

Advisor

NEWSLETTER

.....

Winter 2015

Featuring

**The healing power
of cultural identity**

Taming Tempers

**Snow day health
tips**



**SASKATCHEWAN
FOSTER FAMILIES**

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If you have been a foster parent for any length of time, one of the most common phrases you will hear when talking to people is, "I could never do what you do. My heart would just break every time a child left." This line has always rubbed me the wrong way as it insinuates that we are somehow not human and our hearts do not break.

They fail to realize those final goodbyes do not sometimes just break your heart, but shatter it. So why would we ever put ourselves through something like that? Because I believe in the power of love. A love that can make a huge difference in a child's life.

We believe foster care is more than just giving a bed and a meal. We believe in taking in these kids and loving them as our own for however long they need it. We don't for a second pretend this is easy and not full of huge risks, but we believe in taking the heartache so these kids do not have to anymore.

Foster care is about love in action. It's not based on feelings. We CHOOSE love, not because we always feel it, but because we always believe in it. It has the power to transform lives and it's a transformation we believe is worth living for everyday.

This love does not take away pain or heartache. In fact, it intensifies it. But the biggest thing we have learned being foster parents and taking these precious kids into our home, is that love is always worth it. These children are always worth it.

So when you are walking through the loss of a child in your home, remember that there is beauty in the brokenness. It means you loved well. And whether you actually ever get to see the fruit of it in that child, the power of love changes lives.

Megan Reves
Regina Foster Families Association
November 11, 2015



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A Letter from the Chairman of the Board

Dear Leadership Teams,

On behalf of the Board of Directors, I would like to wish you and your families a Merry Christmas and a Happy New Year. At this time of year it is good to reflect on all of the positive experiences and blessings you have had because you have chosen to share your lives with those in need. Thank-You for opening your hearts and homes.

In a way of an update, the SFFA Board of Directors has been working on aligning our various policies to ensure adherence with non-profit governance best practices, as well as compliance to the Non-profit Corporations Act, 1995. The results of our review is a revamp of the previous Local Committee Policy Manual. The new Leadership Committee Policy which is enclosed takes effect November 30,2015.

Highlights of the Leadership Committee Policy include:

- The language has been rewritten for more simplicity and clarity.
- The use of “Local” has been removed. The committees that exist today across the province will now be referred to as Leadership Committees.
- Each Leadership Committee is accountable to the SFFA. These committees are committees of the SFFA not committees of the Board.
- The use of “president”, “vice president”, “treasurer”, etc. are no longer compliant with this new structure. The majority of Leadership Teams have already moved to this model.
- Each Leadership Committee is responsible to provide the SFFA with a point person to act as liaison to the SFFA.
- The role and the accountabilities of the Delegates from the Leadership Committee has been expanded to be the representatives for the entirety of the fiscal year of the SFFA.

Sincerely,

Kevin Harris

SFFA Chairman, Board of Directors

SASKATCHEWAN FOSTER FAMILIES ASSOCIATION (SFFA)

LEADERSHIP COMMITTEE POLICY

1. PURPOSE OF THE LEADERSHIP COMMITTEE

In alignment with the SFFA mission statement, leadership committees exist to build supportive relationships with foster families within their communities.

2. ETHICAL STANDARDS

In recognition of the fact that it is the duty of the SFFA to respect and protect the rights of foster families and the rights of children and youth in care, the following code of ethical standards shall apply to all SFFA members and activities of the organization:

- All statements, information, advice, and proposals will be honest and factual.

- Disclosure of pertinent facts and information shall be supplied as to enable a fair appraisal of the proposal as related to the requirements to be fulfilled.
- Public decency and good taste shall be duly regarded.
- Exploitation in any form will not be condoned.

3. COMMITTEE STRUCTURE AND MEMBERSHIP

All SFFA leadership committees shall operate under the Constitution of the Association and the policies approved by the Board of the SFFA and are accountable to the SFFA.

... continued on next page.

Leadership committees will be led by a leadership team, consisting of a minimum of 3 SFFA members, one of whom will be chosen by the leadership team to be accountable for the activities. Provisions for less than 3 members can be requested through the SFFA Board, Chairman of Governance & Policy Committee.

The names of the leadership team are to be submitted to the SFFA for record. This list will include the names, phone numbers, email addresses, and mailing addresses of the said individuals. This list shall be submitted to the SFFA office by the following April 15th or whenever there is a change to the leadership team.

On an annual basis, the SFFA leadership committee will appoint delegates from their membership to:

- Represent their respective communities at the SFFA Annual General Meeting (AGM).
- To represent their communities for the upcoming year.
- Represent the needs of their memberships throughout the year.
- Be accountable for ensuring that any member's proposals meet the criteria set out by the Non-Profit Corporations Act and then as appropriate present the proposal at the appropriate meeting in conjunction with the SFFA AGM.

4. ACCOUNTABILITY

SFFA leadership committees and leadership teams are authorized by and accountable to the SFFA.

5. NOTIFICATIONS

If there is a formal investigation into a leadership team member's household, that person must temporarily step out of their position and notify the SFFA Executive Director. This information is kept in the strictest of confidence.

6. MEETINGS

Leadership committees are encouraged to host regular meetings and gatherings to support foster families in their communities. These meetings are the opportunity to provide additional educational sessions, training, support, and networking among foster parents and those who support foster parenting.

7. LEADERSHIP COMMITTEE

7.1 Signing Authority

Signing authority is to be given to the team representative and one other member of the leadership team. Both signatures must appear on all cheques issued by the leadership committee. No two persons from the same household shall have authorized signing authorities.

All cheques must include the date, name of the payee, and the dollar amount prior to cheques being endorsed, and must be verified by supporting documentation.

Note: Cheques shall not be endorsed prior to the approval by both signees of the submitted expenses.

7.2 Proposals

SFFA leadership committees through their delegates are eligible to submit proposals to the provincial SFFA office in order to have them presented at a meeting subsequent to the SFFA AGM. These proposals must comply with the following:

1. The proposal must be submitted at least 90 days before the anniversary date of the previous AGM.
2. The proposal submitted by the member must not be primarily for the purpose of enforcing a personal claim or redressing a personal grievance against the SFFA Association or its Board of Directors.
3. The proposal must not be primarily for the purpose of promoting general economic, political, racial, religious, social or similar causes unrelated to the activities of the SFFA Association.
4. The proposal must not be substantially the same or similar to a proposal that was submitted to members within two years preceding the receipt of the member's proposal, at which the proposal was defeated.
5. The member is not putting forward the proposal to secure publicity.

In the case where the Association receives a proposal that does not comply with the foregoing requirements, the Association will send a notice to the member, within 10 days after receiving the proposal, of the Association's intention not to include the proposal in the Notice of Meeting and provide the member a statement as to the reasons for the refusal.

8. FINANCIAL MATTERS

The responsibility for managing and protecting the assets of the SFFA lies with the provincial Board of Directors. This section provides direction for leadership teams regarding financial management.

Leadership committees can apply to the SFFA for funding of membership activities using the approved forms provided by the SFFA. The funding must be reconciled with the SFFA 45 days after the event/activity.



Snow Day Health Tips

How to keep your child safe through the blistery, winter months

Whenever your kids head outside to play this winter, keep them safe and warm with these tips:

Dress in layers

If you think sweat will be a factor from playing or running around, start with a base that can wick water away from your child's skin. If it's really cold, add an extra layer in between the base and top layer, which should be waterproof to prevent snow from soaking through.

Forgo gloves for mittens

They keep fingers together and help them stay warm and cozy.

Choose insulated, waterproof boots

These will do the best job of keeping toes warm and dry when kids walk through snow.

Lookout for wet clothing

Damp articles of clothing can speed up frostbite. Keep an extra hat and pair of mittens handy for kids playing in the snow.

Take breaks from the cold

Have the kids come indoors every 30 to 45 minutes to warm up. If they'll be outside for more than 45 minutes at a time, giving them warm liquids will help to keep their body temperature up.

If kids develop numbness or tingling sensations anywhere on the skin, they should come inside immediately—this is a sign of frostnip, an early stage of frostbite. Simply remove any wet clothing, then soak the affected area in warm water for 20 to 30 minutes. If sensation returns, you're in the clear. If not, or if the skin appears white, waxy, or hard, seek immediate medical attention.





A sense of identity equals a sense of belonging.

Aboriginal children and the *healing power* of cultural identity

Article by the Government of Canada



We are constantly developing our identity, from birth to the end of our lives. We build it based on our relationships to relatives, friends, community, geography, language and other social factors.

Identity plays a key role in healthy child development. When a child feels a sense of belonging to family, community and peers he or she is better able to deal with adversity.

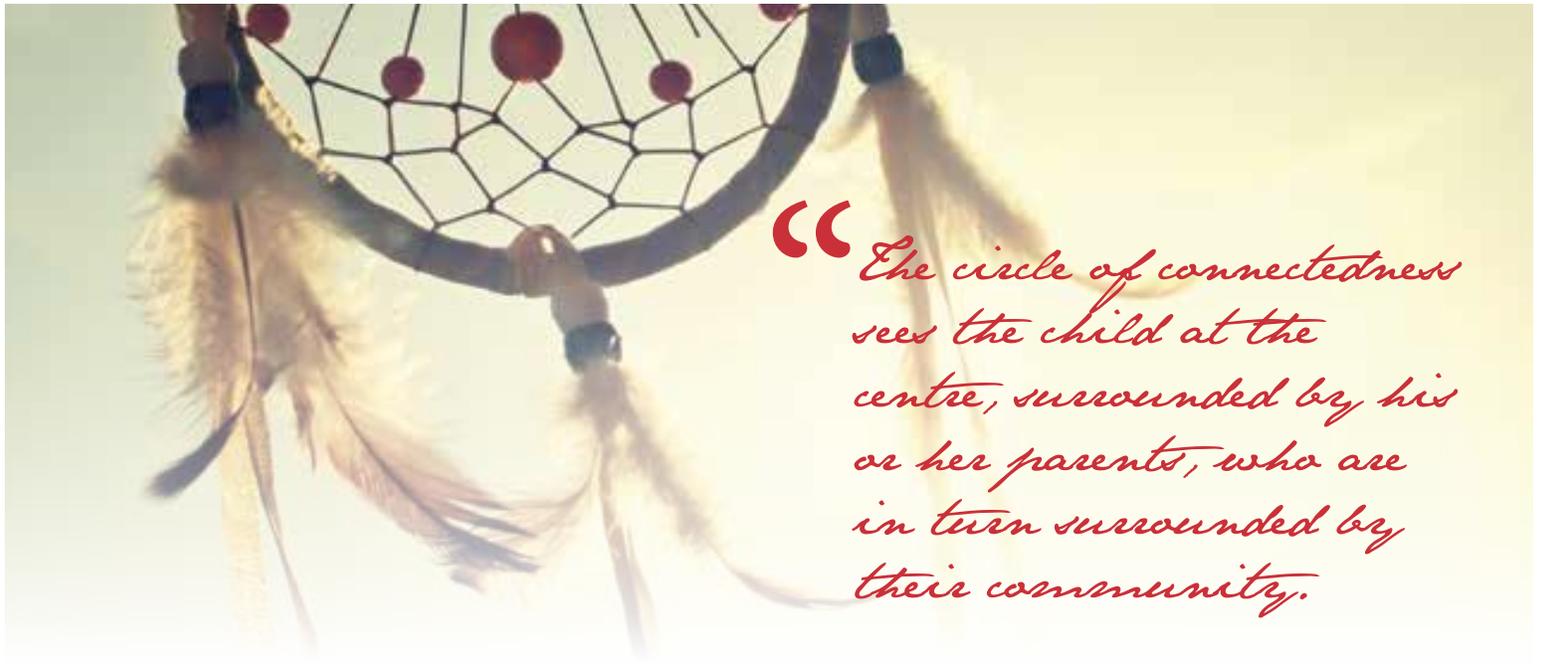
The importance of identity is particularly true for Aboriginal children's healthy development since community and belonging are such important parts of their cultures' belief systems. In recent years, Aboriginal leaders have been striving to enhance children's sense of belonging. Some have called this a circle of connectedness. The circle is a sacred symbol in all Aboriginal cultures. An emblem of wholeness, unity and infinity, it represents the cycles of life and the meaning of the universe. The circle of connectedness sees the

child at the centre, surrounded by his or her parents, who are in turn surrounded by their community.

The stakes are high

Research in child development is clear that children's success in school, work and life is linked to their early years. Currently 38 per cent of Aboriginal people are children under the age of 15. This is proportionally twice as high as the rest of the Canadian population. Since the overall Aboriginal population is much younger than the overall Canadian population, the healthy development of Aboriginal children is especially crucial to the future of their communities.

Yet, Aboriginal children often face daunting challenges to healthy child development. They are at a higher risk of living in poverty than other children in Canada. First Nations children suffer from high rates of diabetes and obesity. Inuit children are affected by environmental problems that are contaminating traditional food sources and drinking water.



“*The circle of connectedness sees the child at the centre, surrounded by his or her parents, who are in turn surrounded by their community.*”

Some Aboriginal children are disadvantaged from birth as a result of Fetal Alcohol Spectrum Disorder. Often they face discrimination in their schools and other community services.

Many Aboriginal communities believe that they can overcome these challenges by fostering a sense of cultural identity in their children.

Restoring identity

Given that identity is such an important aspect of Aboriginal culture, it's no wonder that certain historical events have been so devastating.

From the turn of the century until the mid-1970s, tens of thousands of Aboriginal children were moved far from their families to residential schools. The aim of the schools was to educate and assimilate the children, but the results were disastrous. The stories of emotional and physical abuse are well documented but there were also other types of damage. Children were forbidden to speak their traditional languages or to practice traditional customs. They were made to feel that their way of life was “primitive” or “sinful.” For many, the most vivid lessons they learned were disdain for

their peoples’ way of life, and disconnectedness from their communities. Another unfortunate legacy of the residential schools is that their students later became parents without having role models for traditional child-rearing. The wounds from this experience are still raw – currently close to 86,000 people still living once attended these schools.

Then, between the 1960s and 1980s, high numbers of Aboriginal children were “scooped” from their homes and placed in foster homes or adopted out. Usually they were placed with non-Aboriginal families and lost all ties with their natural families. The intention was to give the children the chance to grow up in more “advantaged” homes, however, many adoptees have said that they felt a great sense of lost identity from the experience.

Whether you're a parent, caregiver or health practitioner, you can help foster a child's identity:

- Learn as much as you can about the specific culture of the child – its traditions, strengths and challenges. Aboriginal cultures are diverse (there are approximately 50 different Aboriginal cultural groups in Canada) and there

is also diversity within each community.

- Try to balance the physical, mental, emotional and spiritual dimensions of the child.
- Support the child to learn and maintain his traditional language.
- Provide regular opportunities for her to take part in traditional activities. Fish, gather berries, prepare and eat traditional foods together.
- Provide regular opportunities for him to take part in community events. Attend ceremonial and ritual events.
- Encourage meaningful interaction with Elders from her community. Children can learn respect and wisdom from Elders.
- Support him to learn traditional stories and legends.
- Provide her with books, videos, traditional games, dance and music that reinforce her traditional, family and daily life.
- Speak frankly to him about discrimination.
- Network with other Aboriginal parents, colleagues and Elders to share experiences and ideas.

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/ahsunc-papacun/aboriginal-autochtones-eng.php>

Summer camp for gender creative children

Every child deserves a safe place. A place where they are encouraged to be their true self.

To make new friends, to play free from judgement and bullies.

Now there is such a place in western Canada. In fact it is *Camp Caterpillar* at Candle Lake Saskatchewan. It is at camp Tapawingo, the United Church Camp.

Being a mom of three gender variant children I was afraid to give my children the experience of camp....to experience the life of cabins, beaches and friends. I was afraid that my children would be singled out as weird, bullied by staff and other children for the simple fact that they do not fit into the gender norm. I asked around and after being refused twice, I was told by Rev. Kim Craig about camp Tapawingo. I contacted Ruth from the board and she said she would take my request to the board the following week. One week later not only did I get a resounding "YES", I also received the news that Alison Starks the director in Edmonton for *Camp Fyrfly* had agreed to run the camp.

I was in Edmonton and had the pleasure of meeting with AJ face to face. Both of us were very excited at the prospect of having this camp for children ages



seven to thirteen who happen to be transgender and extended the invitation to their siblings as well. Word got out about our camp. Twenty two children, trans gender, two spirited children and cis gender children invaded the camp. Some came from Alberta. The only suggestion we had from the campers was that it be longer! Friendships were formed. Connections and assurances that they were safe, accepted and valued for their authentic selves was a blessing. These young humans continue their support of each other in the form of e-mails and texts.

The staff were L.G.B.T. themselves, were understanding, and just plain fun was had by all.

As a mom I am so thankful to Ruth and the board of Camp Tapawingo. I speak for all the parents that we are thankful for A.J. and her staff. I read one comment from a boy who is eleven and trans...I had the best time of my life at camp!

That says it all — now next year I plan to do some contacting of other United Church camps across Canada. We need a *Camp Caterpillar* for every child, in every province!

Fran Forsberg

SHARE
YOUR
STORY

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

We accept stories/articles about:

- Fostering tips and tricks
- Personal stories and reflections about being a foster parent
- 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
- Great resources for foster parents that you'd like to share
- Foster-related book reviews
- Foster-related movie reviews
- Foster placements resulting in a family growing through adoption
- ... other notable foster related experiences

Please submit your articles by email to: wayne@sffa.sk.ca.



Before you
Celebrate
the *Holidays*
with your
Foster Children

Parenting foster children can be a challenge at any time of the year, but holidays seem to be extra stressful. There are a ton of parties to attend, gifts to buy, and the financial strain can really bring a person down. Here are some quick ideas of things to think about in your foster family before the holidays get here so you can have time to enjoy a cup of hot chocolate.





Remember some of the little things that make the season fun

Do you have extra stockings for foster children entering your home at the last minute? It's not uncommon for a child to arrive on Christmas Eve.

Help your foster children understand the season

It is not uncommon that a foster child who enters your home may not have not experienced the Christmas holiday in the same way that you have. Take time to read a few books. Explain your feelings about the season and help a child learn to enjoy the season on a different level.

Prepare extended family and your foster children for family gatherings

Holidays or big family gatherings are a tough situation for introducing your foster children to your extended family. Your extended family may feel uneasy about your choice to be a foster parent in the first place. Meeting the foster child/ren may help this situation or confirm their fears.

Plan any gifts for birth family whether from you or the children

Are you going to give the birth parents a simple gift this holiday? I have given photo albums of their children or framed photos. What about bus vouchers so that they can get to work or to visits? What a great way to help with the reunification efforts. Keep in mind that some foster children have not experienced giving gifts to others. The concept may not even cross their minds, so be there to lead the way.

Plan activities for the kids to enjoy during the break from school

This could be a great time to work on lifebooks when homework is not a burden. If you start to get a bit cabin crazy look for activities away from home such as attending the YMCA for a swim or the library.

Discuss the dates for holiday birth family visits

Contact your worker early in the season. Keep an open mind, but also advocate for your family's needs. Remember your holiday schedule and the child's behavior after visits.



Contact your worker about any travel dates

If you're planning on leaving town for the holidays, contact your worker well in advance. There needs to be plenty of time for the workers to arrange travel vouchers for the child, or if needed respite if the child is unable to attend.

<http://adoption.about.com/od/fostering/bb/fosterholidays.htm>





IGNITE YOUR
ARTISTIC
FLAME!

Have you always wanted to learn to play Keyboards, Guitar or African drums? Wanna learn HIP HOP and Modern dance? Have you always dreamt of performing on stage in front of a live audience?

CLASSES ARE
FREE!!!

SUPPER
AND
TRANSPORTATION
PROVIDED!

OUR FALL / SPRING
PROGRAMS RUN BETWEEN
SEPTEMBER - APRIL.

MONDAY - WEDNESDAY
WORKSHOPS WILL BE HELD AT
YWCA - 1940 MCINTYRE ST.
Multipurpose Room

THURSDAY:

Employment/First Nations
Culture/Elder Teaching
North Central Community
Association
2nd Floor Board Room

SUPPER

4PM - 5PM

WORKSHOPS

5PM - 7PM

IF SO, HERE'S
YOUR CHANCE!

All Nations Healin' Thru Artz is an after school multi-media arts program offering FREE arts-based workshops, Cultural / Elder teachings and employment workshops to youth and young adults ages 13-22 years old who are on a budget.

OUR VISION

Engaged and Empowered Youth of All Nations
For Healthy Communities

OUR MISSION

We provide free arts experiences that build and enhance transferable skills and self-worth to diverse youth through a resource rich partnership of professionals supported by a committed organizational structure.

OUR CORE VALUES

We are Nurturing & Compassionate, Holistic,
Inspiring, Fun-Loving, and Respectful

All Nations Healin' Thru Artz is a Charitable Non-Profit Community Arts organization that links professional artists with youth in Regina to collaboratively create and showcase artistic work and projects

We provide positive community level; artistic programming that allows youth living in Regina, opportunities to collaborate with professional artists. We strive to empower youth to: tell their stories in their own voices, build skills, develop confidence, pride and self-esteem, achieve success and participate in their community.

Our artistic programs and projects are intended to promote voice, identity, culture, healing, artistic skill development, social development, community development, awareness and understanding.

Our programs will respond to the needs expressed by the youth who participate in them. Professional artists are hired to provide workshops in the artistic disciplines youth are interested in.

Youth aged 13-22 are invited to attend our programs and have the opportunity to work towards the development of an annual production.

VOLUNTEER OPPORTUNITIES

are available to participate in and support our programs & projects.

PARTNERSHIP OPPORTUNITIES

are encouraged with organizations, institutions & groups.

SPONSORSHIP OPPORTUNITIES

are available to support our programs and projects

CONTACT US!

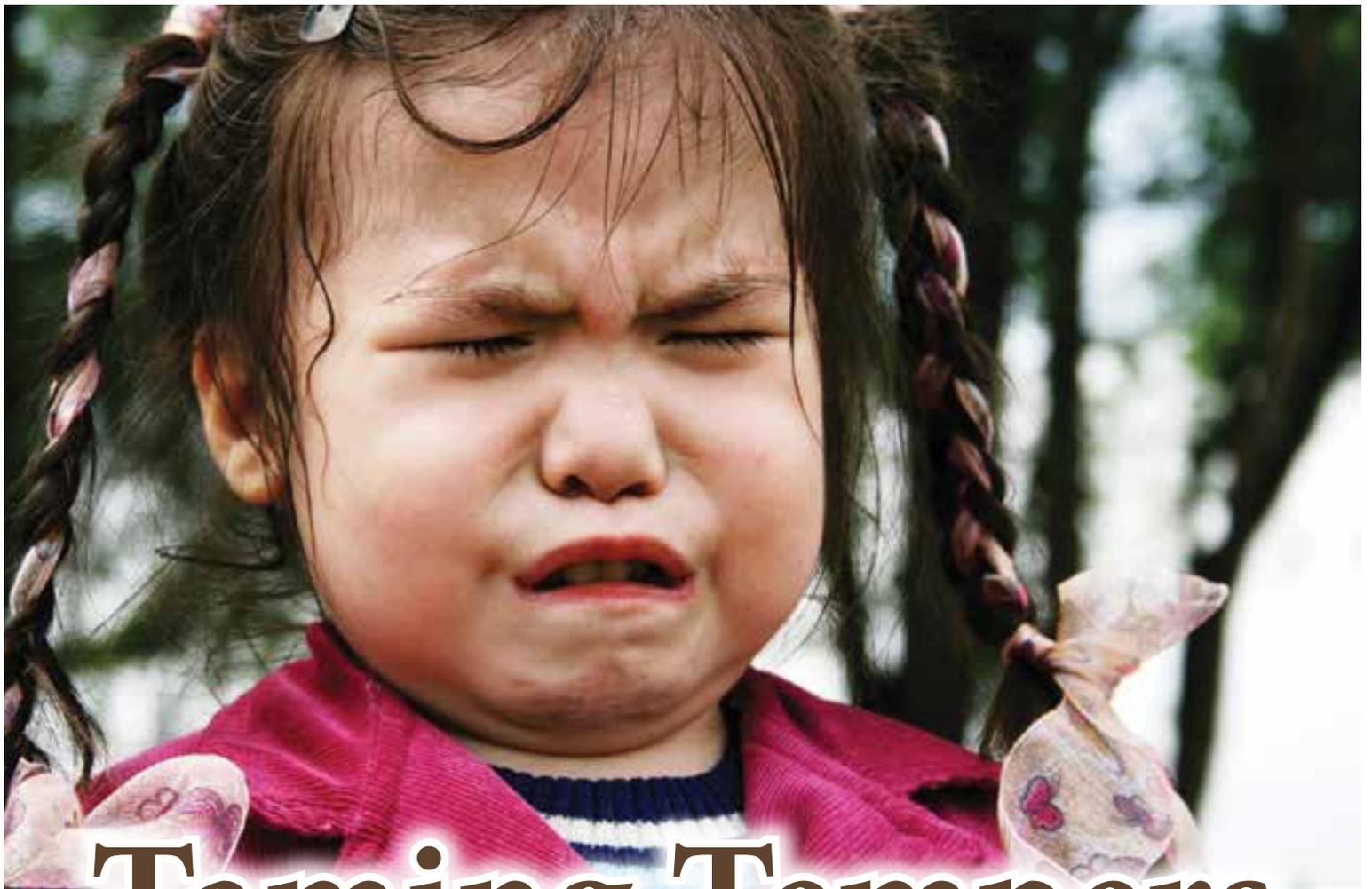
EXECUTIVE DIRECTOR

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Taming Tempers

Parents expect temper tantrums from 2-year-olds, but angry outbursts don't necessarily stop after the toddler years. Older kids sometimes have trouble handling anger and frustration, too.

Some kids only lose their cool on occasion. But others seem to have a harder time when things don't go their way. Kids who tend to have strong reactions by nature will need more help from parents to manage their tempers.

Controlling outbursts can be difficult for kids — and helping them learn to do so is a tough job for the parents who love them. Try to be patient and positive, and know that these skills take time to develop and that just about every child can improve with the right coaching.

A Parent's Role

Managing kids can be a challenge. Some days keeping the peace while keeping your cool seems impossible. But whether you're reacting to an occasional temper

flare-up or a pattern of outbursts, managing your own anger when things get heated will make it easier to teach kids to do the same.

To help tame a temper, try to be your child's ally — you're both rooting for your child to triumph over the temper that keeps leading to trouble.

While your own patience may be frayed by angry outbursts, opposition, defiance, arguing, and talking back, it's during these episodes that you need your patience most. Of course you feel angry, but what counts is how you handle that.

Reacting to kids' meltdowns with yelling and outbursts of your own will only teach them to do the same (and actually is associated with an increase in children's

negative behaviors). But keeping your cool and calmly working through a frustrating situation lets you show — and teach — appropriate ways to handle anger and frustration.

Let's say you hear your kids fighting over a toy in the other room. You have ignored it, hoping that they would work it out themselves. But the arguing turns into screaming and soon you hear doors slamming, the thump of hitting, and crying. You decide to get involved before someone gets really hurt.

““ While your own patience may be frayed by angry outbursts, opposition, defiance, arguing, and talking back, it's during these episodes that you need your patience most.

By the time you arrive at the scene of the fight, you may be at the end of your own rope. After all, the sound of screaming is upsetting, and you may be frustrated that your kids aren't sharing or trying to get along. (And you know that this toy they're fighting over is going to be lost, broken, or ignored before long anyway!)

So what's the best way for you to react? With your own self-control intact. Teaching by example is your most powerful tool. Speak calmly, clearly, and firmly — not with anger, blame, harsh criticisms, threats, or putdowns.

Of course, that's easier said than done. But remember that you're trying to teach your kids how to handle anger. If you yell or threaten, you'll model and ingrain the exact kinds of behavior you want to discourage. Your kids will see that you're so angry and unable to control your own temper that you can't help but scream — and that won't help them learn not to scream.

What You Can Do

Regulating emotions and managing behavior are skills that develop slowly over time during childhood. Just like any other skills, your kids will need to learn and practice them, with your help.

If it's uncharacteristic for your child to have a tantrum, on the rare occasion that it happens all you may need to do is clearly but calmly review the rules.

“I know you're upset, but no yelling and no name-calling, please” may be all your child needs to gain composure. Follow up by clearly, calmly, and patiently giving an instruction like “tell me what you're upset about” or “please apologize to your brother for calling him that name.” In this way, you're guiding your child back to acceptable behavior and encouraging self-control.



Also, tell your child what will happen if he or she doesn't calm down — for example, “If you don't calm down, you need to go to your room until you're able to stop screaming.”

Kids whose temper outbursts are routine might lack the self-control necessary to deal with frustration and anger and need more help managing those emotions. These steps can help:

Help kids put it into words. If your child is in the midst of an outburst, find out what's wrong. If necessary, use a time-out to get your child to settle down or calmly issue a reminder about house rules and expectations — “There's no yelling or throwing stuff; please stop that right now and cool your jets.” Remind your child to talk to you without whining, sulking, or yelling. Once your child calms down, ask what got him or her so upset. You might say, “Use your words to tell me what's wrong and what you're mad about.” This helps your child put emotions into words and figure out what, if anything, needs to be done to solve the problem. However, don't push too hard for your child to talk right then. He or she may need some time to reflect before being ready to talk.

Listen and respond. Once your child puts the feelings into words, it's up to you to listen and say that you understand. If your child is struggling for words, offer some help: "so that made you angry," "you must have felt frustrated," or "that must have hurt your feelings." Offer to help find an answer if there's a problem to be solved, a conflict to be mended, or an apology to be made. Many times, feeling listened to and understood is all kids need to regain their composure. But while acknowledging your child's feelings, make it clear that strong emotions aren't an excuse for unacceptable behavior. "I know you're mad, but it's still not OK to hit." Then tell your child some things to try instead. Some kids really just need to be "heard" first.

Create clear ground rules and stick to them. Set and maintain clear expectations for what is and what is not acceptable without using threats, accusations, or putdowns. Your child will get the message if you make clear, simple statements about what's off limits and explain what you want him or her to do. You might say: "There's no yelling in this house. Use your words to tell me what's upsetting you." Try to have these discussions before an anger outburst so kids know the expectations ahead of time. Or try these:

- In this family, we don't hit, push, or shove.
- There's no screaming allowed.
- There's no door-slamming in our house.
- There's no name calling.
- We don't do that in this family.
- You may not throw things or break things on purpose.

Coping Strategies for Kids

Kids who've learned that it's not OK to yell, hit, and throw stuff when they're upset need other strategies for calming down when they're angry. Offer some ideas to help them learn safe ways to get the anger out or to find other activities that can create a better mood:

Take a break from the situation. Tell your kids that it's OK to walk away from a conflict to avoid an angry outburst. By moving to another part of the house or the backyard, a child can get some space and work on calming down.

Find a way to (safely) get the anger out. There may be no punching walls, but you can suggest some good ways for a child to vent. Doing a bunch of jumping jacks, dancing around the bedroom, or going outside and doing cartwheels are all good choices. Or your child can choose to write about or draw a picture of what is so upsetting.

Learn to shift. This one is tough for kids — and adults, too. Explain that part of calming down is



moving from a really angry mood to a more in-control mood. Instead of thinking of the person or situation that caused the anger, encourage kids to think of something else to do that might bring about a better mood — like a walk around the block, a bike ride, playing a game, reading a favorite book, digging in the garden, or listening to a favorite song. Try one of these things together so you both experience how doing something different can change the way a person feels.

Building a Strong Foundation

Fortunately, really angry episodes don't happen too often for most kids. Those with temper troubles often have an active, strong-willed style and extra energy that needs to be discharged.

Try these steps during the calm times — they can prevent problems before they start by helping kids learn and practice skills needed to manage the heat of the moment:

Make sure kids get enough sleep. Sleep is very important to their well-being. The link between a lack of sleep and a child's behavior isn't always obvious. When adults are tired, they can be grumpy or have low energy, but kids can become hyper or disagreeable or have extremes in behavior. Most kids' sleep requirements fall within a predictable range of hours based on their age, but each child is a unique individual with distinct sleep needs.

Help them label emotions. Help kids get in the habit of saying what they're feeling and why — for example, "I'm mad because I have to clean my room while my friends are playing." Using words doesn't get a child out of doing a chore, but having the discussion can calm the situation. You're having a conversation

instead of an argument. Praise your child for talking about it instead of slamming the door, for instance.

See that kids get a lot of physical activity. Active play can really help kids who have big tempers. Encourage outside play and sports your child likes. Karate, wrestling, and running can be especially good for kids who are trying to get their tempers under control. But any activity that gets the heart pumping can help burn off energy and stress.

Encourage kids to take control. Compare a temper to a puppy that hasn't yet learned to behave and that's running around all over the place getting into things. Puppies might not mean to be bad — but they need to be trained so that they can learn that there's no eating shoes, no jumping on people or certain furniture, etc. The point is that your child's temper — like a puppy — needs to be trained to learn when it's OK to play, how to use all that extra energy, and how to follow rules.

Recognize successes. Many times these go unnoticed so be sure to comment on how well your child handled a difficult situation when you see positive behaviors.

Try to be flexible. Parenting can be a tiring experience, but try not to be too rigid. Hearing a constant chorus of "no" can be disheartening for kids. Sometimes, of course, "no" is absolutely the only answer — "no, you can't ride your bike without your helmet!" But other times, you might let the kids win one. For instance, if your child wants to keep the ball game going a little longer, maybe give it 15 more minutes.

Try to identify "at-risk" situations and be proactive. For example, if your child has difficulty with transitions, give warnings ahead of time. Similarly, if your kids have trouble turning off the television when asked, be clear how long they can watch TV or play video games and then set a 5-minute warning timer. Be sure to enforce the agreement.

As anyone who's been really angry knows, following sensible advice can be tough when emotions run high. Give your kids responsibility for getting under control, but be there to remind them how to do it. Most kids can learn to get better at handling anger and frustration. But if your child frequently gets into fights and arguments with friends, siblings, and adults, additional help might be needed. Talk with the other adults in your child's life — teachers, school counselors, and coaches might be able to help, and your child's doctor can recommend a counselor or psychologist.

Source: kidshealth.org



syiccn
for youth by youth

Have you heard about the FASD Network of Saskatchewan?!

It is a provincial wide nonprofit committed to helping those affected by FASD, whether it is you or someone you may know who lives with FASD. The FASD Network offers foster parent training, caregiver support meetings, caregiver training, a toll free number to call if you have questions, and even support workers who are there to advocate, strategize, access resources for you and more!

Foster parent training is FREE and can be booked through the Ministry of Social Services. This training is possible anywhere in the province, but does require a minimum of six people in attendance.

Caregiver support is done through monthly meetings located at the FASD Network, 510 Cynthia Street in Saskatoon. It is held from 6:30-8:30pm and is a great way to strategize and meet others who are also affected with FASD in some capacity. If you feel YOUR COMMUNITY could benefit from caregiver support, contact the FASD Network! They will give you the tools and knowledge you need to facilitate these meetings in your community.. and it is FREE! Please be aware that a minimum of three people is required for this.

If you happen to be a caregiver to an individual living with FASD you may also join their facebook page at <http://www.facebook.com/groups/933595776667951> to expand your knowledge and chat with other people who are affected by FASD (please note this is a closed facebook group for caregivers only). You can also email manager.sp@fasdnetwork.ca if that's more your style. If computers aren't your thing, don't worry! You can always call the toll free number at 1-866-673-3276 to chat privately with someone. Don't forget about the wonderful support workers! If you are finding yourself in need of resources, strategizing, or advocacy don't hesitate to get in touch with one of them. Support workers love what they do and will do their best to help you! Remember everything is confidential.

FASD Network of Saskatchewan
510 Cynthia Street, Saskatoon, SK. S7L 7K7
Toll Free: 1-866-673-3276
Email: fspsupervisor@sasktel.net
Website: <http://www.skfasdnetwork.ca/>

Petty's Kitchen



Chicken Noodle Soup

I'm going to be writing some EASY (and somewhat healthy) recipes in each Advisor edition and naming it... 'Petty's Kitchen'! Rest assured all these recipes are KID-APPROVED! I'm a big fan of healthy recipes with simple ingredients you would find in your own cupboards. During the winter months I also really like using the slow cooker since I'm always finding other things to do—especially around the holidays! So bust out those crock pots because you have to try these recipes!

— Hayley Petrow

Since this is the winter edition of the Advisor, let's warm it up with Chicken Noodle Soup in the Slow Cooker!

Ingredients:

2 lbs	chicken breast	¼ tsp	turmeric
1.5 cups	carrots	¼ tsp	dried dill weed
1.5 cups	celery		salt & pepper to taste
1.5 cups	onions, diced	7 cups	chicken broth (or half a bouillon cube per 1 cup of boiling water)
6	cloves of garlic, minced	1 cup	water
2	bay leaves	2 cups	egg noodles
2 tbsp	olive oil	2 tsp	lemon juice
1 tsp	dried thyme		

Directions:

- Add the chicken breasts, carrots, celery, onions, garlic, bay leaves, olive oil, thyme, turmeric, dill weed, salt & pepper, chicken broth, and water to the slow cooker. Cover and cook on low for 6-7 hours or high for 3-4 hours.
- Once cooked, take chicken out of slow cooker and shred with two forks and set aside.
- Now add the egg noodles to the slow cooker, and cook on high for about 10-20 minutes. I usually buy thicker egg noodles so it usually takes 20 minutes to cook them, however thinner egg noodles won't take as long.
- Once egg noodles are done cooking, add the shredded chicken and lemon juice back into the slow cooker and serve!

Yields 8 servings

Inspired by littlespicejar.com

During the holidays I always make Raisin Bread Pudding with Sweet Bourbon Sauce—my dad loves this dessert!

Ingredients:

4	eggs	4 cups	day old cinnamon-raisin bread with crusts, cut into half inch pieces (if you don't have raisin bread you may use ordinary bread and toss in a bit more sugar and raisins into the mix if you desire)
1 cup	milk		
1 cup	whipping cream		
1/4 cup	sugar		
1 tsp	vanilla		
pinch	salt		
1/2 cup	pecans, toasted & chopped		

Directions:

Butter an 8 inch square baking dish (you may use a different sized dish, but be aware that you'll need to adjust your baking time). In a medium bowl whisk the first 6 ingredients together. Place day old bread in the 8 inch baking dish with pecans, and pour mixture over it. Push bread into mixture and let it sit for 5 minutes. Then put it in the fridge for 2 hours so the bread can soak up more of the mixture. Push bread into mixture every so often while it's in the fridge. Once the 2 hours is up, preheat oven to 375°. Now get another baking dish (dish B) large enough that the baking dish with the bread pudding (dish A) can fit into, where there is 1/2 an inch in between the two dishes. I didn't have a second baking dish big enough so I improvised with a cast iron frying pan. Fill dish B with enough boiling water that when dish A is put inside, the water

Raisin Bread Pudding



Recipe fills an 8 inch square baking dish

Sweet Bourbon Sauce

Ingredients:

1/4 cups	unsalted butter
1/2 cups	sugar
3 tbsp	whipping cream
2 tbsp	bourbon
pinch	salt

Directions:

In a small saucepan melt butter over medium heat. Add remaining ingredients and whisk together. Simmer mixture until thickened, whisking often. This should take 3 minutes. You can store this sauce in a jar and heat up

Handmade Christmas gift idea

for birth parents in a foster
or adoptive situation

20 minute Crafter-reindeer Thumbprint Ornaments



Here is what you'll need...



Tip#1: The matte ones work a little better and make it easier to see the thumb prints.

You also need some little thumbs.



Tip#2: Put the initials and date on first.

Paint your thumb. And press onto ornament.



Once the thumbs are dry add eyes with a sharpie.



Add two lines where the antlers go, then add "V"s to fill them in.

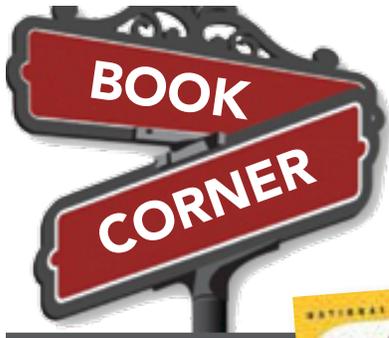
And for "Rudy" add a nice red nose.



Tip#3: I did this with craft paint and the end of a paint brush.

Let dry, and you are done!

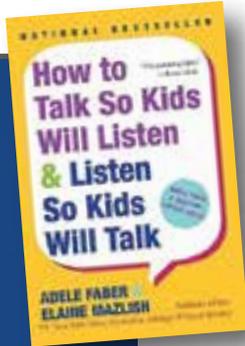




How to Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber & Elaine Mazlish

This down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding. The authors share their latest insights and suggestions based on feedback they've received over the years. Their methods of communication offer innovative ways to solve common problems.



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I have heard some people refer to the book *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, as a classic in the parenting genre, and after reading it I wish I had read it sooner than 18 years into my parenting journey. It isn't that there is anything that is necessarily new to me, that I haven't already heard. But this book does a good job of laying out scenarios and responses that parents can use while dealing with their children.

"There is a wide gap between knowing something intellectually and applying it on the battlefield under fire." (p.292)

I think this book does exactly that, it gives parents the tools to use on the battlefield.

Having said that, there is no magic formula for parenting kids (wouldn't THAT be nice!), but I think that this book has helped me realize some areas where I can improve, especially when it comes to the way that I communicate with my children. I feel like this book gave me ideas to make things better. It is easy to get "stuck" in one way of doing something and not be able to see your way out of it, even when you know it isn't the best way. How many of us have had the horrified realization of hearing our own parents' voices coming out of our mouths?

Here are some other random thoughts I had and jotted down while reading the book.

ON BEING DISRESPECTFUL:

One of my pet peeves is people who are consistently disrespectful to other people. It

especially irritates me when children act that way toward their parents. "Where do kids learn how to talk to their parents? At least partly from how their parents talk to them." That quote from the book certainly speaks to me.

ON PUNISHMENT:

"By not blaming or punishing, we free the children to focus on taking responsibility, rather than on taking revenge." This resonated with me. I remember being punished all the time as a kid, for everything. It made me fearful of my parents and angry at them. I felt like I couldn't admit anything I had ever done wrong because I didn't want to be punished.

ON DISMISSING CHILDREN'S FEELINGS:

This book touched on one of my pet peeves, when parents dismiss their child by saying, "Oh he is just looking for attention." Well, if he is looking for it maybe you should give it to him before it escalates into something that will demand your attention in a not so great way! The book spells this out too. If your child wants attention, give it to them. If they are upset or angry, acknowledge their feelings.

The last pages of the book, written by one of the author's grown children who has since raised children of her own using the same principles outlined in this book, says "Acknowledging feelings is not the prologue; it's the main event...It is an ongoing challenge to live life without constantly contradicting the experience of those around us." I think that about sums up the entire philosophy and why it works.."

– Chris Jordan

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