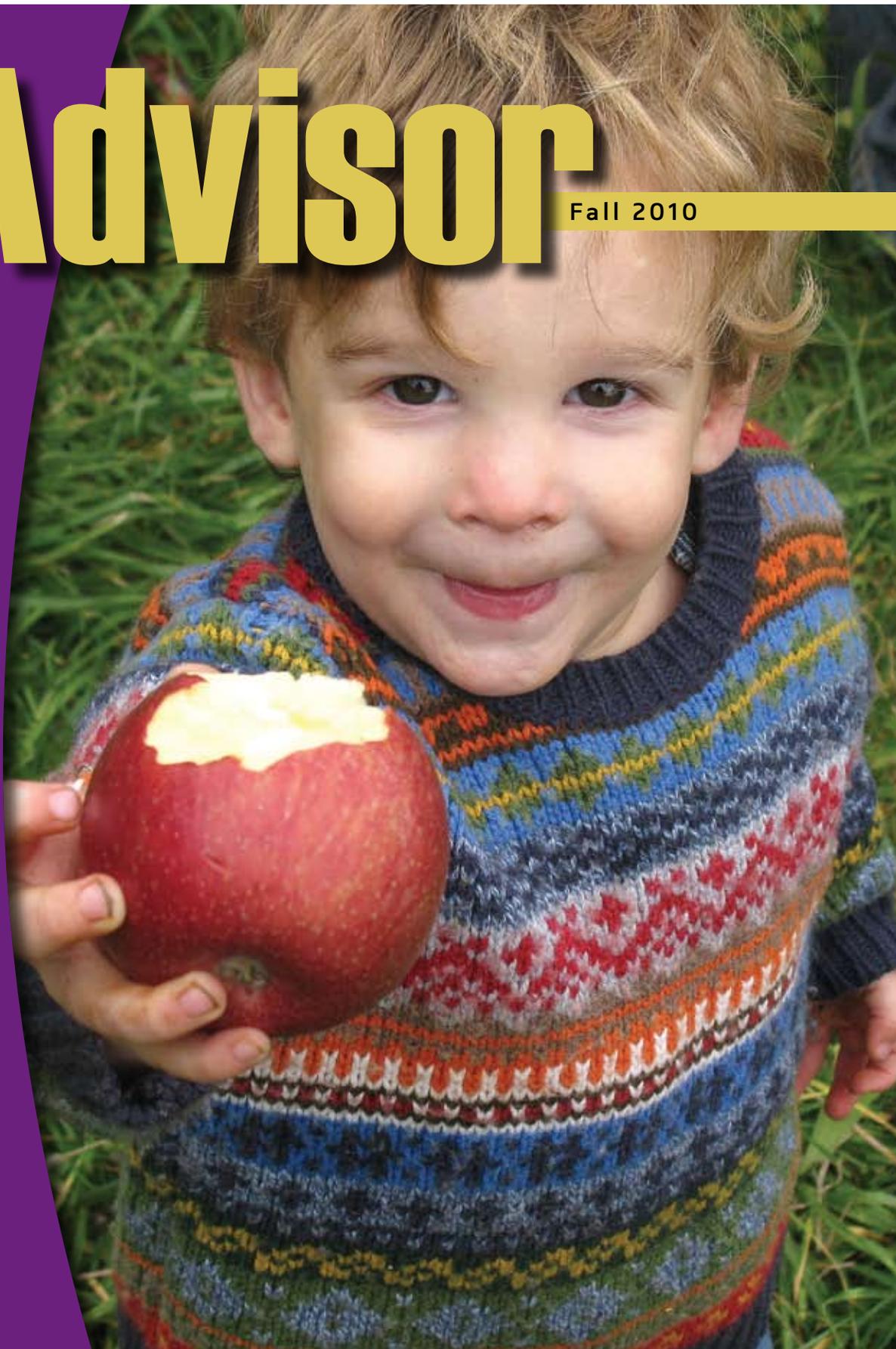


Advisor

Fall 2010



www.sffa.sk.ca

Advisor

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SFFA has now unveiled their **NEW LOGO!**

Check out the SFFA website...

www.sffa.sk.ca



"Please visit our website for the latest information on fostering in our province."

You'll find:

- Updated **manuals and policies**
- A **calendar of events** for the whole province
- Continuous **announcements** from our staff
- A list of our **Resource Centre materials** ... and much more!

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

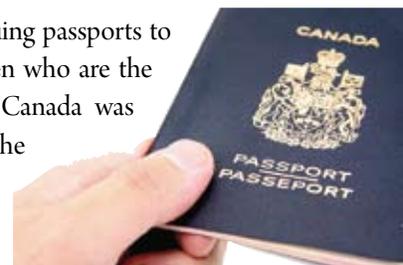


Husky Community Rebate Program

Remember to support SFFA by using your **Husky Community Rebate Program Card**. Husky supports us by rebating 2% of your retail purchases at Husky and Mohawk gas stations, convenience stores and Husky House restaurants.

Children in foster care or in the process of adoption

On May 17, 2010, the policy on issuing passports to children in foster care and to children who are the subject of an adoption process in Canada was amended. For more information on the new policy requirements and to view the form, please visit the Passport Canada website at www.ppt.gc.ca



Message from SFFA Executive Director, Deb Davies

With fall just around the corner, kids back in school, and families adjusting to routine again, the SFFA Provincial office has been busy! We have many new projects under way and we are always looking for new ideas on how to better support our members.

We are very excited to have just recently mailed out to each member the newly released **SFFA Handbook!** This handbook provides foster families with a quick reference for policies and helpful information to guide you in your day-to-day fostering.

In June of this year, the Saskatchewan Foster Families Association unveiled our **new logo**. The new logo reflects the important work that our members provide in caring for Saskatchewan's most vulnerable children and through your care, you provide hope to their families. The hope being that some day – when safe – the children that you care for will be reunited with their families. The foundation of the house has the silhouettes of a child and an adult that forms the base of a candle.

The **SFFA website** is under construction... to be unveiled in time for Foster Families' Week (October 17-23). We would like to invite members to fax (306.975.1581) or email (sffa@sasktel.net) testimonials about your fostering experiences. These stories once placed on our website will be used to inspire potential applicants to foster. The stories must be no more than 125 words. We invite you to tell the world about your accomplishments in

fostering... tell us about how you've helped families and children in your community.

THE SFFA NEEDS YOUR HELP! We are actively recruiting volunteers for your region. The SFFA volunteer programs provide important support to our members. If you are interested in providing support to fellow foster parents in the following programs please call Tracey Arnold, SFFA Volunteer Coordinator for more information toll free at 1-888-276-2880.

Peer Support Person: volunteers are responsible for facilitating and maintaining an effective communication system between the Foster Families, Social Workers and the Ministry of Social Services. In order to provide effective services for Foster Families, any information a volunteer may receive as a result of being a Saskatchewan Foster Families Association Peer Support Person, is highly confidential.

PRIDE Team Trainers: are responsible to work in conjunction with the Ministry of Social Services to provide training to Foster Families.

Rate Board: volunteers work in conjunction with the Ministry of Social Services on a Rate Board panel. The panel determines compensation for the extra services provided by Foster Families to the Foster Children in their care. The panel consists of a Rate Board volunteer and a representative from the Ministry.

IMPORTANT REMINDER TO ALL MEMBERS! Effective October 2009 the SFFA now handles all damage compensation

assessments. If you have had damage occur in your home by a child placed in your care, *it is important that you first contact your Resource Worker immediately to report the incident and then call the SFFA Provincial Office Intake Coordinator (1-888-276-2880)* to start the process of having your damages assessed. Your claim will be professionally assessed and a full report and recommendation will be forwarded to the Ministry of Social Services.

DID YOU KNOW... that you could receive a referral fee of \$200 for referring new foster homes to the Ministry?! The Ministry shall pay a referral fee of \$200 to a foster family who refers a new family. Payment shall be made following approval of the new foster home and placement of the first child.

Procedures: the referent family contacts their resource worker to request payment, following approval and child placement in the home of the new foster family.

- Payment can only be made to one referent.
- The new foster family is responsible for verifying the referent foster family.
- There is no limit on the number of new referrals that a foster family can receive payment for, provided the new families become approved and have accepted placement of a child.

In closing, on behalf of the Board of Directors and the Provincial Office Staff we would like to say thank you! Thank you to each of you for opening your homes and your hearts in providing a safe and nurturing home for the children in our province requiring out of home care.

Child Welfare Review

News Release - July 29, 2010

The panel tasked with examining all aspects of child welfare in Saskatchewan has finished three months of hearings and presentations and is now preparing a report to present to government this fall.

“As a panel, we were struck by the quality, comprehensiveness and passion of the presentations.”

“I would like to thank the Child Welfare Review panel for all of their hard work to date on behalf of Saskatchewan children, youth and families, and I look forward to receiving the panel’s report and recommendations,” Social Services Minister June Draude said. “I would also like to commend all of the stakeholders and other concerned citizens who met with the panel or contributed written or online submissions over the past several months. I am confident that these combined efforts will result in a report that provides the foundation for a new direction for child welfare in Saskatchewan.”

“Since April, we have met with more than 400 individuals representing stakeholder groups from communities across Saskatchewan, all with a fundamental concern for the safety and well-being of children and a desire to see changes to the current child welfare system,” Panel Chair Bob Pringle said.

“As a panel, we were struck by the quality, comprehensiveness and passion of the presentations,”

Pringle said. “Our work now will focus on putting that information into a report that will provide solid recommendations for how to transform our child welfare system for the benefit of vulnerable children and their families.”

Among the 85 groups the panel met with were 10 groups of First Nations Child and Family Services Agencies, elders, and Chiefs; the Federation of Saskatchewan Indian Nations (FSIN); the FSIN Women’s Commission; the Métis Nation of Saskatchewan; the Saskatchewan Foster Families Association; Court of Queen’s Bench Judges; Legal Aid; the Provincial Association of Transition Houses of Saskatchewan; and Ministry of Social Services staff, supervisors, and managers. Many people with direct experience with the child welfare system also attended the meetings. Approximately 80 written submissions from agencies and individuals and 57 website “e-consultations” were also received.

A number of provincial and First Nations/Métis organizations also engaged in separate processes of information gathering, organizing meetings that were attended by more than 800 people. The input received was then summarized and presented to the panel.

Throughout the review, the panel focused on the broad themes of prevention, protection, quality of care, family reunification, permanency and youth transition. The panel is currently finalizing their recommendations and report, which

they plan to present to the Minister of Social Services by early October.

“The challenges being felt by the child welfare system in Saskatchewan are being felt across Canada,” Pringle said. “In the course of our work, we have studied similar reviews from other jurisdictions, looking at their findings and best practices and how they might be applied here. We’ve also consulted with experts in child welfare from other provinces and at the national level.”

“We are not alone in trying to find solutions to this critical issue,” Pringle said. “I am confident that the dialogue begun during this review process can lead to a strong, inclusive and focused approach to improving the lives of children in care in the province.”

The independent Child Welfare Review panel consists of Chair Bob Pringle of Saskatoon, Howard Cameron of the Beaudry’s and Okemasis First Nation, April Durocher of Saskatoon (originally from Île-à-la-Crosse), and Carol Skelton of Harris.

For more information, contact:

Brian Miller

Social Services

Regina

Phone: 306-787-0531

Email: brian.miller3@gov.sk.ca

Bob Pringle

Child Welfare Review

Saskatoon

Phone: 877-370-6511

Email: pringle@

saskchildwelfarereview.ca

*Can you tell us about
your experiences fostering?*

We want to hear your story...

Please tell us your inspirational, funny or heartfelt experiences fostering and have your story featured on our website, in our newsletter or in a special publication for foster parents.



We will be compiling stories into the following five categories:

- 1) Precious Moments
- 2) Challenging Times
- 3) A Day in the Life of a Foster Parent
- 4) Funny Moments
- 5) Life through a Child's Eyes

If you would like to take part in this exciting project, you can contact Kristine Scarrow at Saskatchewan Foster Families. You are invited to write your story or Kristine can help you by asking you questions and compiling your answers into a story format. You are welcome to submit your general experiences as a foster parent or tell the story of a specific experience or event that had an impact on you. The following questions may help you to formulate your story.

- 1) How long have you been fostering?
- 2) What made you decide to become a foster parent?
- 3) What is the hardest part of fostering?
- 4) What is the most rewarding part of fostering?
- 5) Is there a specific moment that you'll never forget?
- 6) Are there life lessons you've learned from fostering?
- 7) What has fostering meant to you?

The aim of this project is to celebrate the joys, challenges and triumphs of being a foster parent. Through this endeavor, we wish to honour the work of fostering and illustrate the incredible dedication and selflessness of foster parents in our province. Thank-you for taking part!

Stories can be sent to:

Storytelling Project

Saskatchewan Foster Families

233 4th Avenue South

Saskatoon, Saskatchewan

S7K 1N1

Fax: (306) 975-1581

E-mail: kristines.sffa@sasktel.net

Attributes of a Great Foster Parent by Charlene

I've often wondered what makes a great foster parent. Because I generally hear about awful fostering experiences, I thought it was important to compile a list of attributes that I personally think make a fantastic foster parent. While I'm sure the list could go on-and-on, here are the top five attributes that make a foster parent a great foster parent:



Patience: This is an important attribute for all parents. The truth of the matter is that it isn't easy raising and rearing children. They are going to do stupid things. They're going to talk back to you. They are going

to make mistakes—both large and small. It may take quite a while to get them into the habit of cleaning their room, washing their own dishes, or folding their laundry. That's why it is important to have patience. You have to let them learn for themselves sometimes, and that can take a lot of parental restraint.

Empathy: Some foster children come from tough backgrounds and sad beginnings. Be empathetic. Make the effort to understand what they've been through and where they currently are—mentally and emotionally. Possessing empathy is generally considered a natural trait. It makes it possible to feel another person's pain and fear, their joy and happiness—rather than just feeling sorry for someone or happy for someone. I guess the main difference between empathy and sympathy, as I see it, is feeling something WITH someone and feeling something FOR someone.

Understanding: This can be closely related to empathy, but not necessarily. Be understanding of their life experiences thus far. Try and understand that they may have trust or anger issues. Take the time to talk to them about these things. This shows that you have the desire and need to understand them. Vocalize that desire directly to them.

Dedication: Parenting and foster parenting require ample dedication. It is hard work. As a foster parent, you should be dedicated to providing a safe and respectable home for your child. Dedicate yourself to them and their needs. Don't give up.

Loving: And, of course, I chose this attribute to finish off the list. Be loving. Vocalize that love. Show that love. To me, love also translates into kindness, self-respect, and respect for others. These are tell-tale signs that you are a loving person.

Source: foster-care.adoptionblogs.com

A Special *Thank You!*

The Saskatchewan Foster Families office received a special letter and donation that we would like to acknowledge...

"Hello,

This is a donation on behalf of our ladies hockey team. We currently have a team member who is in the process of an adoption with your organization. We felt this was a good reason to see our donation go to you. We realize it isn't much, but we hope it helps in one way or another.

*Thanks, Beth
(on behalf of the Daisy Dukes Hockey Team, Humboldt, Saskatchewan)*

Attention:



Policy change regarding Foster Parents adopting

Please be advised that the policy preventing foster parents who adopt a child from being allowed to foster for a one year period, following placement, has been removed.

A Good Night's Sleep Prepares Kids for School *by Patti Teel*

It's back to school time and as usual, parents will be helping their kids prepare by shopping for new clothes and school supplies. But there are other preparations that are much more important. By improving our children's sleep hygiene and by teaching them to relax themselves to sleep, we increase their chances of being happy, healthy, and successful students.

Sleep affects our children's mood, health, and ability to learn. When Tel Aviv University administered tests to fourth and sixth graders, they found that by adding just one hour of sleep, children's attention span and memory improved dramatically, often by several grade levels. A good night sleep benefits logical reasoning skills and helps children to organize their brains, process information, and remain alert in class the next day. When a child sleeps, his or her brain is processing new information. When a child is taught something new but doesn't sleep long enough or deeply enough for the information to move from temporary to long-term memory, it can be lost forever.

Children who are sleep deprived are frequently inattentive and spacey, have trouble concentrating, and run the risk of being mislabeled as ADHD. A Brown University study suggests sleep deprivation in normal children can lead to symptoms of attention-deficit hyperactivity disorder (ADHD). Researchers found that several days of sleep deprivation resulted in the development of ADHD symptoms,

and that children's hyperactivity levels escalated with each additional night of poor sleep. Other studies report that even when children have been diagnosed correctly, their ADHD symptoms are likely to improve when they get more sleep.



Children's sleep problems are often compounded when school starts because they have gotten used to staying up late and sleeping in during the long summer break. If this problem isn't corrected before school starts, children are likely to struggle as they adjust to an earlier schedule. The following tips will help reset a child's internal clock before school begins so they can get off to a good start.

Before school starts

- Move bedtime up by 15 to 30 minutes one week before school starts.
- Consistently wake kids up earlier during the week before school starts.
- Motivate children to get out of bed by creating fun reasons for them to get going. For example, plan an early morning treasure hunt, a picnic breakfast at the park or a back to school breakfast with friends.
- Be sure your child spends time outside in the morning; early

morning sunshine helps to reset the internal clock.

During the school year

- Have a set bedtime. Children should consistently go to bed at the same time every night. Even on the weekends, it should not vary by more than one hour a night or a total of two hours for the entire weekend. If it does, you're setting your child up for a kind of jet lag when Monday morning rolls around.
 - Warn children five to ten minutes before they need to get ready for bed so they can wrap up what they're doing.
 - Have quiet activities before bed. (Limit television, video games and computer time.)
 - Avoid caffeinated drinks in the late afternoon and evening.
 - Have a consistent bedtime routine. Create a consistent bedtime ritual in a predictable calming environment that serves as a bridge between the excitement of daytime and the restful quiet of nighttime.
 - Practice relaxation techniques. During the bedtime routine, take a few minutes to practice self-soothing relaxation techniques such as progressive relaxation, attending to the breath, and visualization.
- About the Author*
Dubbed "The Dream Maker" by *People* magazine, Patti Teel is a former teacher and the author of *The Floppy Sleep Game Book*, which gives parents techniques to help their children relax, deal with stress, or fall asleep. Patti also has a website dedicated to children's visualizations, stories and lullabies for bedtime or quiet time.



Adults Resolving Child Sexual Abuse in Community

Little Warriors is a national charitable organization, based in Canada, focusing on the education and prevention of child sexual abuse. *Little Warriors* teaches adults how to help prevent, recognize, and react responsibly to child sexual abuse. In addition to prevention education, *Little Warriors* also provides information about the prevalence and frequency of child sexual abuse and information about healing and support resources.

Little Warriors offers Darkness to Light's Stewards of Children program. The Stewards of Children program is designed for all responsible adults, including parents, organizations and corporations that serve children and youth. The Stewards of Children program runs three hours in length at \$40.00 per participant. Certificate provided upon completion.

For more information or to register please visit:
www.littlewarriors.ca

If you would like to host a training session for your own organization or community please send questions and inquires to:

stewards@littlewarriors.ca
or call toll free:
1-888-440-1343

Mendel Art Gallery

FREE PROGRAMS FOR KIDS

Something on Sundays

2 - 4 pm, FREE, every Sunday all year long.

Drop-in, no registration required.

Great for ages 4 - 12, always accompanied by an adult.

All activities are designed to give kids an opportunity to make art while gaining an understanding of the exhibitions in the gallery.

Health & Dental Plans for Saskatchewan Foster Families

Your family is your greatest asset. Health related expenses that are not covered by your provincial health plan can result in substantial costs. Now you can take advantage of a range of benefits and services for you and your family.

There is a plan to suit everyone's health and budget. Dental services, prescription drugs, vision care and registered specialists are a few of the health expenses each of us faces without coverage. By selecting a health plan and any combination of additional coverage options that best fits your life, you can provide cost effective benefits for your family. You can also add new coverage options each year you renew your plan.

Individual coverage can be affordable and there is a plan to suit everyone. To obtain a free quote, please send your birth date along with the number of people in your family to include on the plan to janea@performancefinancial.ca. For example: "Please send me a quote on a benefits plan for my family to include:

Mother - May 22, 1965

Father - June 13, 1964

Son - January 1, 1993

Son - February 2, 1995"

Call Janea Bellay at Performance Financial Services Inc. (306) 281-3891 in Saskatoon, or email janea@performancefinancial.ca for more information. Your family is important to you. Find out how you can get additional benefits!

New Foster Parent Project

Support and resources focus of latest initiative

Ottawa – CWLC (Child Welfare League of Canada), in partnership with the Canadian Foster Family Association (CFFA), is pleased to launch its newest project, ***Every Child Matters: An Action Plan for Foster Parenting Abused and Neglected Children***. This 3-year initiative will create opportunities for foster parents to access new information, resources and supports to improve their fostering experience.

“Foster children often have complex and challenging needs which require special attention and skills from their foster parents,” says Peter Dudding, Executive Director with CWLC. “There are problems in the current system with overcrowding, placement mismatches, lack of training and support, all of which can result in placement breakdown and harm for these children. Through this project CWLC, along with support from the Canadian Foster Family Association, will work with foster families to enhance some areas. There is a strong commitment by everyone involved to improve the quality of life and outcomes for children growing up in foster care.”

Sheila Durnford, current CFFA president, agrees. “Foster parents are involved with the system because they care about the most vulnerable children and youth but we do experience challenges with helping them. New resources and supports that help us develop as foster parents are really needed. We’re very happy with this project and we’re excited to get started.”

The new project, funded by the Government of Canada’s Social Development Partnerships Program, will also promote the sharing and interaction among child welfare organizations in the development of best practices for foster parent recruitment, retention, training and standards. CWLC will consult with the provinces and territories to develop a uniform data collection template to ensure consolidated information on fostering families.

“Families are the building blocks of our society and the Government of Canada partners with the provinces, territories, private sector and not-for-profit organizations to help families achieve their aspirations for a better and stronger future,” said the Honourable Diane Finley, Minister of Human Resources and Skills Development. “With our investment of almost \$600,000, the government supports the Child Welfare League of Canada in their project that will make a big difference in the lives of many foster families.”

CWLC is a membership-based national organization dedicated to promoting the well-being and protection of vulnerable young people. CWLC plays a significant role in promoting best practices among those in the field of child welfare, child rights, children and youth mental health and youth justice.



“Foster parents are involved with the system because they care about the most vulnerable children and youth but we do experience challenges with helping them.”



Reminder to all foster parents

1. To respect confidentiality of all information regarding a child, the child’s family, and his/her background This includes posting pictures and any identifying information on the internet (Facebook, MySpace, blogs, etc.)
2. That any damage claim you wish to submit should be done directly to our office and not the Ministry of Social Services.

This article was reprinted with permission from the author, an adult who spent most of her life growing up in the foster care system. She was raised in 13 different homes (by her biological parents and 12 foster/group homes) and feels that only a couple of those places were truly “homes.” Her blog “I was a foster kid” can be found at: <http://looneytunes09.wordpress.com>

Dear Foster Parents:

This is for you... from a foster child's perspective on how to make the first day easier. You can't possibly imagine how "we" feel being brought to your home, so please, never take it lightly. Little things matter and set the tone for things to come.

1 Smile. If the child is small, please kneel down and meet at eye level. You are a big person and are probably scary. Reduce that power by smiling and saying hi, where they see you eye to eye. Be sensitive to touch. You are a stranger.

2 Show the child around the place. If there are other kids in your family, let the kids show the “new kid” around. Show the child his/her new room. Offer to carry the bags, but many times the child will want to carry his/her own things. The child may not unpack for a LONG time. That is normal. Have some new “age appropriate” toys in the child’s room. Stuffed animals are



Top 10 Things

to make a foster child's first day easier

always a good choice. Let the child look in the closet, under the bed, in the drawers – anywhere they might be afraid of. Show them that it is safe and that it is “their space”.

3 Have cookies or apple slices or something ready. I was ALWAYS hungry but afraid to ask.

4 Invite the child to sit down at the table, have a snack, drink or something. Then talk about rules. Don't be harsh, but be clear. For example, “You can eat anytime you

want, but you must sit at the table when eating.” ASK the child if he/she has any questions. They may not at first. Don't just hand the kid a list of rules and say something along the lines of “follow them or else”. This is not building a relationship; this is building fear and distrust. Don't be overly forceful, even regarding your rules. For example: You might have a household rule that everyone must close the door when using the bathroom. Your new foster child may not be able to follow that rule at first; if he/she was abused in a bathroom, closing the door might be frightening and overwhelming. Always try and understand what or why the child is behaving in a certain way.

5 Don't bring up any other “parents” unless the child does. Some kids want to “forget” and some kids will ALWAYS compare you to another parent. If you are constantly being compared, say something like “I understand that your bio mother cut the sandwich better than me. I am trying the best I can and I hope we can work on making it better together.” NEVER disrespect any other parents, even if they did terrible things to the child. Be honest, but don't judge. Validate the child's feelings and listen. Example: “LT, I hear that you are really angry at your bio mom and you have every right to be, she hurt you really bad. It was not your fault; your mother should have kept you safe.” No disrespect to the mother, but truth and validation. Remember that the child loves

their parents and needs to heal and understand at their own pace.

6 Foster kids want to be treated **JUST LIKE EVERYONE ELSE**. Don't ever introduce them as "your foster child" and don't have different rules for them compared to your other children. They are already different. Don't make it worse by treating them differently. The **ONLY** time treating a foster child differently from your other kids might be appropriate is regarding punishment. **NEVER** hit a foster child (or any child) and in most times, taking things away won't matter, since they don't have much to begin with. Also, sending them to their room may backfire, as they might want to be alone and are used to being alone.



7 If the child has anger issues, buy **A LOT** of pillows and let the child hit the walls, the floor, the bed, etc. with pillows. Also, buy the blow up things that you put on the ground that you can hit and they pop back up. If they are older, buy a punching bag. Anger is natural. Don't get mad because they are mad.

Teach them to direct their anger appropriately.

8 To help foster children come out of their shell: a) **TIME, PATIENCE, UNDERSTANDING, COMPASSION, EMPATHY**; b) Have fun. Do things the child might not have ever done such as play a board game, bake cupcakes, go to the zoo, have a movie night with popcorn, go to the park and play Frisbee, etc.; c) Read to them, even if they can read themselves; d) If they are teens, spend the day with them. Go shopping, go to lunch, talk; e) Remember to laugh

9 Give the child a couple of days to figure things out. For some children, it will take a long time to warm up. Keep talking with them and show you are interested. They are watching you and trying to figure out if they can **TRUST** you. Don't just ignore them. Ask them how they are doing. How their day went? Can you help? Are they hungry? Be involved... don't hide!

10 Ask the child what you (new foster parents) can do to make it more comfortable or to help them feel better. This alone shows to them that you care about how they feel.



“

Be sure to contact your local to see what events they have planned for the season. There are barbecues, christmas parties, potlucks and other events happening around the province, which are a great way to have fun and meet fellow foster parents, foster children and your local and provincial SFFA representatives.

”

Halloween Safety Tips

What are some Halloween safety tips you should be aware of to ensure your child's safety this Halloween?

Here are some tips for CHILDREN:

- Tell an adult where you will be trick-or-treating and only go there
- Never wear costumes that may trip you
- Make sure you can see properly when wearing a mask
- Never go into any house and only approach well lit houses
- Always go with a group of friends. Never knock on doors alone
- Never eat anything until inspected by parents or an adult first
- Keep a cell phone for emergencies in the group
- Call an adult every 30 minutes to say where you are
- Always use crosswalks to cross the street, never between cars
- Carry a flashlight and have it on. A flashlight wand is a good idea (or make one)
- Always use sidewalks when you can
- Walk towards traffic on the shoulder when walking on pavement, with lights on (Do not shine at cars)

Here are some tips for PARENTS:

- Keep porch lights on
- Keep porches and paths clean of any tripping hazards
- Be on constant lookout for children on the road when driving
- Buy bright reflective costumes for children walking
- Do not use masks that obscure vision (consider face paints)
- Do not purchase costumes that may be a trip hazard
- Equip children with flashlights (flashlight wand and cell phone)
- Children under 12 should never be unsupervised
- Teens should be instructed and accountable
- Consider organized trick-or-treating events for small children

Following these Halloween safety tips will help to keep every ghost, goblin and superhero safe on Halloween.



A "scary" nutritious snack

These are inexpensive and easy to make pizzas that you can serve for the kids in your life. Plus they taste just as amazing as the real thing with hardly any work! This will also keep you from being stuck alone in the kitchen while everyone else hangs out in a separate area.

step 1

Gather your ingredients

- Mozzarella cheese
- Pizza sauce
- Assorted toppings: olives, pepperoni, onions, peppers, mushrooms, etc.
- Flat pita bread



step 2

Saucy!

Put a piece of the pita bread on the cookie sheet and spread on the sauce. At this point, you might want to add additional oregano.

step 3

Cheesy!

Put on as much cheese as you like. Don't worry about getting it everywhere because it will spread out.

step 4

Toppings

Now it's time to get creative. Make faces on your pizza. Cut different shapes from your ingredients or use them as they are.

step 5

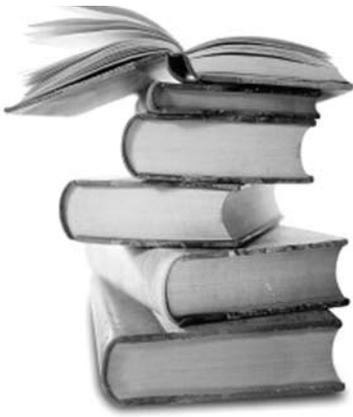
Burn, pizza - burn!

Now it's time to put your pizzas in the oven. Make sure the oven is heated to 450°F. You'll leave them in there for at least five minutes. You want the cheese to be nice and golden.

step 6

Commence devouring the pizza.

Admire your masterpieces and then eat them!



THE SASKATCHEWAN FOSTER FAMILIES Resource Library

Our resource library contains information to assist both foster parents and children with questions or concerns that may arise during their stay. Our library is on site at the SFF Office. As well, the resources are available to borrow, and can be mailed to the foster parent or family. Prior to acquiring resource materials, the Member Contract (found on our website at www.sffa.sk.ca) must be fully completed, signed and returned to SFF by fax or mail.

Be sure to check out our newest titles:

"Where Do I Belong?" by Ola Zuri
This story is about a young boy who has been adopted transracially and feels that something in his family isn't quite right. He wonders and worries about where he fits in and where he belongs. Follow him as he soon discovers the answers.

"Why Can't You Look Like Me?"
by Ola Zuri
Have you ever felt like you didn't belong? How did you deal with it? This is the story of a young girl who has been adopted transracially and feels like she doesn't fit in anywhere, even within her own family. Follow her journey of discovery.

How to pack a frugal lunch

Packing a school lunch for your child is the first step in saving money. Lunches purchased at school can often be more expensive than packing one at home can be. However, this is not always true. If you want to pack a frugal school lunch, there are several things to take into consideration.

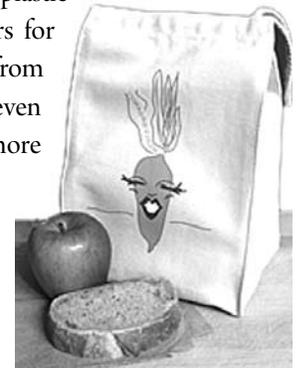
The first step in packing a frugal school lunch for your child is the packaging choice. Disposable packaging is not only bad for the environment, but more expensive in the long run. Purchase a canvas or quilted lunch sack that can be re-used. Or you can make one out of an old pair of jeans with a bit of sewing skill.

The lunch bag itself is not the only packaging that can help make for a frugal school lunch. Instead of purchasing pricey, throw-away plastic bags, consider using reusable bags or plastic containers for parts of the meal. These can be purchased or recycled from food products such as yogurt and margarine. You may even want to decorate the outsides of the container to make it more fun for your child.

Every school has water fountains accessible to children. If you live a frugal lifestyle, your child will be well used to drinking healthy water. If you wish to send milk or juice, get a reusable plastic or glass bottle for your child.

When possible, choose a piece of fresh fruit, or a small tub full of cut up vegetables. Frugal eating is often healthy eating. A sandwich is pretty standard school lunch fair, but you can also pack leftovers from dinner the night before. Of course, your kid will not be able to heat these up, so make sure they are okay to eat cold. Instead of a handy personal sized packet of chips or cookies, put in some homemade cookies or biscuits.

There are many ways to make a homemade school lunch more budget friendly. Frugal school lunches are not only delicious, but they are often healthier and better for the environment. Using homemade food, no prepackaging, and reusable containers, it is simple to pack a frugal school lunch.



READ Saskatoon

Romp 'n' Read

Romp 'n' READ is a week-long camp for parents and preschoolers that focuses on learning together. Each day has a different theme and camp activities include breakfast, songs, finger plays, story time, games, crafts, snack, social and literacy enhancement skills.

New this year, Romp 'n' READ has grown to a six or eight-week program that is being offered through Saskatoon's Community Associations. Registration is limited and is on a first come basis. Families are encouraged to contact their local community association for information or check the leisure guide.

Interested in hosting a Romp 'n' READ program in your community? Watch for our Romp 'n' Read Facilitator Training: November 25th, 2010 or March 31st, 2011. Contact Desiree at 652-5448 for more information about the camp or trainings.

30th Annual Symposium

Dinner & Awards Ceremony Celebrations!



Hosted by the
Saskatchewan
Foster Families
Association





Took place
June 12,
2010
Radisson Hotel
Saskatoon



*Thank you
to all who
attended.*

Photos by Kerri Froese Photography

Discounts for Foster Families

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

Please bring in your membership card to the businesses below and receive great discounts.

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

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

Saskatoon Travelodge: Offers Standard rooms from \$104.95 for single/double. This rate is subject to availability. Group conference rates (10 rooms or more) can be negotiated at the time of booking. If you have trouble booking a room, please call Alana at 978-6520.

Payless: Is offering foster families a 15% off all regular priced merchandise for 2009. The discount cannot be used in conjunction with any other promotion or discount. You must show your membership card at time of purchase.

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

Cozy Cradles & Kids Wear (Regina): Offers a 10% discount to Foster families.

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

The Brick: In Saskatoon contact Randy King or Ken Collier and they will give you contract pricing. Make an appointment with Randy and the process will go more quickly 244-1400. For Prince Albert contact Heith Olmstead for contract pricing 763-1775. In Regina contact Roger Martin for contract pricing 924-2020. For Moose Jaw contact Ron Morin for contract pricing 692-9520, and in North Battleford contact Nathan for contract pricing 446-3433.

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



Something to check-out

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

Next time you are on the computer, you can visit one of these sites:

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

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

Fort Qu'appelle ...<http://groups.yahoo.com/group/FQfostercaretradingpost/>

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.)

1. Why is this child being placed?
2. What is the child's understanding of the reason for placement/separation from his family?
3. What are the child's previous placement experiences?
4. What is the family situation- parent's names?
5. Where are the parents?
6. Will the parents visit? Where? How often?
7. Are there siblings? Where are they?
8. Will there be pre-placement visits?
9. What is the plan for the child? Length of placement?
10. What is the child's legal status?
11. When was the child's last physical?
12. What is the child's health? Allergies? Medication? Last dental check up?
13. Who is the child's doctor? The medical number?
14. Is religion important to the child?
15. What school and what grade does the child attend?
16. Are there school problems?
17. Does the child have any special behavioural problems? Habits?
18. If this child has been sexually abused, is he at risk to himself/others?
19. What will help the child feel at home? Favourite food, comforting toy?
20. Will there be a clothing grant? Are the child's clothes adequate/appropriate?
21. When will the social worker visit/call?
22. Who do I call after hours?
23. What do you (social worker) expect of me (foster parent)?
24. Will I receive the form Confidential Information for Foster Parents Regarding Child Placement?

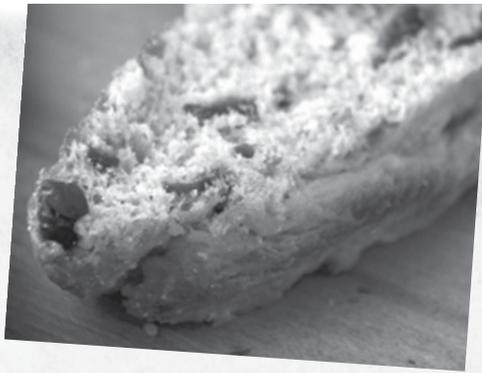


Reminders to all Foster Parents

If you are interested in training or have any ideas, please contact your Local President. SFF offers training and would be glad to set up training in your area.

Crabapple Bread

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 tablespoon buttermilk
- 2 cup flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 2 cup chopped crabapple, skins on but stems and seeds removed
- 1/2 cup nuts (optional)
- 1/2 cup candied orange slices, diced



Cream butter and sugar. Add eggs and buttermilk. Mix in dry ingredients. Fold in crabapple, nuts, and orange slices. Bake at 350° F for 45-50 minutes, or until done, in a greased and floured loaf pan(s). If desired, you can top with a mixture of with 1/2 cup brown sugar, 1 teaspoon cinnamon, and 2 tablespoons of butter 15 minutes before done baking.

Apple Recipes

"This time of year, many of us are harvesting apples from our trees. What better way to enjoy the harvest than to make the following recipes."

Crabapple Jam

- 5 quarts crabapples
- 2 cups water
- 1/4 cup lemon juice
- 1 cup apple juice
- 1/2 cup water
- 1 1/3 cups honey



Cook crabapples in 2 cups water until they begin to pop (about 20 minutes).
Press the cooked crabapples through a sieve or food mill.
In a large saucepan or kettle, combine pulp, lemon juice, apple juice and water.
Add honey.
Bring to a rolling boil; boil 1 minute, stirring frequently.
When the jam starts to "sheet" from the edge of the spoon it has begun to jell.
Remove from heat.
Pour into sterilized jars, seal, and process 10 minutes in boiling water bath.

Autumn Handprint Wreath Craft

Autumn colored handprints form a seasonal wreath! This craft is a great way to involve the whole family. This cheerful door decoration brings a smile to visitors and symbolizes your unity as a family.



Supplies needed (substitutes may be used):

- Colored construction paper or craft foam in autumn colours such as red, yellow, green, orange and brown
- Leaf pattern (trace and cut one out of construction paper or craft foam)
- Acorn pattern (trace and cut one out of construction paper or craft foam)
- Glue
- Scissors
- Wire or string to hang the wreath

Directions: Trace and cut out the leaf and acorn pattern out of the construction paper or craft foam. Have each member of the family trace their handprint on the craft foam or construction paper. Carefully cut out each of the hands. Arrange the handprints into the shape of a wreath. Decorate with acorns and leaves. Once you have your desired look, glue all of the pieces in place. Add wire or string to the back of the wreath. Once dry, it is ready to display!



Best Apple Pie

{ one double pie-crust recipe }

- 5 to 6 cups apples, peeled and thinly sliced
- 1/2 to 3/4 cup sugar (depends on the sweetness of the apples)
- 3 tablespoons flour
- 1 teaspoon cinnamon
- dash salt
- 2 tablespoons cold butter

Preheat the oven to 425°F.

Lay half the pastry, rolled out to about 1/8" thickness, in the bottom of the pie pan and press it in gently to lay flat in the pan. Leave the excess crust hanging over the edges for now.

Place peeled, sliced apples in a bowl. Mix together the sugar, flour, salt and cinnamon. Pour over sliced apples and mix. Fill the pie pan with the apples and pat down with a spoon. Dot the filling with pieces of butter.

Moisten the lip of the pie pan with water. Place the top layer of rolled out crust over the filling, making sure crust reaches outer edges of the pie pan all around. Seal the edge and flute all around.

Take a fork and prick the pie top in several places to create vents for steam to escape. Bake for 50 minutes, until pastry is golden and the filling is bubbling through the vents.

Let cool a bit before cutting to allow the filling to settle.

Makes 1 - 9" pie.



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Advisor

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