

# Adviser



Summer 2024

**50** years  
1974-2024

Families Helping Families

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Child and Family Services  
Amendment Act

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Conflict resolution

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Sask drug alert

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Contact standards

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Dealing with a manipulative  
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Water safety

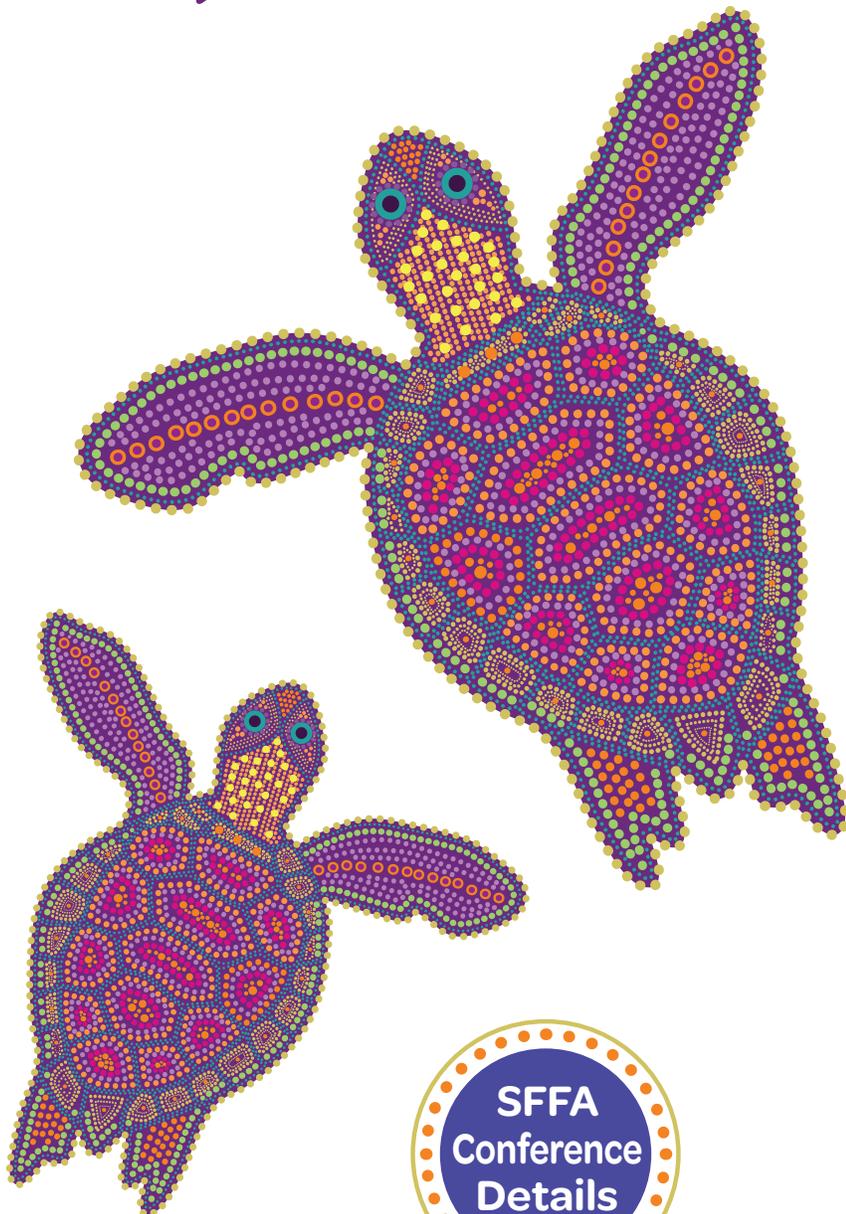
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Bannock dog recipe

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Nature collage

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[www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)

# Advisor

The Advisor is published by Saskatchewan Foster Families Association Inc.



231 Robin Crescent  
Saskatoon, Saskatchewan S7L 6M8  
Phone: (306) 975-1580  
Fax: (306) 975-1581  
Toll Free: 1-888-276-2880  
E-mail: [sffa@sffa.sk.ca](mailto:sffa@sffa.sk.ca)  
Website: [www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)

## 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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# Child and Family Services Amendment Act

**O**n June 12, 2024, amendments to The Child and Family Services Amendment Act, 2023 (CFSA) came into force.

“With the implementation of The Child and Family Services Amendment Act, 2023, we are enhancing our commitment to support and nurture the most vulnerable members of our society,” said Social Services Minister Gene Makowsky. “These updates ensure that children and families receive the care and resources they need to thrive, reflecting our dedication to fostering a brighter future for all.”

Amendments to the act focus on three areas that will result in improved outcomes for the children, youth and families we serve. These three areas include strengthening family, community and cultural connections for children and families, strengthening services for youth by raising the age of the child up to 18 years, and clarifying and enhancing the legal framework around information sharing.

The importance of family, cultural and community connections for all children are underscored in several of the amendments. This is demonstrated in the definition for “extended family” being added to the CFSA as “includes a person to whom a child is related through familial, kinship or spousal relationships, adoption or the customs of Indigenous

peoples.” This addition gives a broader lens to the interpretation of family to preserve and promote meaningful relationships, and connections with family, culture and community.



***These updates ensure that children and families receive the care and resources they need to thrive.”***

The amendments prioritize the best interests of the child to recognize the unique cultural aspects of Indigenous children and requires preservation of the child’s Indigenous identity, experience and connections in case planning. The legislation also broadens information sharing to include Indigenous Governing Bodies and expands notice to First Nations Child and Family Service agencies during various stages of planning.

**Under the Act, the age of a child is now defined as being up to 18 years** to ensure mandated services are available to address safety matters impacting 16- and 17-year-old youth. This strengthens the protection of youth, while still offering them some decision-making power and independence through voluntary services. Youth who are subject to a temporary wardship order or voluntary Section 10 agreement, are living independently and

enrolled in an educational or vocational program, can be provided an extension of support to promote the completion of their current school year without disruption.

Other notable changes include provisions clarifying to whom and under what circumstances personal information can be shared to ensure a child’s or former child in care’s right to know their identity and establish a process for individuals to seek a review of a decision regarding their access to information request.

Multiple stakeholders were engaged and provided feedback on the proposed amendments, including Indigenous authorities, community-based organizations, the Advocate for Children and Youth, and youth with lived experience.

The renewal of the province’s child welfare legislation prioritizes the best interests of the child and strengthens the importance of family, culture and community connections for children and youth in care. The changes demonstrate a commitment to improve the lives of vulnerable children, youth and families.

The amended legislation, as well as Child and Family Programs’ policy manuals, can be found in the Government of Saskatchewan’s Publications Centre at [www.saskatchewan.ca](http://www.saskatchewan.ca).

# Building for the Future...

2024 Saskatchewan Foster Families Association Conference

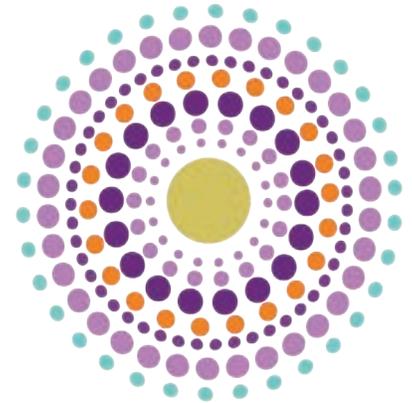
## PRE-CONFERENCE THURS SEPT 26 & FRI SEPT 27

### Deep Dive into Trauma Competent Care

Julie Cooper & Anne Smith, Trauma Free World

8:30 am - 4:00 pm | \$200 (non-members)

This two-day training benefits various learners, from parents to educators, empowering them to provide trauma-informed care. The cost of the course includes daily snacks and lunch along with printed handouts.



## PRE-CONFERENCE FRI SEPT 27

### Risks, Trends and Prevention of Online Child Sexual Violence

Camillia Layne, Canadian Centre for Child Protection Inc.

1:00 - 4:00 pm | \$75 (non-members)

Learn trauma impact, child safety, resilience, emotion regulation, and essential connections for effective child protection at our event.



## CONFERENCE FRI SEPT 27

**Full Conference:** Includes Friday Evening Social, Saturday Meals (breakfast, lunch & Gala).

\$280 (non-members)

### Evening Social

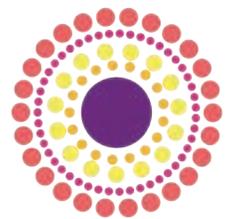
7:00 - 11:00 pm

Get to know the Foster Families around Saskatchewan enjoying a night of appetizers, drinks and live music provided by Branded Honey.

Schedule subject to change.

SFFA Members will be eligible for no-cost\* registration.

\*subject to availability



[saskfosterfamilies.ca/conference](https://saskfosterfamilies.ca/conference)





September 26-28, 2024 | Dakota Dunes Resort, Whitecap First Nation

CONFERENCE **SAT SEPT 28**

**Indigenous Awareness**

Key Note Speaker: John Lagimodiere

**8:30 - 10:15 am**

John is an Indigenous awareness educator working with government, industry, and community. John is a well-respected Saskatchewan entrepreneur, owner of ACS Aboriginal Consulting Services, and a member of the Métis Nation-Saskatchewan with roots in the Red River.

**Breakout Sessions**

**10:45 AM - 12:00 PM | 1:10 PM - 2:30 PM | 2:45 PM - 4:00 PM**

**Canadian Centre for Child Protection:** Working Together to Support Families and Victims of Online Sexual Violence

**Evermore Centre:** Talking Sticks with Autumm Rabbitskin

**Jeff Cappo:** Language, Culture, and Dance for Cultural Identity

**Larissa Severight:** Beading

**Leah Dorion:** My Little Metis Sleepy Horse

**Leah Dorion:** My First Metis Lobstick

**Metis Nation:** Details to follow

**Str8 UP:** Details to follow

**Trauma Free World:** Attachment and Connection

**Trauma Free World:** Family Connection Groups

**Trauma Free World:** Personal Wellness and Preventing Burnout

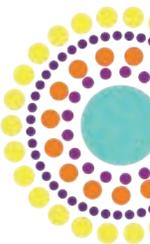
**Gala Dinner**

Doors Open

**6:00 pm**

Dinner & Awards Ceremony

**6:30 pm**



# Sask Drug Alert

**Drug Alerts** let you know when a **highly toxic drug supply** is in your community and presents a **lethal risk**.

**Reduce your risk of overdose** by signing up for drug alerts.



**Scan QR code**



**Text JOIN** to

**1-833-35-B-SAFE  
(352-7233)**

**Or visit** [saskatchewan.ca/drug-alerts](https://saskatchewan.ca/drug-alerts)

[saskatchewan.ca/drug-alerts](https://saskatchewan.ca/drug-alerts)

**Saskatchewan!**

# What are Contact Standards?

Regular ongoing contact with children in care and their placement caregiver is required to:

- Assess the child’s medical, educational, social, cultural, recreational and therapeutic needs.
- Ensure the placement caregiver has adequate information about the child and their family.
- Observe interaction between the child and placement caregiver.
- Assess placement stability and placement caregiver’s ability to meet child’s needs.
- Work as a team with the placement caregiver to ensure the child’s needs are met.
- Plan for family contact, shared parenting and family reunification.
- Assess visitation quality.
- Monitor and assess progress toward case plan objectives.
- Review and adjust case plans.



## Contact Standards – Child in Care and Placement Caregiver (Goal of Reunification)

QUICK REFERENCE CHART

**One** face to face contact with child once per calendar month.

**One** contact with placement caregiver once per calendar month.

**One** collateral contact per month.

**The above contacts include:**

One face to face with the child and placement caregiver in the placement caregiver’s residence once every other calendar month;

One face to face contact with the child over the age of six outside the immediate presence of the child’s placement caregiver once every six months;

If the assigned caseworker or alternate caseworker is not present when the child is placed, the child must have a face to face contact with the assigned or alternate caseworker within two working days.

*All children who are six years or older must have face to face contact with the assigned caseworker separate from the caregiver a minimum of once every six months.*

## Contact Standards – Children/Youth who are Long Term and Permanent Wards

QUICK REFERENCE CHART

**One** face to face contact with the child by the assigned caseworker once every three months.

**One** additional face to face contact by the assigned caseworker, alternate caseworker or case assistant every three months to ensure child safety.

**One** collateral contact every assessment period.

**The contacts above include the following:**

If the assigned or alternate caseworker is not present when the child is placed in a new placement, the child must have face to face contact with the assigned or alternate caseworker within two work days.



# How to Deal with a Manipulative Teenager

## Signs of Manipulative Behavior in Teens

During the teen years, young people become focused on their quest to become autonomous adults. As they start testing their parents more, they may also adopt some tactics to achieve their desired freedoms. These can take the form of manipulative behaviors.

## What is a Manipulative Teen?

Teens looking for ways to circumvent their parents' rules is not at all unique. This is common behavior during the phase of life when teens yearn for more freedom, but come up against resistance. They find that parents are not so willing to allow all those freedoms and become very creative in finding ways to achieve the desired outcome. However, a manipulative teenager may use an array of strategies to get their way. Manipulative teens become laser-focused on attaining their desired objective and will go to great lengths to do so.

## What Causes a Teen to Manipulate Parents?

There are many reasons why a teen might become manipulative. Sometimes the behaviors are a form of acting out in response to some event or situation that is causing strife. These might include parents getting divorced, moving out of the area during high school, or social conflicts like being bullied. The teen may have a hard time managing emotions due to these events or conflicts. In turn, they may use those negative emotions and become manipulative to gain a sense of power over the situation.

There are other motivators that are more aligned with the teen's desire to gain new freedoms. They

may have a new boyfriend or girlfriend and want the freedom to spend more time with them than their parents feel comfortable with. They may want to join friends for an event that their parents do not approve of.

## Signs Your Teen is Manipulating You

Consider some of the ways a teen may attempt to manipulate a parent:

- **Lying.** A manipulative teen is highly adept at gaslighting. When a teen meets resistance, they gaslight to make the parent doubt themselves to try to get their way. Also, teens will lie to parents, making promises they do not intend to keep to get the parent on board.
- **Angry outbursts.** Explosive anger, stomping up the stairs, and slamming doors are common manipulation techniques. The teen may even physically threaten the parent who dares to deny their requests.
- **Emotional blackmail.** The teen may try coercing parents to give in to their demands or requests using emotional blackmail. Something along the lines of, "If you don't let me go to the party, no one will ever hang out with me again."
- **Manipulates with guilt.** The "If you loved me, you would..." or "You favor (younger sister)" lines use guilt to persuade. A more drastic technique is to threaten suicide or some form of self-harm if the demand is not met.
- **Tries to wear you down.** Some determined teens relentlessly harass parents without reprieve until they give in to their demands. They may mistreat the parent or withhold affection until the parent acquiesces.

## 5 Ways To Deal With a Manipulative Teenager

Parents may be faced with a teen that is determined to get their way no matter what. If so, they can wrest back some control by using these tips when dealing with manipulative teens:

1. **Have consistent consequences.** Set clear boundaries with the teen and communicate the consequences if they don't honor them. Most importantly, be very consistent in enforcing the consequences when the teen tests those boundaries.
2. **Take a pause.** Try to avoid knee-jerk responses when the teen is using their manipulation tactics. Instead, take a beat to break the momentum of the moment, and respond in a calm manner.
3. **Encourage honest discussion.** To minimize the need for your teen to lie to you, cultivate a relationship that is open and honest. Start creating this type of relationship in early childhood.
4. **Stop playing along.** Teens can be a force to be reckoned with, even bullying a parent into submission. Take back control of the parent-child relationship and refuse to passively play along.
5. **Seek professional mental health support.** A parent may begin to notice that their teen is simply not themselves; that their behavior is out of character. The teen may be going through a rough patch due to a difficult life event and may benefit from therapy.

## Possible Underlying Issues to the Behavior

When a teen begins to display signs of manipulative behaviors, there may be something more to it than the typical desire to spread their wings. The behaviors may be totally out of character, or if there are other symptoms present. If so, parents may want to have the teen evaluated by a mental health expert.

Reasons for the changes in behavior may be due to:

**A mental health struggle.** The teen may be dealing with a mental health condition that is fueling their rude or bullying behaviors. These might include:

**Depression.** Signs of depression include:

- Sadness or low mood
- Changes in eating habits and sudden weight loss or gain
- Changes in sleeping patterns

- Lack of interest in activities they normally enjoy
- Low energy, fatigue
- Being very sensitive
- Irritability and anger
- Trouble concentrating that causes decline in grades
- Feelings of hopelessness and despair
- Slowed motor and cognitive functioning
- Talking about suicide

**Oppositional defiant disorder.** Signs of ODD include:

- Hostility
- Defiance
- Rejecting authority
- Refusal to follow rules
- Spitefulness
- Verbal aggression
- Very negative attitude
- Angry outbursts
- Argumentativeness
- Combativeness
- Stubborn behaviors

**Anxiety.** Signs of anxiety include:

- Being always on edge
- Irritability
- Having a sense of doom
- Muscle tension, headaches, stomach distress
- Insomnia
- Agitation
- Trouble concentrating
- Being highly self-conscious
- Withdrawal from friends and social events

**Substance abuse.** The teen may be pushing boundaries because they are struggling with a substance use problem. Signs of substance abuse include:

- Visible signs of being under the influence of drugs or alcohol
- Finding the substance or drug paraphernalia in their room
- Hanging out with a different group of friends.
- Missing school
- Falling grades
- Avoiding activities they once enjoyed
- High-risk behaviors

You may believe your manipulative teenager is acting out due to a mental health issue or substance abuse. If that is the case, get them help as early as possible.

Source: <https://bnitreatment.com/manipulative-teenager/>



# CONFLICT RESOLUTION

When there are disagreements between the Foster Parents and the Ministry, Foster Parents are entitled to “Due Process” which means that they must be given a clear statement of the Ministry’s decisions, an opportunity to respond, an assurance that their response will be given objective and fair consideration, and a clear statement of the final decision.

Foster Parents have the right to bring forward any decision for review by a Supervisor, Manager and /or Director, regarding any matter pertaining to their fostering experience or a child placed in their home.

## CONFLICT RESOLUTION PROCEDURE

1. Meet with your Child and Caregiver Support Worker to go over concerns. Following the meeting, if the Foster Parent believes the matter has not been resolved they may contact the SFFA Advocate or the Child and Caregiver Support Workers Supervisor.
2. SFFA Advocate or Supervisor will arrange a meeting with all parties in an effort to come to a mutually satisfactory resolution.
3. If there is not a satisfactory resolution, the Foster Parents may request to meet with the Director.
4. Following the meeting, the Director will arrive at a decision and advise the Foster Parents in writing of the decision. The decision of the Director, is final, with the exception of a decision to close a Foster Home. This decision may be formally appealed.

At any point in the conflict resolution process, the Foster Parents and/or the Ministry, may request the involvement of Saskatchewan Justice to provide dispute resolution services in an effort to satisfactorily resolve the disagreement.

[saskfosterfamilies.ca](http://saskfosterfamilies.ca) | 1-888-276-2880



# Requisition Vouchers



The Ministry of Social Services issues Requisitions for Goods and Services vouchers to citizens to help with the purchase of goods and services.

Foster families may receive requisition forms (vouchers) for immediate purchases children or youth need when coming into or while in their care. Required items may include clothing, diapers, formula, car seats or other special needs requests that are approved by the child's Caseworker.

## Things to remember when using a Requisition (voucher):

- Must have photo identification to match the name on the requisition otherwise it will not be accepted
- The amount purchased (including tax) must not exceed the amount indicated on the requisition
- Purchases are not subject to the Goods and Services Tax (GST)
- The requisition is not valid for payment after six months from date of issue
- Refunds covering the cost of a returned item must be made to the Ministry of Social Services
- No cash back will be given to the purchaser

## Community Retailers accepting requisition vouchers:

### Saskatoon

- All Loblaws locations (No Frills, Superstore)
- Confederation Mall FreshCo
- Urban Planet
- Reclaim Maternity Baby Kids
- Kicks n' Fits
- Value Village
- London Drugs
- Cabela's
- Husky (1135 Idylwyld North)
- Petro-Canada (2511 22 St W)
- Petro-Canada (Grasswood)
- Cree Way Gas (343 Packham Ave)
- Whitecap Trail Gas Bar  
(100 Sports Center Road just off Hwy 219)
- Meadow Green Laundromat
- Fairhaven Laundromat

### Regina

- Winners
- Sobeys
- Canadian Tire
- Sport Chek
- Co-op
- Save-On Foods
- Superstore
- Once Upon a Child
- Kids Clothing Cottage
- Children's Place

### Estevan

- Sobeys
- Canadian Tire
- Sport Chek

### Humboldt

- Sobeys
- Canadian Tire
- Co-op

### Martensville

- Canadian Tire
- Meadow Lake
- Co-op
- Extra Foods

### Melfort

- Canadian Tire
- Cindy's Independent Grocer
- Co-op

### Moose Jaw

- Giant Tiger
- Winners
- Safeway
- Sport Chek
- Canadian Tire

### North Battleford

- Canadian Tire
- Co-op
- Giant Tiger
- Sobeys

### Prince Albert

- Winners
- Canadian Tire
- Safeway
- Co-op
- Sport Chek
- Giant Tiger
- Superstore
- Save-On Foods

### Swift Current

- Canadian Tire
- Giant Tiger
- Safeway

### Warman

- Buy-Low Foods

### Weyburn

- Canadian Tire
- Co-op

### Yorkton

- Winners
- Canadian Tire
- Superstore
- Sport Chek
- Giant Tiger
- Co-op
- Save-On Foods



# Pow Wow

## CELEBRATIONS

So, what is a pow wow? The word pow wow is disputed but its origins are believed to come from a southern New England language, Narragansett, meaning “to use divination, to dream” and from the Algonquian word pawewa, meaning “he dreams.” It is also debated that it comes from the Pawnee word pa-wa, which means “to eat.” In the past, pow wows have been used as gatherings for friends and families to dance, feast, exchange trades, share information and to celebrate, sometimes lasting up to a week as many people travelled great distances to attend these events.

Many ceremonial practices, including pow wows and potlach ceremonies, were banned under the Indian Act and not repealed until the 1950s. In a more modern context, pow wows are a celebration of Indigenous cultures and people and still contain many cultural elements including dancing, drumming, feasting and crafts, with many pow wows offering large prizes for dancers and drummers. Pow wows are generally open to the public and inclusive to all. They are a stunning opportunity to witness Indigenous cultures in a respectful way.

While no two pow wows are the same, generally the Grand Entry is the official opening of the pow wow, often lead by veterans, Flag Carriers and Head Dancers. As a sign of respect, standing (unless disability or mobility issues prevents) and removing hats is the protocol during this opening. The Master of Ceremonies helps run the pow wow smoothly by announcing singers, drummers, dancers, raffles, etc. and will conduct the pow wow.



*Pow wows have been used as gatherings for friends and families to dance, feast, exchange trades, share information and to celebrate.”*

Intertribal dance is an inclusive dance that allows Indigenous and non-Indigenous people, whether in regalia or not, to join in a dance. Regalia is the clothing worn at pow wows, not costumes. Regalia is often of spiritual or historical significance, either handed down through generations or handmade by family members and is extremely special to the individuals wearing it. Please refrain from touching any regalia or drums.

Honour songs are usually requested and performed on behalf of others, such as family members or those in need of blessings. Attendees and participants should stand and remain silent during the song, and may be invited to participate in a dance after. Please refrain from recording or taking photos during honour songs.

There are also many different types of dances, including the Jingle Dress dance, Fancy Shawl dance, Traditional Dance, Grass Dance, etc. The drums are unique for each dance and the regalia will often reflect the type of dance.

Alcohol and drugs are forbidden at pow wows. If you plan to record or take photographs, please seek

permission from the individual or organizer. It is generally accepted to take photographs of dances within the arena, but not of dancers without their permission. If you can't remember all this, don't worry! The Master of Ceremonies will announce everything you need to know.

Source: <https://blogs.studentlife.utoronto.ca>

## 2024 POW WOW TRIAL

# SASKATCHEWAN

July 2-4	Red Pheasant First Nation
July 5-7	George Gordon First Nation
July 5-7	Mosquito First Nation
July 12-14	White Bear First Nation
July 12-14	Little Red River Cree Nation
July 16-17	Sweetgrass First Nation
July 19-21	Onion Lake First Nation
July 19-21	Cote First Nation
July 19-21	Peepeekisis Cree Nation
July 23-25	Big River First Nation
July 26-28	Thunderchild First Nation
July 26-28	Zagime Anishinabek First Nation
July 30-Aug 1	Little Pine and Lucky Man First Nation
Aug 2-4	Poundmaker First Nation
Aug 2-4	Muskowekwan First Nation
Aug 6-8	Carry the Kettle First Nation
Aug 7-8	Pasqua First Nation
Aug 9-11	Waterhen First Nation
Aug 9-11	Sturgeon Lake First Nation
Aug 9-11	Standing Buffalo Dakota Nation
Aug 13-15	Cowessess First Nation
Aug 16-18	Piapot First Nation
Aug 20-22	Mistawasis First Nation
Aug 23-25	Big Island Lake First Nation
Aug 23-25	Ochapowace First Nation
Aug 27-29	Whitecap Dakota Nation
Aug 30-Sep 1	Flying Dust First Nation
Sep 6-8	James Smith Cree Nation
Sep 6-8	Ocean Man First Nation
Sep 20-22	Saulteaux First Nation
Nov 1-3	Saskatoon Federation of Sovereign Indigenous Nations (FSIN)

*\*See Alberta & Saskatchewan Powwows Facebook Group for details and updates.*



# Youth **INTERNET** Safety

## THINGS TO KEEP IN MIND

- Teens rarely pick up the phone anymore. Chat, messaging and texting apps are a quick, fun and creative way that teens can communicate with their peers. Personal boundaries can be crossed earlier and easily, creating the potential for hurtful, inappropriate or intimate information to be shared.
- Texting, messaging and other social media apps keep teens connected to friends and family. As a parent/guardian it's important to understand the purpose of apps and how a youth may be negatively impacted by using them.



## TALK TO TEENS ABOUT

- The importance of working together to establish guidelines around texting, social media and gaming (who teens can do these things with and on what apps).
- Remind your teen that it is easy to lose control over what happens to texts, photos and videos that are sent through apps.
- Explain to your teen that once a picture is sent, they lose control over what is done with it.
- Explain that if they are threatened to make or share videos or pictures, they should stop talking to that person and let you know right away.
- Discuss the importance of not responding to harassing, harmful or unsolicited messages and to notify you immediately.

Information gathered from  
[https://protectkidsonline.ca/app/en/interests\\_and\\_risks](https://protectkidsonline.ca/app/en/interests_and_risks)



## Foster Family APPRECIATION MONTH

National Foster Family Appreciation month takes place in October. This is when foster families across the country are recognized for their ongoing commitment to some of the most amazing children in our communities, our foster children. Each year, events take place in recognition of foster families. Contact the SFFA office if you would like to know what's happening in your community.

*"When leaving a child at home alone, ensure that they are in a safe and comfortable environment where they have information on how to contact an adult, the police or poison control."*

# LEAVING CHILDREN Home Alone

## WHEN IS IT APPROPRIATE TO LEAVE A CHILD AT HOME ALONE?

The Canada Safety Council (CSC) recommends a minimum age of 10 years old with consideration given to the child's temperament, if they feel prepared and to the level of preparation to which the guardian/parent has prepared the child. When it comes to watching siblings or other people's children, the CSC recommends a babysitter be a minimum age of 12 years old.

## QUESTIONS FOR PARENTS TO ASK

- Does the child feel comfortable about being home alone?
- Do you feel comfortable about the child being home alone?
- Can you trust the child to follow directions and do they understand and remember instructions whether written or oral?
- Can the child handle normal and unexpected situations?
- Are you able to communicate readily with them when you are not at home?
- Can the child always reach someone to help in case of an emergency?

## IF YOU DECIDE TO LEAVE A CHILD HOME ALONE

- Prepare the child to deal with situations that may arise, such as what to do if someone comes to the door.
- Specify how their time is to be spent. Set firm rules with clear do's and don'ts.
- Keep in touch – make sure you are reachable by cell phone.
- Make sure the home is safe and secure.
- Limit the time the child is left home alone.
- Remember, a child who may be ready to care for themselves for a short period of time may not be able to care for younger siblings or other children.

Information gathered from: <https://canadasafetycouncil.org/preparation-and-communication-the-key-for-children-home-alone/>



# WATER SAFETY

## for Caregivers of Children and Youth

Spending time in and around water is a great activity for families, children and youth. However, **DROWNING** is the **SECOND** leading cause of injury related **DEATH** for children ages 14 and under. The majority of drownings and non-fatal drownings for infants occur in bathtubs. For toddlers, the majority occur in residential swimming pools, while older children and youth are more likely to drown in lakes, rivers and oceans. Drowning can occur in as little as **TEN SECONDS** and can occur in just **INCHES** of water. Research on water safety shows that implementing a layered approach to water safety is the best way to prevent drownings. Water safety always starts with the caregiver as the first and most important component.



### Water Safety Tips:

- Constant and active supervision should be maintained when any child is in or around water.
- Children should not be permitted to play in areas where there is any body/container of water, including swimming pools, ponds, dug outs, wading pools, tubs, pails, sinks or toilets without supervision.
- Empty and turn over wading pools and other containers of water when not in use.
- Make sure you give 100% of your attention when supervising. Put cell phones, magazines and BBQ duties aside. Find another adult to take over if you need to turn away for any reason.
- Watch the face – especially the eyes. Many victims don't call, wave or signal for help because they can't keep their head or arms above water.
- Water conditions in locations such as lakes and rivers can change rapidly. Be familiar with water conditions and be satisfied the area is safe.
- Never rely on inflatable cushions, air mattresses, water toys, etc., for the support of non-swimmers.
- Caregivers should be familiar with the child/youth's swimming abilities and provide the appropriate level of supervision. For infants, 1:1 adult to child supervision should be provided. For toddlers and preschoolers arm's length/touch supervision should be provided.
- Restrict access to the pool or other bodies of water when not in use. Use multiple barriers or strategies to restrict access.
- At the pool, the lake or the beach, young children and children who can't swim should wear a PFD.
- Away from home, swim in designated swimming areas, where possible.
- Provide children and youth with a water safety plan that includes water safety instructions (boundaries, depth of water, condition of the water bottom, the appropriate use of PFDS, etc.).
- Keep hot tubs covered and locked when not in use.
- Any child under the age of five should not be left alone at bath time. The caregiver should supervise the child at all times and ensure everything that is needed for bathing is gathered prior to the bath. Bath tubs should be emptied while not in use.





**BANNOCK DOGS**  
*are the spin on “Pigs in a Blanket” you must try!*

PREP TIME: 30 min | COOK TIME: 20 min | YIELDS: 12 bannock dogs

INGREDIENTS

**Bannock dough**

- 4 cups all purpose flour
- 3 Tbsp baking powder
- 1 tsp salt
- 1 tsp sugar
- 1/3 cup milk or non-dairy milk
- 1 3/4 cups warm water

**Assembly**

- 12 hotdogs
- 2 cups oil for frying

**To serve**

- Ketchup
- Mustard

*Source: Best Bannock Dogs Recipe, Food Network Canada*

DIRECTIONS

1. To make bannock dough, in a large bowl add all purpose flour, baking powder, salt and sugar. Mix until combined.
2. Add milk and water to the bowl and mix with a fork until dough begins to stick together. Then, with your hands, knead dough in the bowl until it forms a ball. Let it rest and allow to rise for 10 minutes.
3. Prepare your work surface by coating it with 1 teaspoon of oil so bannock doesn't stick to it.
4. Once dough has risen, cut it in half and roll out half on the prepared surface 1/4 inch thickness. Slice dough into 6 sections.
5. Place hotdogs on the bannock dough and fold the end of the dough over the tips of the hotdog. Take one side of the dough along the length of the hotdog and fold it over, then bring the opposite side over to the rest of the hot dog. Roll along counter with hands to seal the hotdogs in the bannock dough.
6. Add oil to a large pan and heat over medium-high heat (about 300° F).
7. Once oil is hot, add bannock dogs to the pan one at a time, spacing them out by 1 inch to allow them to expand. Cook the bannock dogs for 1 minute per side until big and golden.
8. Line a plate with paper towel and place fried bannock dogs on it once cooked, allowing the paper towel to absorb any excess oil. Let the bannock dogs rest for 5 minutes. Serve with ketchup and mustard.



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

SEARCH FOR...

"Six Steps to Fostering In Saskatchewan" on YouTube.



## Turn a walk into a *Nature Collage*

After going on a nature walk you are coming home with pockets full of treasures. Turn the treasures into art by making a nature collage craft. When kids are in nature, they are more relaxed, their mental health is benefitted, they use up some energy, they get into better moods, the list goes on and on. Kids who are out in nature frequently tend to sleep better, become more creative, and have less stress.

Assigning purpose to a nature walk can ignite a desire in your kids to want to go on the walk. After being in nature with your kids, you will see that there are so many treasures all around. Kids love to collect all the pretty things nature has provided. Put these beautiful items together into a nature collage to save the items in a way your kids can enjoy day

in and day out (and to prevent them from going through the washing machine).

### Materials Needed for a Nature Collage Craft

- glue (liquid glue works best)
- paper
- crayons, pencils or paint (optional)
- items from nature

### How to Make a Nature Collage

1. Before going on a nature walk with your kids, explain that they will be making nature collage crafts when you get home.
2. By setting the goal, it will help them to pick out the perfect items for the nature collages.
3. While on the nature walk, have them collect different items. You may want to suggest that

In our “**FOSTER CORNER**” we would like to highlight anything from foster inspired stories to artwork submitted by foster parents on behalf of children in their homes. If you have a foster story, poem, artwork or some other foster related experience or information to share with our readers, please send it in! All communication or submissions for “Foster Corner” can be sent by email to [keanna@sffa.sk.ca](mailto:keanna@sffa.sk.ca)





- they get a variety of sizes, shapes, and colours, and remind them to respect nature as they go.
4. Have them keep in mind that the items will need to be small enough to fit on a paper and light enough for them to carry the items home.
  5. Have your kids lay out the items from nature on top of a sheet of paper.
  6. They can make a scene (like a fish jumping out of water), an item (like a mermaid, heart, fairy, etc.), or an abstract pattern with pieces of nature randomly displayed around the paper.
  7. Once your nature walk is complete, sort out the items from your nature walk.
  8. Laying them in the middle of the table helps the kids to see what items are available and may spark an idea.
  9. Once they are content with their work, have them

- pick up one item at a time and glue it into place.
10. By moving one item at a time, it is less likely that the other items on the page will shift.
11. Let the nature collage craft dry.
12. Enjoy the nature collage!

With no right or wrong way to do it, a nature collage is a great beginner craft for even the most reluctant kids. Some kids are particular and won't try something if they know they can't do it perfectly.

Because there is no perfect way to do a nature collage craft, it relieves some of the tension of making it 'the right way'. Plus, nature collages are fun and easy to make and are beautiful to look at.

Source: <https://mamateaches.com/nature-collage/>



## Let's stay connected...

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

A pair of black headphones is on the left, and a stack of books with an open one on top is on the right. The background is a soft, warm gradient.

# goodreads

## Aging Out

*By Alton Carter (Author), Tim Jessell (Illustrator)*

**W**hile still a little boy, Alton Carter walked away from his violent, drug- and alcohol-riddled childhood home believing the worst life had to offer was behind him. He was sorely mistaken. After surviving a troubled foster care system and becoming the first in his family to graduate from high school — with a college scholarship in hand no less, he found himself at age eighteen, as so many young people do on the cusp of scared, lonely, and all on his own. This is the story of how he aged out of the foster care system only to have his college dreams shattered, and how he found the courage to face his past and dare to take the steps to the life and family he always dreamed he would one day have.

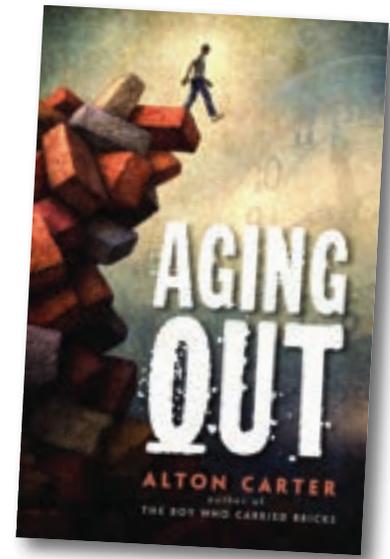
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SASKATCHEWAN FOSTER FAMILIES ASSOCIATION  
231 Robin Crescent  
Saskatoon, Saskatchewan S7L 6M8