlier, it can be most challenging to stop a foster child from social networking. Whether he is doing it in the foster home, at school, through the use of a mobile device, or a friend’s

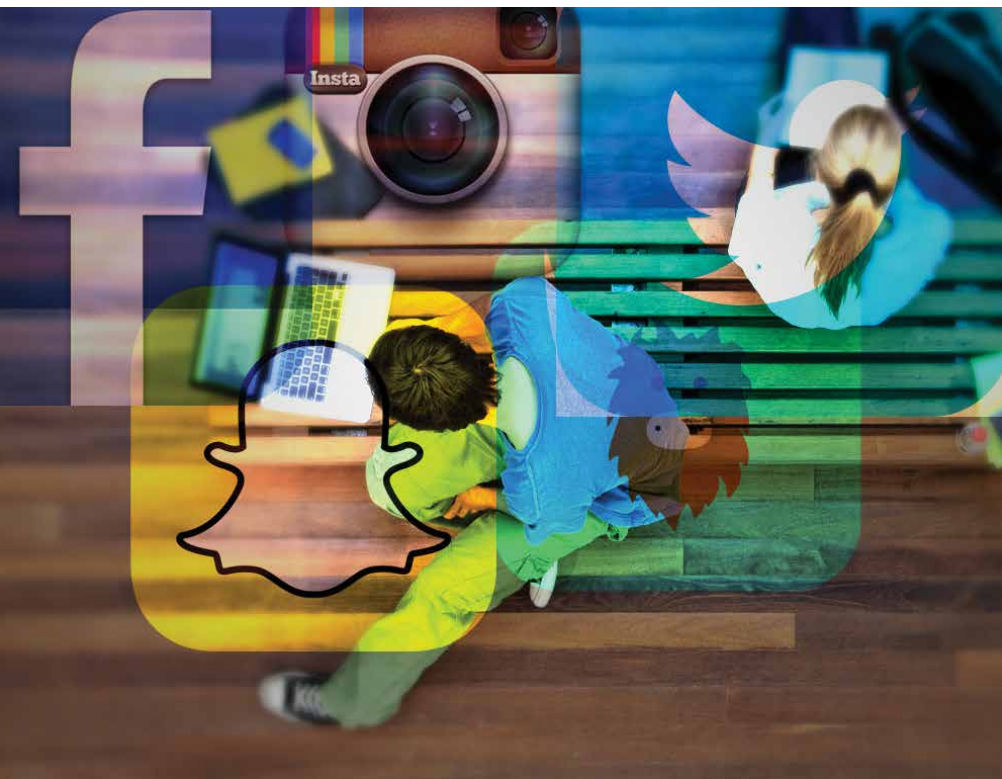
computer, access is not difficult to come by for today’s child. Therefore, foster parents need to ensure that their foster child is safe from harm while using these sites. Before a foster child even begins to use a social network site, the foster parents need to ensure that the local child welfare agency permits use by foster children. One caseworker, who felt uncomfortable with foster children using Facebook noted, “If a foster child should have a Facebook account, this should

be monitored very closely by the foster parents.”

Like any parent, foster parents should teach the child the dangers of posting information on social networking pages. As contact through sites is instantaneous, foster children should be encouraged to allow significant time to pass before responding to posts and comments, even from their birth parents. Posting information on social networks can be rather tricky for foster children, as any information they post becomes public, not only to their friends, but on a global level, as well. Therefore, children under foster care supervision should never post information about their birthdate, address, family members, or school information. Some child welfare agencies permit foster children from posting pictures online. Those agencies that do allow the posting of pictures require that the caseworker give permission to do so first. Foster children, along with foster parents, are urged never to publish a picture with the child’s name on it, nor information stating that the child is under foster care supervision. Finally, foster parents should join the same social network site that their foster child belongs to, as well as becoming their online friend. This allows the foster parents to better monitor who the child has contact with, as well as what the child is viewing.

Indeed, social networking is a whole new world for all involved in foster care; a world that can be both wonderful and dangerous at the same time. Much more information and research is needed before the social network explosion engulfs foster care.

Source: [www.fosterfocusmag.com](http://www.fosterfocusmag.com)



# Family Service Saskatoon announces fall 2018 program schedule



## *Family Service Saskatoon offers:*

- Counselling for individuals, couples, families and groups
- Employee and Family Assistance Programs – for employees and families of contracted organizations
- Teen and Young Parent Program
- Intimate Partner Violence Outreach
- Domestic Violence Court Case Workers
- Youth Exposed to Violence Program
- Child & Youth Support Workers

## HEALTHY RELATIONSHIP PROGRAMS

### **Men's Working Group for Respectful Relationships**

This group is for men who want to end their intimate partner violence and build respectful relationships. The program offers 33 hours of therapeutic group work and meets every other Saturday over a nine-week period. Pre-registration required.

### **Parent Education Saskatchewan**

This resource links parenting services across the province and provides support and information to those facilitating or organizing parent support or education services.

### **Adult Depression & Anxiety Group**

The group will be a combination of psychoeducation, group activities, and exercises to complete at home. Some topics that will be covered include an introduction to anxiety & depression and the effects it has on the body and the brain, and how to manage symptoms, assertiveness skills, and more. Pre-registration required.

### **Intimate Partner Violence Outreach Program**

This program offers support through short-term crisis intervention and counselling to individuals who are experiencing violence in their intimate partner relationships. Support groups and weekly drop-in groups are offered. No fee.

### **Abuse & Beyond for Women**

This eight-week group provides women the opportunity to consider the impact of intimate partner violence on their lives and move toward healthy relationships. Childcare provided. Pre-registration required.

### **Drop-In Group**

This is an open and ongoing group for women who have or are experiencing violence in their intimate relationships. Each week will explore a different topic that focuses on the general experience of intimate partner violence. No need to register. Childcare provided.

### **Calming the Volcano Within**

This group is for youth ages 12-18. In this 8-week group, youth will learn and practice the skills needed to control anger and aggression. Topics will include identifying the signs of anger and triggers, examining consequences to anger, learning behavioural strategies to “let off steam”, and effective communication. Pre-registration and an interview are required.

### **Invisible Scars: Exploring Emotional, Verbal & Psychological Abuse (Intimate Partner Violence)**

Emotional abuse cuts to “the core of a person” (Engel, 2002) and leaves invisible scars. This eight week group is designed for women who have experienced intimate partner violence to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. Childcare provided. Pre-registration required.

### **Positive Discipline in Everyday Parenting Positive**

Discipline is an approach to parenting that teaches children and guides their behaviour, while respecting their right to healthy development, protection from violence and participation in their learning (Joan Durant). Pre-registration required.

### **Nobody's Perfect Parenting**

Provides a safe place for parents to strengthen their knowledge, skills and self-confidence that are vital to healthy and effective parenting. It also encourages a strong and supportive social network among participants. Pre-registration required.

**Walk-in counselling** available for single sessions  
NO COST: Tuesday & Thursday 1:00 – 4:00 pm

*To register for any of our programs contact:*

**Family Service Saskatoon**

**306-244-0127**

**#102 – 506 25th Street East Saskatoon, SK**

**info@familyservice.sk.ca www.familyservice.sk.ca**

# Helping teens take charge of their health care

Preparing kids for independence and adulthood brings many challenges for parents — teaching teens to drive, negotiating later curfews, researching colleges, discussing tough topics, to name just a few.

smoking can have long-term consequences — even if teens feel invincible. Becoming more invested in their own health care lets teens learn more about and understand the potential outcomes of choices they make now.

your teenager is ready to handle filling and refilling his or her own prescriptions.

It's important for you to encourage your adolescent to take advantage of private time to talk with the health care provider. During puberty and the teen years, kids are likely to have questions or issues that they're not comfortable discussing with a caregiver or parent in the room. (Be assured that a doctor who feels that a patient who might be at risk for self-harm or harming another has an obligation to alert you.)

If you think your child might need additional help with teen issues, consider suggesting that they meet with an adolescent medicine specialist. These doctors not only are well-versed in the care of teens' physical health problems but also have additional training in helping their patients deal with risky behaviors and mental health concerns.

It's also wise to talk about health insurance and medical records to older teens. Remember, they will eventually have to navigate these things on their own.

“Becoming more invested in their own health care lets teens learn more about and understand the potential outcomes of choices they make now.”

Among these hurdles is helping teens start managing their own health care. It can be hard to let go — after all, you have been handling the doctors' appointments, prescriptions, immunizations, dental visits and countless other health concerns since they've been with you.

But it's important to guide teens toward taking this responsibility on. After all, you won't always be around to manage their health care into adulthood and they need these skills by the time they are of legal age.

And keep in mind that the decisions made in the teen years about things like alcohol, drugs, healthy eating, exercise, sex, and

At what age are teens able to start taking some control? It can vary: factors like a teen's maturity level, health issues, and ability to keep track of the details all play a role, as does your willingness to support this transition time.

So, how can you start handing over the reins? You may want to strategize about this with the child's worker and plan together to support this change. For a start, it can begin by talking about medical topics in age-appropriate ways with your kids; for instance, discussing the medications they take and why, or teaching kids with chronic conditions ways to help care for their medical equipment. Maybe

Source: Adapted from [kidshealth.org](http://kidshealth.org)







## Handmade Gifts | for Birth Parents in a Foster or Adoptive Situation

If DIY is your style, then this gift is a perfect fit. This is a great idea for kids who want to do something special that comes from them.

### HAND-WARMING MUG

*Have fun getting your hands messy with these mugs.*

#### WHAT YOU NEED:

- **Ceramic mug**
- **Air-Dry PermEnamel Surface Conditioner**
- **Air-Dry PermEnamel Paint in colors you like**
- **Air-Dry PermEnamel Clear Gloss Glaze**
- **Paintbrushes, including a medium flat and liner**

#### INSTRUCTIONS:

1. **Wash the mug with soap and water.** Rinse the mug well and let dry.
2. **Use the flat brush** to apply a coat of conditioner to the outside of the mug. Let the conditioner dry. Do not touch the cleaned and prepared surface.
3. **Shake the paint bottle well** and squeeze a dime-size dot of paint into the clean palm of your hand. (Ask a grown-up for a helping hand with this.) Use the flat brush to spread the paint, completely covering the entire palm side of your hand. To make a good hand print, the paint should be shiny and thick.
4. **Place your paint-covered hand on the mug.** To avoid smears, try not to move your fingers. Lift your hand straight up from the mug. Immediately wash your hand.
5. **Dip the liner brush in paint** and write your name beside the hand print. Let the paint dry completely.
6. **When the paint is dry,** use the flat brush to apply a coat of clear gloss glaze over the painted surface. Let the glaze dry for one hour and apply a second coat.
7. **Be sure to wait 10 days** before using and washing the mug, or the paint may come off.

Source: <https://www.bhg.com/holidays/fathers-day/crafts/hand-warming-mug/>

## Travel and health issues for children in care

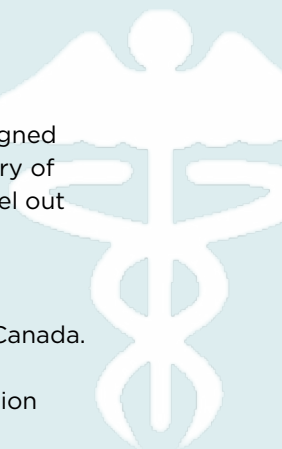
**T**he Ministry of Social Services may pay travel costs above the Basic Maintenance rates for a child in care if the purpose of the visit is to access medical care, facilitate visits with the child's family or significant others, attend events that are beneficial to the child or where travel is required in the event of an emergency, such as the serious illness or death of a family member or significant others. The means of transportation should be the most economical or reasonable given the circumstances.

For out of province travel, permission from the child's parents must be given if the child is in voluntary care. Parents of children who are temporary or long term wards should also

be consulted whenever possible. A letter of permission and medical consent must be signed by the Regional Director through the Ministry of Social Services in order for the child to travel out of the province.

For international travel, a passport must be obtained for any child traveling outside of Canada. The application for the passport should be completed by the foster parent in consultation with the child's caseworker.

In addition, the Ministry may pay travel costs above the Basic Maintenance rates to enable a child to take a special holiday with their foster family.



# 10 Sandwich-Free Lunch Ideas

Is the lunchtime sandwich a dying tradition? Slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored.

Here are 10 ideas for sandwich-free lunches that take cues from home and abroad. Test drive them all with your little eaters (or yourself!) to find new, interesting lunch box variations that keep everyone's appetites healthy.

All 10 ideas are nut-free, to correspond with many schools' preferences that school lunches omit potentially allergenic foods.

## 1. Food on Sticks

Think chicken satays, beef skewers, or sausage kebabs, packed on lunchbox-sized sticks for kids. Because everything is more fun on a stick. (For young kids, use flat, blunt-edged bamboo sticks, not the stabby toothpick-like kind.) Pack with: Rice, sliced



cucumbers, sliced mango, yogurt-covered pretzels.

## 2. Quesadillas

They're kid favorites for a reason — and contrary to our adult biases, they don't need to be piping hot to be delicious. Pack with: Avocado slices



## for Kids & Grownups Alike

or guacamole, jicama sticks, pineapple chunks, pumpkin seeds, or tortilla chips.



## 3. Spring Rolls

Rice paper wrappers or large lettuce leaves make great rolled-up meals that are fun to eat. Fill them with tofu, pork, or shrimp; try our rainbow rolls; or let your kids branch out using their own ideas.



Pack with: Cubed meat or

cheese, sliced red bell peppers, blueberries, chocolate square.

## 4. Deli Meat Roll-Ups

Think outside the bun! Rolling sliced deli turkey, ham, or roast beef around cheese sticks, cream cheese, and even greens can change the way your kiddos think about lunch meat.



Pack with: Whole-wheat pretzels, celery (optional sunflower butter filing), cinnamon-sprinkled apple slices, coconut macaroon.

## 5. Vegetable Sushi or Onigiri

Using leftover rice and cooked fish from a previous meal, packing sushi for the family can be as easy as making sandwiches — especially if the kids feel like helping.



Pack with: Sushi condiments, edamame, raspberries, snickerdoodle cookie.

## 6. Cold Noodle Salads

Think soba with black sesame seeds, or plain udon.



Pack with: Cubed chicken or tinned fish, snap peas, clementines, chocolate raisins.

### 7. Hummus and Pita Plate

Nine out of 10 kids love a good smear of hummus. Why not make it the star of the show?

Pack with: Salami, olives, carrots,



baby tomatoes, and grapes. (Note that dipping is easier and less messy if you pack the hummus in a separate container.)

### 8. Quinoa Salad

Mix the meats, cheeses, and veggies your kids like into plain quinoa and dress lightly with a basic vinaigrette.



Pack with: Tomato/mozzarella/ basil lollipops, popcorn, pear slices, baby brownie.

### 9. Breakfast for Lunch

Make extra food when you have time for a nice breakfast on the weekend, and save the leftovers for lunches —think hard-boiled eggs, leftover pancakes, and leftover sausages.

Pack with: Sliced strawberries, squeezable yogurt. (Frozen yogurt tubes also make great small ice packs, and typically thaw by lunch.)



### 10. Leftover Picnic Lunch

If you'd eat it for lunch on the weekend, why not pack it in a lunch box? Because nothing beats a cold chicken leg on a Monday.

Pack with: Potato salad or coleslaw, watermelon, broccoli with yogurt ranch dip, s'mores (or s'mores brownie).



<https://www.thekitchn.com/thinking-outside-the-lunch-box-10-sandwich-free-kids-lunch-ideas-222906>

## Celebrate National Child Day and children's rights on November 20<sup>th</sup>

National Child Day is celebrated in Canada on November 20th in recognition of our country's commitment to upholding the rights of children and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the the adoption of the UN Convention on the Rights of the Child in 1989. The United Nations Convention on the Rights of the Child sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth.



# goodreads

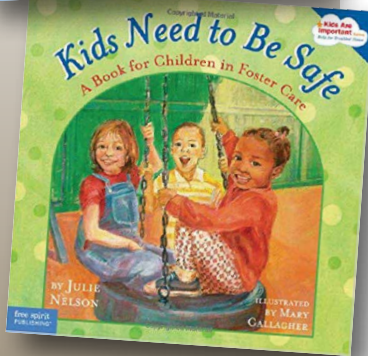
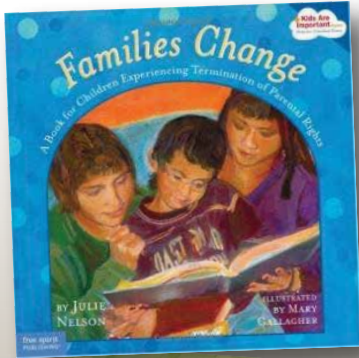
*Books written by Julie Nelson...*

## **Families Change: A Book for Children Experiencing Termination of Parental Rights**

All families change over time. Sometimes a baby is born, or a grown-up gets married. And sometimes a child gets a new foster parent or a new adopted mom or dad. Children need to know that when this happens, it's not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Straightforward words and full-color illustrations offer hope and support for children facing or experiencing change. Includes resources and information for birth parents, foster parents, social workers, counselors, and teachers.

## **Kids Need to Be Safe: A Book for Children in Foster Care**

"Kids are important" They need safe places to live, and safe places to play. For some kids, this means living with foster parents. In simple words and full-color illustrations, this book explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. Children often believe that they are in foster care because they are "bad." This book makes it clear that the troubles in their lives are not their fault; the message throughout is one of hope and support. Includes resources and information for parents, foster parents, social workers, counselors, and teachers.



"Very highly recommended for all parents, foster parents, teachers, guidance counselors, and social workers."  
- *Children's Bookwatch*



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