

Advisor

NEWSLETTER
.....

Summer 2016

Featuring

**Identity Crisis of Adoption
and Foster Care**

**Things to do this summer
for your foster kids**



Plus

Adoption from
foster care myths
& realities

Bike Safety
Year End Reports



**SASKATCHEWAN
FOSTER FAMILIES**

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The content in Advisor Magazine is intended to be used for general information, educational or awareness purposes only. Guidelines, tips and strategies provided are to be used at the sole discretion and assessment of the reader. Any suggestions or opinions expressed in the editorial are not necessarily those of the Saskatchewan Foster Families Association Inc.



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When Bonding & Attachment Go Awry



Prince Albert is honoured to premiere the independent, award winning film, **The Boarder**

PUBLIC PREMIERE
September 13th, 2016

The Boarder is a feature film written by Jane E. Ryan and based on real life events. The film tells the story of the Williams family who adopt an 11 year old homeless boy named Carl. He demonstrates and terrorizes the family with a little known disorder.

The film's story is fictionalized and based on the personal experiences of hundreds of parents who struggle with children who have been neglected and abused in their early lives, including Jane's own experiences as the mother of attachment disturbed children.

“*They're like boarders in a boarding house. They sleep in your home and eat at your table, but you never really know who they are.*”



Jane Ryan is the Writer/Executive Producer of the Internationally recognized film, *The Boarder*. She is the author of three books on significant mental health issues including *Broken Spirits Lost Souls*, a non-fiction bestseller that outlines the causes, effects, and common symptoms of bonding and attachment interruptions due to neglect, and/or abuse.

Jane is an adoptive and bio-mother of four born in the 1970's, two of whom were diagnosed with RAD from infancy. Ryan lives in Grand Island, Nebraska and is retired from her careers as a Nurse and Mental Health Counsellor. Along with traveling, to learn more about people in third world countries, she devotes her energies to educating and supporting families, medical professionals, mental health professionals, and the public about the causes and treatment of RAD.

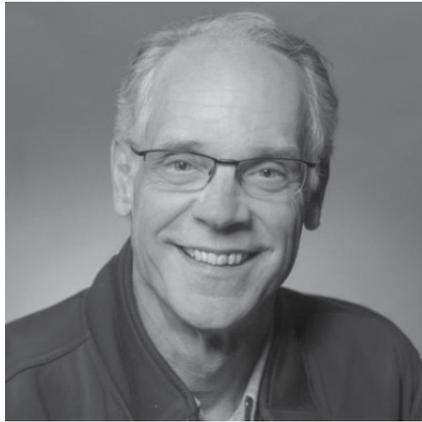


For more information visit: <http://theboardermovie.com/index.html>

Year End Report from the Board

Saskatchewan Foster Families Association Inc., exists to support and encourage foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth in care across the province, our mission statement, continues to be the inspiration for all that we do. Our staff, volunteers, and board members all share the same passion to make our vision a reality. We are proud of our successes and accomplishments in 2015-16.

As Chairman, over the past several years I have had the opportunity to watch our Association grow beyond my belief, we have seen the growth of our association in providing the necessary supports to our members. This past year we saw many changes within Social Services relating to the Ministry's reorganization of their program structure, the association stayed focused on our Strategic Plan and worked with the Ministry throughout these changes. I have had the pleasure of working with the Deputy Minister's



Office in establishing a positive communication plan, which has again confirmed our strong partnership with the Ministry of Social Services.

The Provincial Board of Director's have sustained the direction outlined in the Saskatchewan Foster Families Strategic Plan. Over the past number of months we have reviewed Board and Association Policies, allowing for a consistency throughout our manual guidelines and procedures. We have updated policies to allow our Leadership Committees more autonomy in supporting foster families within your regional areas.

It is often said that we can't do this work alone. We rely on the support of and partnership with many others. Thank you to our many long-standing and new community partners who, through working together, ensure the well-being of children, youth and families in our communities. We are a team that shares a vision and passion for the work we do at the Saskatchewan Foster Families Association. A heart-felt thank you to Deb and her team who work countless hours doing important and often difficult work.

Finally, thank you to our Board of Directors for your commendable leadership and commitment to the organization. I look forward to serving you in the upcoming year and continuing our work together.

Sincerely,

A handwritten signature in cursive script that reads "Kevin Harris".

Kevin Harris
Chairman of the Board, SFFA

SFFA's Board of Directors:

CHAIRPERSON
Kevin Harris

DIRECTORS
Tara Switenky
Herman Goertzen
Konota Crane
Tim Adams
John Quong
Justin Reves



We need your e-mail

We are now sending e-mails to our foster parents on a monthly basis. To be added to our list and receive the latest news, please send your e-mail address to wayne@sffa.sk.ca
THANK-YOU!



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

SEARCH FOR...

"Saskatchewan Foster Families Association" on YouTube.

Executive Director's Report

For the Saskatchewan Foster Families Association, 2015 was quite simply, a "busy year"! The year brought us new endeavours, which provided us exhilaration, but also handed us challenges that required our unwavering commitment, strength and dedication to our members.

Late spring, I was invited to participate in a four-day Lean Activity with the Ministry of Social Services to develop a recruitment and retention plan. From this event, it allowed us to develop a solid strategy of how we best respond to inquiries and support to our foster families. Retention is our priority, in taking care of our families the recruitment will follow. Foster Families are our best recruiters and we will continue to work with the Ministry in identifying areas of priority that require attention in better supporting foster families and the children placed in their care.

The summer of 2015 came challenges throughout the province with an influx of children requiring foster care. With very limited foster care spaces, the Saskatchewan Foster Families Association In Home Help Program was asked to assist the Ministry in providing care to children needing placement in the Prince Albert area. The SFFA assisted in caring for children from the end of July until late September. With the dedication of our In Home Help staff, we were able to provide care to children until foster care placements were found.

As you know in the fall of 2008, the SFFA piloted the In Home Help Program in partnership with the Ministry of Social Services in



“ Surround yourself with, dedicated people—to build something isn't a one-man show. It's more important to have smart people who really believe in what you're doing than really experienced people who may not share your dream.

– Niklas Zennstrom

the Centre Region and we are now proud to report that we are providing supports to nearly 80% of the province. Presently we have over 160 staff employed with the Saskatchewan Foster Families Association and as of August 1, 2016, the In Home Help Program will be offering services to foster families in the Prince Albert Area.

This will then complete the roll out of services to the North Regional Service Area and the SFFA will continue to advocate on behalf of our families in providing this essential service to the remaining areas of the province.

January 2016 the Saskatchewan Foster Families welcomed members of the PRIDE Team to join our office. Darlene Halyk and members of her team are now located within the Provincial Office, this is a first for any Foster Care Association within Canada to have Ministry staff sharing an office. We believe that through our professional partnership with the PRIDE team and our commitment in working together will allow us to provide a consistent service and support to foster families and the families that we serve.

When I reflect back over the years and acknowledge the growth of our organization, without the dedication of our staff we would not be where we are today! Thank you to the our foster families, our Provincial Office staff, our In Home Help Program staff and the Ministry of Social Services....THANK YOU to our entire team...we could not do...what we do without you!

In closing, I want to thank the Provincial Board of Directors for the work that has been accomplished over the past number of years. With the Directors vision and their commitment to the Provincial Organization, it has allowed the association to grow and provide exceptional services to the foster parents of Saskatchewan.

Respectfully Submitted,
Deb Davies
Executive Director, SFFA

Why Do People Become Foster Parents?

by Lynn Nowak

There are many foster parenting stories – this is mine...

We fostered for 11 years; during that time, we fostered approximately 17 children and adopted 2. We became foster parents to “test the waters” to see if we would make good parents. When we trained, we were signed up as a Fost-Adopt family, but the county didn’t allow fostering while we waited for a child. We had to change counties in order to foster.

When we did, we quickly realized we had nothing to fear about fostering or adopting transracially and that we wanted to be parents.

One important reason to become a foster parent in New Jersey, or anywhere for that matter, is to advocate for the children in your care; to help them get what they need so they can grow up to live happier, more stable adult lives. The most valuable advice I received as a foster parent was this: You are

your child’s best advocate! Speak up! (Good advice for any parent.) Many men and women wonder, “Why do people become foster parents?” Unfortunately, there are many misconceptions about what it means and what our motivations are. Too many people believe the common foster care myths that foster parents only do it for the money, or that we are monsters and are abusive to children in care.

We bear the brunt of the pain of the 2% of bad seeds. I would hope that the general public would see how children in care are treated by our actions in every day life, that we would be good examples in our communities.

To Change Children’s Lives (And Our Own Lives) For The Better

Our happiest and proudest moment was the adoption days of both our children! We were elated to be blessed with such beautiful souls. Proud and happy moments continue to come as the girls grow, overcome obstacles and accomplish milestones.



Our saddest moment by far was having to say goodbye to our first child having been with us for a year. You don’t know how much a three-year-old understands about going to live with relatives they never met.

All of the children that came into our home left a mark on our hearts. They have taught us so much in the way of compassion, understanding and knowledge in how we should lead our lives. We are truly grateful to have had the privilege of meeting them.

Source: <http://foster-adoptive-kinship-family-services-nj.org/why-do-people-become-foster-parents/>

**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.

Identity Crisis of Adoption and Foster Care

by Michael Robison, Adoption/Foster Care Expert

Identity crisis is something we will all face, especially as we journey through adoption and foster care. It is something that occurs during the time we develop our sense of being. It happens as we wrestle with our self-esteem. This crisis may come early, it may come late, and it may persist for many years in our lives.

Because it is so common, we cannot simply ignore this crisis. Yet, many of us find it easier to ignore or avoid. The result is living a reactive life, a life of playing catch-up to the things we have experienced.

A proactive approach is much healthier and much more productive for each of us. It is best for our families. It is crucial for our children; biological, adopted or fostered.

I believe that there has long been a silent identity crisis that is becoming an epidemic for so many families. It is less about the identity of the individual, and much more about the identity of the family. Adoption and Foster Care truly challenge the identity of a family to its core.

Unfortunately, many families are simply reactive instead of proactive about this crisis. And, regardless of the education provided prior to choosing adoption or foster care, nothing prepares you for the potential struggle in the journey.

“ We have long focused on the children alone. But, if we truly care for the children, we must care for the family first. After all, healthy children are a direct result of healthy families. Our focus must be creating healthy, proactive and educated families for the good of the children we seek to love.

The crisis begins when our families become integrated across racial or cultural lines. For example, it happens



when a white family adopts or fosters Black, Asian, Hispanic or any child of another race or culture.

At this point, we have to ask a question that is rarely asked. Is this family still a White family? Are they able to identify as a singular racial designation, or have they entered a place of racial and cultural ambiguity?

The reality of responsibility for racial integration in a family unit is that the family must adapt to becoming something more than a homogeneous racial unit. The family, yours and mine, then have to accept we are no longer identified only as White, Black, Hispanic, Asian or some other race.

Let's be clear on this point. I am a White male. I will always be a White male. I can truly, deeply only understand the perspective of a White male. But, I have Black children. As such, I am responsible to learn from others. I am responsible to give my Black children exposure to a Black perspective on life. I am responsible to help educate my Black children on the history of their race and culture. And, I cannot do this alone, I need Black men and women as influencers for my family.

This is true in comparison to the fact that I am American with children from both Haiti and Ethiopia. I am responsible to help them know and understand their cultures of origin. I am tasked to help them gain experience, in as much as possible, with their countries and cultures of origin.

So, from a personal point of view, my family faces an ongoing identity crisis. Are we White? Are we Black? Are we American? Are we Haitian? Are we Ethiopian? Are we transracial? Are we multi-racial? Are you interracial?

“ We cannot answer these questions inside of a vacuum.

We cannot find our answers alone. We need the care and support of wise counsel. We need the experience and community of others just like ourselves. We need the use of healthy and unfiltered conversations.

Here are a few tips for your family to stay healthy and avoid crisis:

- **Find Community.** Surround your family with other families who are diverse like your own. No one can understand the struggles and the journey like the people who are living a similar life. There is strength and protection inside of community.
- **Seek Counsel.** It is wise to consider family and individual counseling from a professional. As parents we need a healthy place to explore these ideas and questions of identity and race. And, we need to provide the same for our children.
- **Become a Student of History and Culture.** You should know the context of racial, cultural and historical realities that impact your family. Help educate your family on the characteristics of color, race, social implications and more. Establish a true esteem around these ideas.
- **Celebrate Your Family.** Create an environment where you celebrate the unique nature of your family. Find moments to highlight the beauty of color, culture and race that make your family incredible. Establish a healthy dose of pride in the people who make your home special.

These simple steps can safeguard your home against crisis. They can help to strengthen a sense of identity. They can help you process the journey to finding the true identity of your family.

These steps help you raise confident and secure children. This should be our goal as parents. We should be working with abandon to raise healthy children. But, it begins with being healthy our selves. Healthy families create healthy children.

Most importantly, realize you are not alone. There are thousands, even millions, of families just like yours. We can work together to keep this crisis from damaging our families and our children.

<http://adoption.about.com/od/parenting/fl/Identity-Crisis-of-Adoption-and-Foster-Care.htm>

Matching a foster child to a foster family

When a child needs a foster home placement, all efforts are made to match the needs of the foster child with the training and preferences of the foster family. By classifying foster homes, the level of training, skill and experience of the foster family can assist with the matching process. There are four types of foster care:

Emergency

Provides immediate care to children on short notice at any time of day or night, often with little information. Children may be in poor health or physical condition, and may require care for up to two weeks.

Short term

Provides care and prepares children for transition to their families, to extended family, or to another permanent home.

Long term

Provides care to children who are unable to return to their natural families. In some cases, this may be until the children move to independent living.

Therapeutic Foster care

Is a specialized program for those children and youth who present a range of behavioural, social, developmental and emotional problems that make it difficult for the regular foster care system to meet their needs. For some of these young people, placement with a therapeutic foster family is a preferred alternative to institutional care. Therapeutic foster families receive specialized training and support.





Program for Foster Families

A number of local businesses actively support foster families by offering discounts to members of the SFFA. To take advantage of these generous discounts, please bring your member card and one piece of personal identification (e.g., driver's licence) to the locations listed below. Discounts will be applied at the point of sale.

The Saskatchewan Foster Families Association (SFFA) gratefully acknowledges local businesses for their generosity and commitment to foster families throughout our province. Their commitment in providing discounts improves the quality of care for all children and youth. If you have questions or would like information on participating in our discount program for foster families, please contact the SFFA provincial office at (306) 975-1580 or toll free at 1-888-276-2880.

REGINA AND AREA DISCOUNTS

Regina Inn

- Contact: Jayson Cairns (306)525-6767
- Members may book guestrooms at the Regina Inn by calling 1-800-667-8162 or going online to www.reginainn.com. Please use the following rate code: GCR (Great Canadian Rate).
- 1975 Broad St

Travelodge Regina

- Contact: Conrad Nixon (306) 586-3443
- All rates are subject to GST, PST and DMF (destination marketing fee), are valid until December 31, 2011, and may be subject to blackout dates.
- 4177 Albert St

Costco (Regina)

- \$10 off all New Memberships
- 665 University Park Dr (306) 789-8838

The Brick, Regina

- For contract pricing contact: Chris Hammann (306) 924-2020
- 2425 7th Ave N

SASKATOON AND AREA DISCOUNTS

The Giggle Factory

- Contact Tammie & Paula 150-1824 McOrmond Drive
- Tel. 975-9630
- Foster parents receive 10% off retail purchases.

The Fun Factory

- 1633C Quebec Ave, Tel. 955-3778
- Foster parents receive \$2.00 off regular price admission.

Flooring & Design Essentials

- 3314 Faithfull Avenue, Tel. 975-0455
- Foster parents receive a 15% discount off all regular retail priced carpet, linoleum, tile and laminate. Receive a 10% discount off all regular priced hardwood and cork.

Costco (Saskatoon)

- 115 Marquis Drive, Tel. 933-4262
- Foster parents receive \$10 off all new memberships

Travelodge Hotel Saskatoon

- Contact Alana McLennan 106 Circle Drive West, Tel. 978-6520
- Foster parent rates on standard accommodation with two queen beds: \$118 plus applicable tax, based on single occupancy; \$128 plus applicable tax based on double occupancy, subject to availability.

MOOSE JAW DISCOUNTS

Temple Gardens Mineral Spa (Moose Jaw)

- Sun –Thurs (Spa Wing, Skywalk Wing) Guestroom with two queen beds or 1 king bed: \$139.00. *The price quoted is for single and double occupancy, based on availability, in Canadian funds, and is subject to 5% PST, 5% GST and \$4.99 parking/day. All rates are net/non-commissionable. Additional adults are \$15 extra per person, per room, per night. 24 Fairford St E 306-694-5055

The Brick, Moose Jaw

- For contract pricing contact: Ron Morin (306) 692-9520

PRINCE ALBERT DISCOUNTS

The Brick, Prince Albert

- For contract pricing contact: Lee Armitstead, Tel. 763-1775, 1403 Central Ave

Family Pizza

- 15% off pizza orders. Contact: Curtis, 180-17th St W (306) 922-4606

Humpty's

- Kids eat free every Friday
- 1201 2nd Ave W, Tel. (306) 764-6770

Super 8

- Contact for discounted room rates at (306) 953-0088, 4444 2ND Ave W

Ramada

- Contact for discounted room rates (306) 922-1333, 3245 2nd Ave W

Days Inn, Prince Albert

- Call for discounted room rates (306) 763-8988, 150-34th St W

Gene's Sports Excellence

- 20% off all regular priced items in store (306) 764-1311, 48-10th St East

Second Time Around

- 15% off all regular merchandise (306) 960-3644, 30 13th St W

If you have questions or would like information on participating in our discount program for foster families, please contact the SFFA provincial office at (306) 975-1580 or toll free at 1-888-276-2880. The discounts offered are also posted to our website, and can be viewed online by visiting <http://www.sffa.sk.ca/discounts/>



Things to do this Summer for your *foster or adopted kids*

About to go crazy with all the kids home for Summer break? Having a list of things to do with the kids can be a great help. Being a foster parent has been one of the most rewarding experiences of my life, but it has also been one of the toughest. Breaks from each other can prove to be beneficial to both the foster family and the foster child. We all need a break once in awhile, so take one! Here are some ideas of things to do with and for the kids this Summer.

Summer Fun

Library Reading Programs

Many libraries offer great reading programs for the summer.

Many also have craft days, discussion groups, and parties. Get your kids in on the fun! Watch for sign up times in your area. If you don't want to get out, check out these ideas of activities you can do with your kids.

Get together with another family

Find another family with kids

that range in the same age bracket as your kids.

Host children from the other family one afternoon and on another day have your children go to their house. This will give one mom a chance to get things accomplished without the kids or at least take a nap!

Go back to the basics of real summer fun

Remember when you were a kid? Sure you do! Lazy days at the pool, tent camping, and wading pools. There are several inexpensive summer fun ideas, from the good ol' days.

What about a lawn mowing service?

Of course this option will be for the older children in your home and will have to be O.K.'d by your agency if the child is in a foster care situation.



This option gives the child extra spending money and out in the great outdoors, not inside with YOU!

Summer Jobs

Another option for the older kids, but a great opportunity. Even a paper route will teach the kids about being on time, service and responsibility.

Walk for a Charity

Get the kids involved with an activity that not only promotes physical well-being, but also the importance of helping others. During the summer are many opportunities to walk for various charitable events.

There is even a new one that benefits foster children, Walk Me Home.



Lessons or sports?

How about swim lessons? Dance? Soccer? Art? This will teach the kids skills and give you a break. These options may need to be approved by birth family or your foster care agency.

Scouting

Scouting can be a great activity with plenty of learning and fun. There may be day camps available as well as over night activities. Again approval from your agency is a must.

Cultural Activities

Get the kids excited about learning about their culture. Many ideas can be found in this article: Focus on Culture.

Crafts

Family Crafts guide, Sherri Osborn, has literally hundreds of craft ideas to keep your kids busy for three summers!



Life books

What a great time to focus on updating or completing the children's lifebooks. Working on their lifebooks may be a learning activity that they may be able to do with little help, depending on the age of the child, from you.

Day Camps

YMCA offers a great kid's day camp. Check with your agency for other options in your area. There may be a discount or even a waived fee for children in foster care.

For Bigger Breaks

Over Night Camps

Many children look forward to camp all year long. There may be options available for your foster children. Check with your agency and again, they MUST approve any over nighters. There is a camp called, Camp to Belong for children in care, adopted, or in a kinship placement. Here they focus on the sibling bond and bring all the children's siblings to camp at the same time. What a wonderful opportunity.

Respite

Respite is always a good choice for families. Here another foster family will watch your foster children while you and your family take time to reconnect.

Source: <http://adoption.about.com/od/fostering/a/activities.htm>



Child and Youth in Care Week

CHILD & YOUTH IN CARE WEEK: CELEBRATING YOUTH VOICES AWARDS BANQUET



What: A day to celebrate the amazing and powerful voices of young people in and from care. We will have great food, awards for young people, entertainment, fun and more fun!!

Where: Regina, SK

When: July 15, 2016

Nominate a young person—ask us how!!

RSVP by July 4, 2016



Presented by
Saskatchewan
Youth in Care
&
Custody Network
Inc.

**For more information, or if you
want to attend, contact:**

SYICCN Inc.

Toll free: 1.888.528.8061

Email: info@syiccn.ca

**SASKATCHEWAN YOUTH IN CARE & CUSTODY NETWORK
PRESENTS:**



Back to Our Roots: Pathways to Education, Advocacy and Rights

SEPTEMBER 16th-18th, 2016

Camp Monahan
Katepwa Lake, Qu'Appelle Valley, SK.

REGISTRATION/DROP-OFFS 3:30PM-5PM SEPTEMBER 16TH, 2016
PICK-UP AT 1:30PM SEPTEMBER 18TH, 2016

Come join us at **Camp Monahan** at *Katepwa Lake* for a fun-filled Provincial youth conference! Our conference will focus on advocacy, education and rights.

Our Conference is open to young people and alumni of care (custody and foster care—including PSI) between the ages of 14-24 years old.

REGISTRATION FEE:

\$250.00 BEFORE AUGUST 15th, 2016
\$300.00 AFTER AUGUST 31st, 2016

NO REFUNDS ON CONFERENCE REGISTRATIONS

INCLUDED IN YOUR REGISTRATION FEE IS YOUR ACCOMODATIONS FOR FRIDAY SEPTEMBER 16TH, 2016 UNTIL SUNDAY SEPTEMBER 18TH, 2016.
ALL MEALS ARE INCLUDED.

FEES DO NOT COVER TRANSPORTATION

If you are having trouble finding funds to attend please do not hesitate to call the office, as we may be able to sponsor some spaces.

Due to limited space, conference spaces will be first come, first served.

IF YOU HAVE ANY FURTHER QUESTIONS PLEASE CONTACT THE SYICCN OFFICE VIA TELEPHONE; 1.888.528.8061 OR EMAIL; INFO@SYICCN.CA

Adoption from Foster Care

Myths & REALITIES

Approximately 1 in 5 Canadians are touched by adoption. They are either adopted themselves, have an adopted sibling or family member, are adoptive parents, birthparents, or birth relatives. Today, that means almost 7 million Canadians are affected by adoption, and yet adoption remains one of the most misunderstood and stigmatized social phenomenon's in our country.

One of the most critical challenges we face in Canada is the number of children in our child welfare system that are eligible for adoption and waiting desperately for a permanent, loving family to call their own. Of the more than 78,000 children in Canada's child welfare system, approximately 30,000 are legally free or eligible for adoption.

Here are some other facts about adopting from foster care that you may be surprised to learn.

Myth There are no children available for adoption in Canada.

REALITY - There are thousands of children available for adoption in Canada through the public child welfare system, including babies. However, the majority of children waiting for adoptive families are age 6 and older. These children need permanent homes and are rewarding additions to the families who adopt them.

Myth Adopting a child from foster care costs less than private or international adoption but is still expensive.

REALITY - Public adoption costs very little.

Myth A biological parent can take back an adopted child.

REALITY - This is a common fear. However, once parental rights have been terminated, biological parents cannot regain custody of their children.

Myth Children in foster care are always physically, mentally or emotionally damaged and won't recover.

REALITY - Children who are placed in foster care have often suffered neglect, abandonment or abuse. Loving foster families and ultimately, permanent adoptive families give these children the best chance at successful outcomes and bright futures.

Myth As a single parent, I will have a much more difficult time adopting a child, as I am perceived to be less capable.

REALITY - A single parent can provide a loving stable home. Increasing numbers of children live in single parent homes (as the number of two parent homes declines) and thrive beautifully, and increasingly, single parents successfully adopt.

Myth Same-sex parents are not good candidates for providing a healthy environment for an adoptive child.

REALITY - Studies have shown that children of same-sex parents adjust well and thrive in positive environments just as well as those in heterosexual families do. Same-sex couples can and do adopt children in Canada.

Myth If I am over the age of 45, I will not be able to adopt.

REALITY - Many parents over the ages of 40 and even 50 adopt children and experience great success. In fact, there are increasing numbers of grandparents in Canada adopting their grandchildren. There are no hard and fast age prohibitions through the public adoption system in Canada.

<http://www.adoption.ca/myths-and-realities>



Left Turn Signal



Stop Signal



Right Turn Signal

Rules of the Road

A bike is a vehicle. As a cyclist, you are expected to follow the rules of the road. Some rules and safe practices to remember when on a bicycle are listed below.

- Obey ALL traffic lights and signs.
- Use the correct hand signals for turning left, right and for stopping.
- Ride on the right side of the road.
- Allow only one person on a bike. Do not ride double or carry large packages on your bike.
- Be visible. Wear bright clothing. Cyclists must be seen by motorists to ensure their safety.
- Encourage children not to ride at night. If night-riding is unavoidable, use appropriate lights and reflectors.
- Be predictable – other traffic must know how you intend to act. Signal turns and stops. Cyclists need to know what the traffic around them will do next as well. In this way the road can be shared by cyclists and motorists safely.
- Pedestrians have the right of way over all vehicles, including bicycles. Let pedestrians cross before you move through an intersection or a crosswalk.

Bike safety 101:

- Ride single file when with a group of cyclists. Call out stops and turns to the cyclists behind you. Do not blindly follow another cyclist through an intersection; each rider must decide when it is safe to go.
- Cyclists should ride one metre from the curb. This allows a cyclist to be clearly visible to motorists and to avoid holes, debris, grates and other hazardous objects. Cyclists may move away from the curb when necessary to avoid hazards, turn left and pass slower vehicles or cyclists.
- Cyclists should ride one metre away from parked cars. This helps avoid car doors that are being opened or cars that suddenly pull-out of parking spots. Cyclists should ride in a straight line from parked car to parked car and not swerve in closer to the curb between

parked cars. This will ensure a cyclist stays visible to other traffic and makes predictable movements.

- When changing lanes, plan the move ahead of time. Before moving, look over the shoulder on the side you will move to and check for traffic. Make a hand signal to tell traffic what you are going to do. Shoulder check again and wait until the path you intend to take is clear. Quickly move to the new lane of travel.
- When turning right, signal the move while approaching the intersection or after stopping at the corner. Stop if the traffic lights or a stop sign indicates you are to stop. Cyclists must stop and wait for any pedestrians in the crosswalk or intersection to clear before making their turn.
- When turning left, use the procedure for changing lanes to get to the left turn lane beside the centre line. Signal for the lane change and again for the left turn. After completing a left turn a cyclist must return to the curb position as soon as it is safe to do so. Make a left turn only when the intersection is clear and when signs or lights allow you to do so. Remember that you are crossing in front of oncoming traffic and vehicles travelling from the other direction have the right of way.

Supervise young children on bikes

Children under 10 years of age are still developing the physical and mental abilities necessary for riding their bicycles in traffic. Supervise children as they learn the rules of the road and develop the skills necessary to ride on the road.

Children are at risk for bicycle-related injuries because they:

- lack a sense of danger
-
- may be impulsive, easily distracted, and impatient
-
- are not good at judging the speed and distance of approaching vehicles
-
- may not have the ability to process all the pieces of information necessary to make safe decisions while near traffic, despite being taught correct safety practices
-
- may participate in more risk-taking behaviours.

Bicycle and gear

The majority of bicycle-related injuries are preventable. Falls are the number one cause of injury. Children who are learning new motor skills can be expected to

fall more often than older and experienced cyclists. This is true when learning any new wheeled activity. Ensuring proper safety equipment is used will help protect children and youth. Appropriate safety equipment for cycling includes:

Helmet – an approved bicycle helmet

A properly fitted bicycle – should be able to stand flatfooted over the bike with at least one inch of clearance above the top tube

Other equipment includes a **bell or horn, reflectors** and rear and front **lights** for night riding

When entering the street from driveways, parking lots and sidewalks, a cyclist may not stop and watch for traffic. This behaviour is a frequent cause of car-bike collisions involving children. Always yield to oncoming traffic, and look both ways before entering a street.

Riding a bicycle and facing traffic is among the most hazardous cycling practices. Riding a bike on the wrong side of a street greatly increases the chance of a collision with a motor vehicle. A bicycle is a vehicle. Motorists need to respect a cyclist's right to share the road. Always ride on the right side of the road.



Young or inexperienced cyclists may turn or swerve without warning into the paths of cars travelling in the same or opposite direction. When young children are learning to ride a bike they should stay off of busy streets.

Sidewalk riding is a common cause of cyclist injury. When a cyclist rides on the sidewalk, every driveway becomes an intersection. Motorists do not expect to encounter vehicle traffic coming from the sidewalks. Sidewalk cyclists can also be obscured by bushes, hedges or fences. If a child is going to be riding on a sidewalk, ensure constant parental supervision and yield at every street and driveway.

For safety information on child carriers and trailers for bicycles, please visit Safe Kids Canada

Source: <http://www.skprevention.ca>

Did you know?

Did you know that Saskatchewan does not have provincial helmet legislation? Head injuries are one of the most serious bike-related injuries, and all reasonable steps should be taken to protect oneself when riding, including the use of a properly fitted helmet. Research has also shown that education alone is not as effective as the *combination of education and legislation*.

For more information about bike helmet legislation in Canada and the research behind it, please go to *Mandatory Bicycle Helmet Laws in Canada*.

Expect the Unexpected

SAFETY IN THE GREAT OUTDOORS

Before you set out, try to imagine what conditions you might face. How would you survive if something goes wrong? Even on a short trip, you might need to spend the night—and the weather could deteriorate. How would you get help if you become lost or injured?

Find out about the area you plan to explore. Bring a good map, and check the weather forecast. Tell others of your intended route and timetable. Never travel alone, and always stay with your group. Wear the proper clothes and footwear. You'll also need enough water and food.

Whenever you go hiking, take along something to protect you from cold, rain or wind. A waterproof reflective survival blanket is ideal; it's cheap, reusable, highly functional, and takes very little space in your pack. As well, bring along a whistle so you can let others know your location, and a flashlight in case you are still on the trail when the sun goes down.

If you get into trouble, early detection can mean the difference between a safe return and a life threatening situation. The Canada Safety Council recommends that anyone who likes to venture into the wilderness, whether on foot, by water or on a vehicle such as an ATV, should invest in a wilderness survival kit. They come in different levels, with components suitable for the day hiker up to the veteran adventurer.

There are many suggested equipment checklists, but no single list covers every circumstance. The Canada Safety Council advises wilderness adventurers to use common sense and take all appropriate precautions.

Make Yourself Easy to Find

When you head into the wilds, bring a map, Global Positioning System (GPS) and mobile phone. A GPS, used in conjunction with your map, should enable you to find your way out. With a mobile phone you can usually call for help.

As soon as you realize you are lost or need help, stop. Staying in one place makes you easier to find. In case of a serious injury, build a shelter and wait for rescuers. Trying to transport an injured person may lead to exhaustion or further injury. If you are stranded because of a broken-down vehicle, such as an ATV or aircraft, it is usually best to stay where you are. Large objects are easier to spot than a lone hiker.

If you need to signal, move to higher ground. Aerial flares and signal mirrors can attract attention. Once help is on the way, smoke flares, whistles and distress flags can help rescuers identify your exact position and keep them on course.



Teach Your Children Well

Supervise your children closely and make sure they know what to do should they get lost.

Tell them to choose a tree near a clearing and stay there. They can hug and talk to the tree if they feel frightened. Tell them to yell at noises that scare them. This scares animals away and helps searchers find them. Above all, tell them no one will be angry at them if they get lost. Children have been known to hide from searchers for fear of punishment.

Beware of Bears

Canada is known around the world for its bears. However, confronting a bear in the wild can be deadly.

Bear behaviour is complex and there is no single strategy to protect yourself. First and foremost, take measures to keep bears away. Never prepare, eat or store food in your tent when camping. If you are hiking in the woods, make noise to advertise your presence, and stay in a group. Bears are attracted by scents, so keep food and garbage in airtight containers, and avoid perfumed toiletries. Before planning a trip in bear country, seek instruction on how to deal with specific types of bears and confrontations.

What If Lightning Strikes?

Don't let yourself be caught in the woods in a bad thunder storm. If storms are in the forecast, postpone your trip until the danger is past.

Take shelter as soon as you see dark storm clouds gathering, feel the wind, or hear thunder in the distance—but not by standing under a tree. When lightning strikes a tree, electricity runs down the trunk, through the roots and into the ground, causing a strong shock.

If possible, head for a house, a large building or your car. Then shut all the windows and doors and stay inside. In a car, move away from a high location or trees, turn off the engine, put your hands in your lap (so you don't touch anything metallic), and wait out the storm. It's usually safe to come out after there has been no thunder or lightning for thirty minutes.

Otherwise, seek shelter in a depressed area such as a ditch, or a cave. Crouch with your feet close together and your head down, minimizing your contact with the ground to reduce the chance of being electrocuted.

To figure out how far you are from the lightning, count the seconds between the flash and the thunderclap. If you count fewer than five seconds, take shelter immediately.

Source: CANADA SAFETY COUNCIL.



Recipes from *Petty's Kitchen*

I've begun to write some EASY (and somewhat healthy) recipes in each Advisor edition. I'm a big fan of healthy recipes with simple ingredients you would find in your own cupboards.

- Hayley Petrow



Hawaiian Slow Cooker Chicken

- 2 lbs cubed chicken
- 1 cup pineapple juice
- 1/4 cup brown sugar
- 1/3 cup soy sauce
- 1 medium can of pineapple chunks
- 1 small onion, chopped
- 1 medium green Bell pepper (or substitute with another colour)

*Optional: 2 cups of rice *to be cooked separately* if you would like to serve the Hawaiian chicken over top of it.

Yields 4 servings

- Combine all ingredients in slow cooker, and mix together.
- Cook on low for 6-8 hours.
- Serve over rice if you desire!

Recipe found at justapinch.com

Yorkshire Pudding

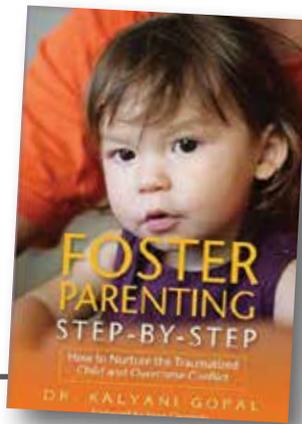
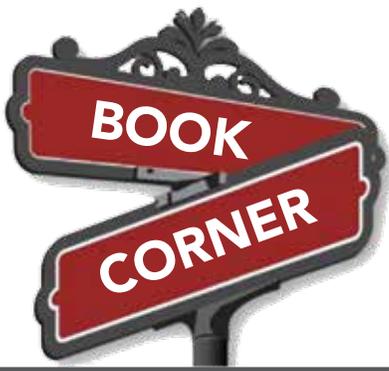
- 3 eggs
- 1 cup milk
- 1 cup flour
- 2 tbsp melted butter (to grease muffin tins, leftover butter wrappers also work great!)

Yields 12 puddings



- Preheat oven to 375°
- In a medium bowl beat eggs and milk together.
- Stir in flour.
- Use butter to grease muffin tins. Don't use a lot or the pudding will come out greasy; just a thin layer so the pudding won't stick to the tin.
- Pour mixture in muffin tins, about 3/4 full.
- Bake for 5 minutes, then decrease temperature to 350° and bake 25 minutes or until the puddings are puffed and golden.

Recipe found at allrecipes.com



**Foster Parenting Step-by-Step:
How to Nurture the Traumatized
Child and Overcome Conflict**

by *Kalyani Gopal*

ISBN-13:978-1849059374
ISBN-10:1849059373

"My mama, she is supposed to take care of me, that is her job, not you, I guess she just don't care."

When you decide to foster, you are faced with many difficult decisions, dilemmas and questions: How do you navigate the daily struggles of foster parenting? How can you nurture bonds with your foster child who is angry, sad, and defiant? How can you prepare to step back when it's time to let go?

Foster Parenting Step-by-Step is a concise how-to guide to fostering that summarizes what to expect as a foster parent, and gives immediate practical solutions. It outlines the different stages of a fostering relationship, raising common issues encountered at each age and how to tackle them. It also explains the impact of trauma on your child: how this can show itself through challenging behavior and how to respond to it.

This book will provide fostering parents with the skills and knowledge to support the needs of the children in foster care. It will be invaluable not just to foster parents but also to those professionals supporting foster placements.

The Promise

Mommy, where are you?
I can't see you anymore.
Please don't let them take us away.
Why did you let this happen?
You didn't do what you were
suppose to do.
They don't love us, Mommy,
Not like you did.
Why am I here, didn't you want us?
I called for you but you never came.
Didn't you hear me, Mommy?

My Angels, I am still here.
I never left you.
I never meant to hurt you.
I did the best I could.
I know how you feel, because
I can feel your pain.
When you dream of me,
know that I am really there.
Still loving you, still missing you.
I will always be with you.
I Promise.

by Sharon Przybylski, a birth mother who wrote this poem to her two sons who were adopted 11 years ago.

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