

Advisor

**SFFA'S OFFICE IS
MOVING!**

**STRENGTHENING YOUR
CHILD'S EMOTIONAL
INTELLIGENCE**

DIGITAL DETOX

**WISHES WORK
WONDERS**

IN HOME SUPPORT

THE UNEXPECTED

**2019 AGM
ANNOUNCEMENT**

**WHAT POT REALLY
DOES TO THE
TEEN BRAIN**

HOME SAFETY

**FIRST AID & CPR
CERTIFICATION**



Advisor

The Advisor is published by Saskatchewan Foster Families Association Inc.



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OUR MISSION

The Saskatchewan Foster Families Association exists to support and encourage Foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth across the province.

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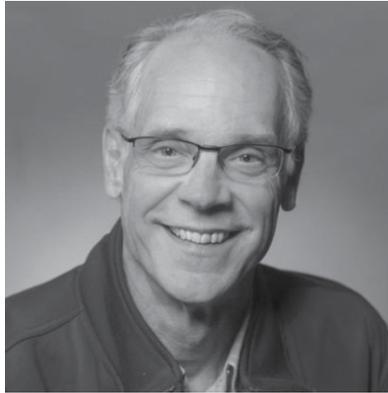
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Message from the Chairman of the Board

After what seems to have been a long extremely cold last few months, it is great to see that spring may just be around the corner.

We are very pleased of the recent announcement in the Provincial Budget on March 20th, 2019 of the new PRIDE Levels of Pay payment structure. The Saskatchewan Foster Families Association (SFFA) applauds the government's movement on simplifying payments for our members.

What does this mean for foster parents? As you know, currently Foster Families receive basic maintenance payments which vary from \$689.00N to \$1051.00 and a skill development fee of \$125.00 (per child, per month). The current pay structure creates an administrative challenge to complete a Fee for Service on all children in a Foster Home and it has been identified by members that a Fee for Service is not always completed and if it is done, at times payment are interrupted because Fee for Service reviews are not completed when required. With the new Fee Structure most foster families will see



an increase in their monthly payments, and the new system will be much more consistent, offer certainty to foster parents in their monthly payments.

This new payment structure will not affect those Foster Families receiving Daily Living Support Assessment (DLSA) for children with exceptional physical, medical or developmental disabilities, Therapeutic Foster Care, Transitional Adolescent Parenting Support (TAPS) and Parent Therapist Homes, planning is underway for additional PRIDE Levels of Pay that will replace specialized payments.

Information sessions will be held in communities across the province in the coming weeks and foster families are

encouraged to attend to seek clarification for any questions they may have. If you need further information on the location of these events, please contact Pam at the SFFA office at 306.975.1580.

The SFFA is moving to a new location late this spring, our new location address is 231 Robin Crescent which is in the Airport Industrial area of Saskatoon. We are very excited about to be moving to a larger facility that will allow us a better training space for families, better parking and will certainly be a great facility for future growth also. Our Annual General Meeting is being held on June 8th, 2019 in Saskatoon at our new office, this is a non-conference year so it will just be the AGM. A communication package was sent to all the Regional Leaders, if you are interested in attending please contact either the SFFA Provincial Office or a member of your Leadership Team for more information.

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

Kevin B Harris

Attention Saskatchewan Foster Families Members:

Please watch for your new membership card arriving in the mail. It is valid from April 1, 2019 to March 31, 2020.



The Unexpected

Submitted by Joshua, age 14, a biological child of a current foster parent in Saskatchewan.

No way! Absolutely not! Not in a million years! That was the day my parents first introduced the idea of getting foster kids. I was strictly against adding unknown children to our family. I like my peace and quiet and am very protective of my belongings. And then there was the fact that the new kids might not fit in or belong. Well, regardless of my opinion, I learned we were getting two young boys, ages seven and eight. They were quiet, happy, and well behaved (in my moms opinion.) Unexpectedly, I did enjoy playing with them and didn't feel like they were in my way. On the flip side, I did butt heads with the older boy, not much different though then butting heads with my younger sister or older brother. It was a huge change in my life, and I don't always feel comfortable with change. The house was a lot

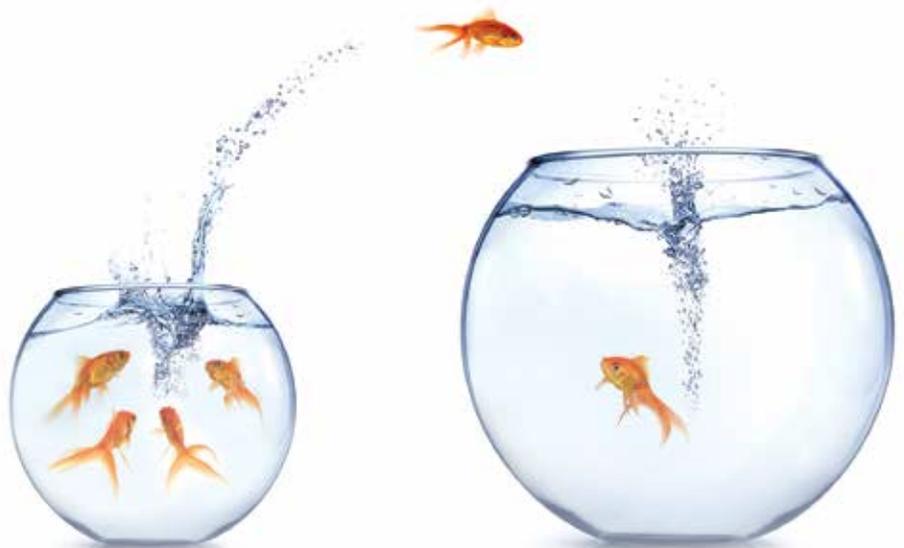
busier, I didn't always get the chance to do things alone.

It was a huge experience in my life to have two completely new kids come and live with us for a year. There is no way I can say whether I was better off with or without them in my life because I can't see the bigger picture. However, I am more open minded to other foster children coming to stay with us. I don't feel as overwhelmed by the idea of it. I can't advise you whether it is a good idea to get foster children or not because it's a once in a lifetime opportunity that you will experience in your own unique way. I can say though, that the little toddler we have in our home right now brings a smile to my face when I see her, something I didn't expect.

We're Moving!

OUR NEW OFFICE WILL BE LOCATED AT:

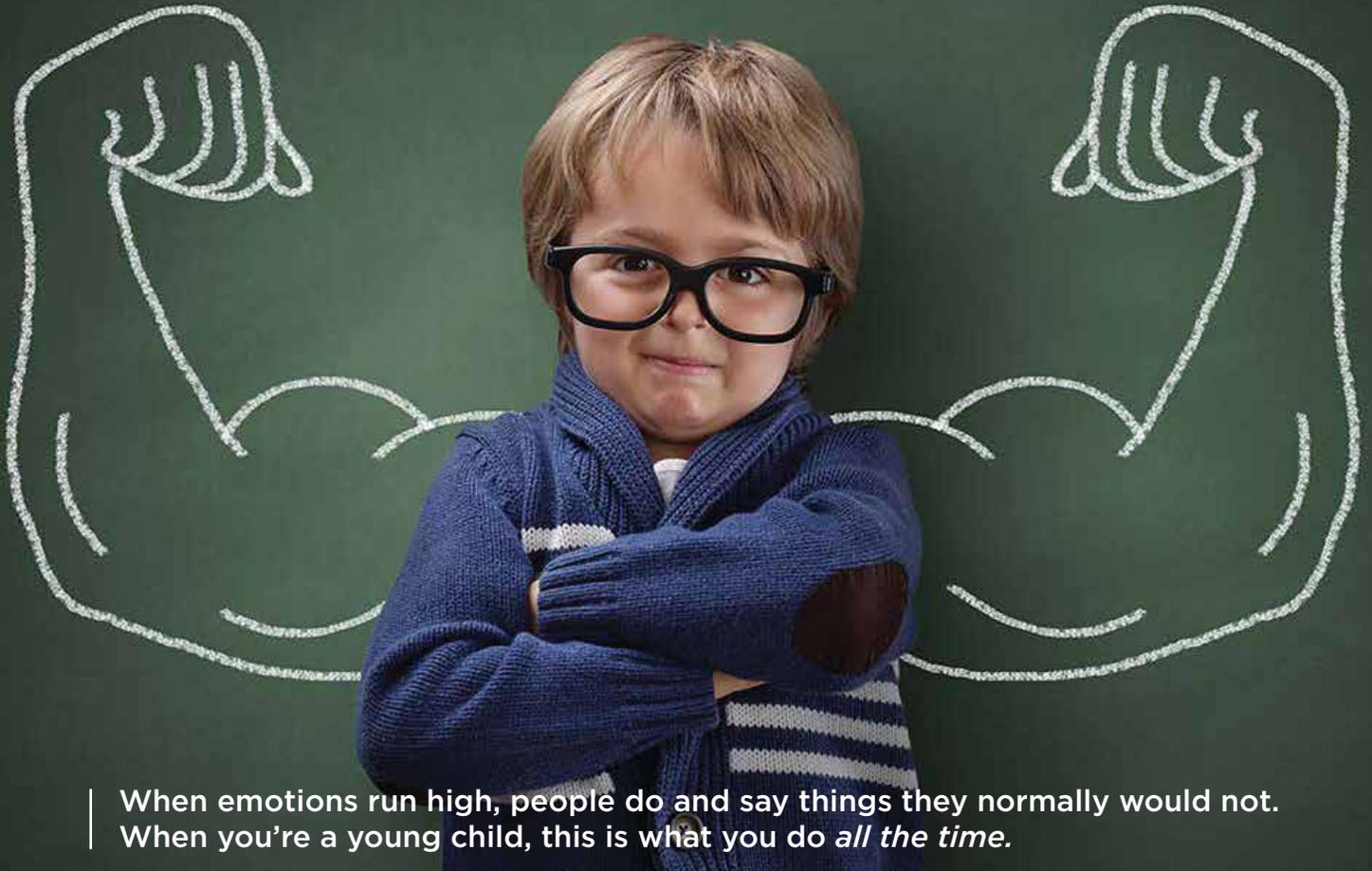
**231 Robin Crescent
Saskatoon, SK S7L 6M8
...effective May 15th 2019.**



SEND US YOUR EMAIL

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

Ways to Strengthen your child's Emotional Intelligence



When emotions run high, people do and say things they normally would not. When you're a young child, this is what you do *all the time*.

Emotional self-regulation, a large component of emotional intelligence, is the ability to manage one's experience and expression of emotions. With practice, children improve their capacity for emotional self-regulation. By age four, most children start to use strategies to eliminate disturbing external stimuli. In other words, they cover their eyes when they're scared and plug their ears when they hear a loud noise.

It's not until age 10 that children consistently use more complex

strategies for emotional self-regulation. These strategies can be broken down into two simplistic categories: *those that attempt to solve the problem* and *those that attempt to tolerate the emotion*.

When a child can make a change to address a problem, they engage in problem-focused coping by identifying the trouble and making a plan for dealing with it. When they deem the problem unsolvable, they engage in emotion-focused coping by working to tolerate and control distress.

All of these strategies are a part of emotional intelligence. Emotional intelligence encompasses awareness, understanding, and the ability to express and manage one's emotions.

While the world has been focused on academic achievement in childhood, emotional self-regulation has been largely ignored. This is a poor strategy, given that research suggests emotional intelligence is twice as strong a predictor as IQ of later success.

...continued ▶

Five Steps of Emotion Coaching

Dr. John Gottman

Self-control, one piece of emotional intelligence, is particularly important in predicting achievement in children. Children who are able to inhibit impulses (often driven by emotions) and avoid distractions are able to engage in more prosocial behaviors and accomplish their goals.

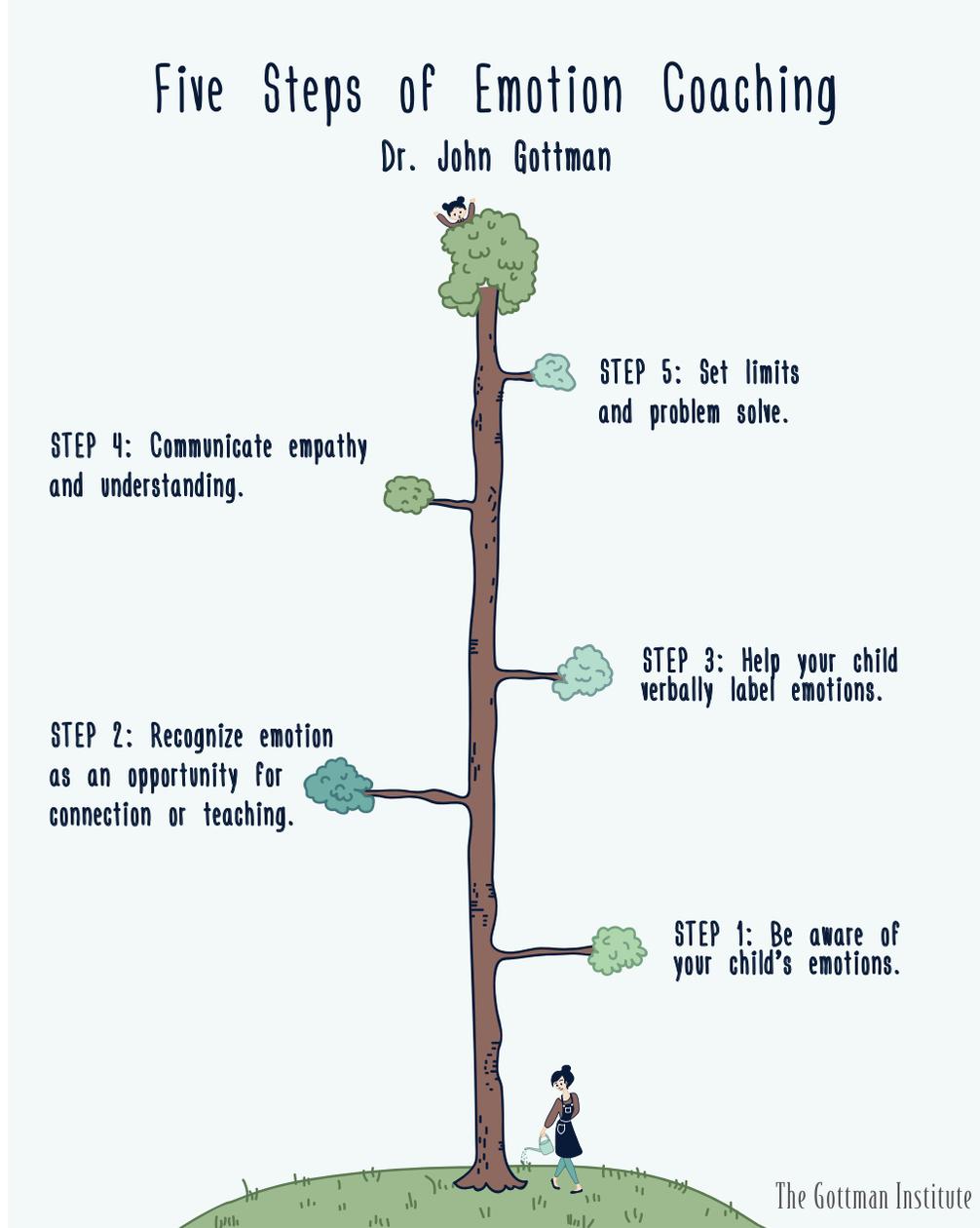
A particularly powerful study tested school-aged children on self-control and conducted follow-up studies on those children in their 30s. The study demonstrated that self-control predicted success better than IQ, socioeconomic status, and family environment. Those children high in self-control were also healthier, made more money, and were less likely to have criminal records or trouble with alcohol.

Feelings serve a purpose

The first piece of emotional intelligence is awareness and understanding of emotions. We have to understand and accept before we can control and express our emotions. Emotions are not an inconvenience, but rather a piece of human evolution that serves a purpose. The discrete theory of emotions suggests that each of our primary emotions have evolved to serve distinct purposes and motivate our behavior.

Sadness is an emotion uniquely capable of slowing us down, both in thought and motor activity. This can allow us the opportunity to reflect on the source of our emotional upset and take a closer look at the antecedents of it.

In contrast, anger speeds us up, mobilizing intense energy and sending blood to our extremities. While evolutionary, this geared



us up for a fight; in modern times, it allows the sustained energy for a fight of a different nature. Anger cues us that our rights have been violated and helps us mobilize to protect against future threats.

Our emotions are to be respected and reflected upon. This includes our children's intense emotions at seemingly non-intense situations. My daughter experiences intense anger when she is not able to do something she had previously accomplished, such as buckling her car seat independently.

In their recent policy statement,

the American Academy of Pediatrics advised parents not use technology as a way to calm or pacify negative emotions in their child. Specifically, they expressed "concern that using media as strategy to calm could lead to problems with limit setting or the inability of children to develop their own emotion regulation."

Basically, children need the experience of feeling these emotions and practice tolerating them to develop self-control and emotional intelligence.

...continued. ▶

Increasing your child's emotional intelligence

Because emotional intelligence appears to be such a strong predictor of success, researchers have looked at how caregivers can encourage its development. Specifically, Dr. John Gottman observed how parents respond to their children's emotions in an effort to understand how emotional intelligence develops. He found that parents respond to children's emotions one of four possible ways.

Dismissing parents see children's emotions as unimportant and attempt to eliminate them

quickly, often through the use of distraction.

Disapproving parents see negative emotions as something to be squashed, usually through punishment.

Laissez-faire parents accept all emotions from child, but fail to help the child solve problems or put limits on appropriate behaviors.

Emotion coaching parents value negative emotions, are not impatient with a child's expression of them, and use emotional experience as an opportunity for bonding by

offering guidance through labeling emotions and problem-solving the issue at hand.

Dr. Gottman's research shows children of parents who emotion coach are physically healthier, do better in school, and get along better with friends. Emotion coaching parents followed five basic steps to help their children with emotions. Sometimes this can take a great deal of time.

Dr. Gottman found that emotion coaching parents only followed all five steps 20-25% of the time, suggesting there is no need for guilt as no parent can complete this process all the time.

5 BASIC STEPS TO HELP CHILDREN STRENGTHEN THEIR EI:

1

BE AWARE OF YOUR CHILD'S EMOTIONS.

Parents who emotion coach are aware of their own feelings and sensitive to the emotions present in their children. They do not require their child to amp up their emotional expression for the feelings to be acknowledged.

2

SEE EMOTIONS AS AN OPPORTUNITY FOR CONNECTION AND TEACHING.

Children's emotions are not an inconvenience or a challenge. They are an opportunity to connect with your child and coach them through a challenging feeling.

3

LISTEN AND VALIDATE THE FEELINGS.

Give your child your full attention while you listen to their emotional expression. Reflect back what you hear, thus telling your child you understand what they're seeing and experiencing.

4

LABEL THEIR EMOTIONS.

After you have fully listened, help your child develop an awareness of and vocabulary for their emotional expression.

5

HELP YOUR CHILD PROBLEM-SOLVE WITH LIMITS.

All emotions are acceptable but all behaviors are not. Help your child cope with his or her emotions by developing problem-solving skills. Limit the expression to appropriate behaviors. This involves helping your child set goals and generating solutions to reach those goals.

“ Sometimes the steps of emotion coaching happen quickly. Other times, these steps may take a great deal of time. Patience is key. If the problem is a big one, all five steps don't have to be completed in one interaction.”



Source: www.gottman.com



HOW A **DIGITAL DETOX** COULD IMPROVE YOUR CHILD'S BEHAVIOUR PROBLEMS

You can't avoid screens in today's world. There are TVs in waiting rooms, tablets in schools, and smartphones in most people's pockets. As technology continues to emerge, and screens have become integrated into everyday life, some families have had trouble deciding how much time to allow kids to play on their electronics.

For some families, screen time has slowly taken over their lives. Kids are keeping their noses buried in their electronics and they're missing out on seeing the world. And in many homes, family time involves everyone sitting around in the living room staring at their smartphones.

If your family has developed some unhealthy habits, a digital detox could help. That's not to

“ Kids are keeping their noses buried in their electronics and they're missing out on seeing the world.”

say you need to avoid screens for a lengthy amount of time. Unplugging from technology on a short-term basis could be just the break you need to develop some healthier habits.

Signs Your Child (or the Whole Family) Could Use a Digital Detox

Excessive media use could lead to some behavioural, emotional, and academic problems. Here are a few signs your child could use a break from electronics:

Your child depends on technology for entertainment. Studies estimate the average child spends seven hours per

day on electronic devices. If your child has gotten into the habit of playing video games for hours on end, or he expects to watch countless hours of TV every day, a digital detox could give him an opportunity to explore other interests.

You get into power struggles over electronics. If your child argues every time you tell him to turn off the TV or shut his laptop, a break from electronics could help him become more compliant.

Your family has developed some bad habits with electronics. Watching TV while eating dinner, texting each other from another

room instead of talking face-to-face, sleeping with smartphones next to the bed, or ignoring each other to use social media are just a few examples of bad habits some families get into.

Screen Time and Behaviour Problems

Researchers continue to study how screen time influences child development and behaviour. As new technology unfolds, it changes the way children relate to screens. Portable video games allow kids to use screens in the car. Smartphones mean kids can access screens while they walk around the grocery store. The list could go on and on.

Many studies have found links between screen time and a variety of behaviour problems in children. But, those studies don't necessarily prove causation.

Do children who naturally have behaviour problems gravitate toward electronics? Or does too much time sitting in front of a screen lead to behaviour problems? Researchers offer mixed reviews.

But some studies have linked excessive screen time to:

- **Sleep problems** – Sleep deprivation can lead to impulsive behaviour and reduced emotional regulation.
- **Social problems** – Difficulty recognizing other people's emotions and trouble communicating face-to-face can lead to increased conflict.
- **Increased aggression** – Some studies have linked aggressive media to aggressive behaviour in children.



“ When children understand how others feel, they're able to adjust their behaviour accordingly.

Many parents report anecdotal evidence that technology leads to increased behaviour problems. Electronics may get in the way of responsibilities, like chores or homework. Or, parents may find that siblings get into more arguments when they're fighting over who gets to use the tablet next or who is going to play a particular video game first.

A Digital Detox Could Improve Social and Emotional Skills

Researchers at UCLA discovered that a digital detox improved kids' abilities to read the emotional expressions of others. The study began by asking 11 to 13-year-olds to identify other people's emotional expressions in photos and videos.

Then, half the group was sent to an outdoor camp where they weren't allowed to use their electronics. The other half continued to use their normal screen time.

After five days, both groups were tested on their ability to read other people's emotions again. The group who had continued to use their digital devices showed no improvement. The group who attended camp, however, showed a significant improvement in their ability to recognize other people's feelings.

The researchers concluded that face-to-face time is essential for children's social skills. Unplugging for short periods of time can help children better understand nonverbal cues.

These emotional and social skills play a crucial role in behaviour management. When children understand how others feel, they're able to adjust their behaviour accordingly.

A child who sees his friend is frustrated may be able to back off on insisting they play by his rules. Or a child who notices her friend is sad can lend a little extra compassion.

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Replacing Screen Time With Outdoor Time Is Beneficial

Prior to the invention of the internet and video games, kids played outside much of the time. But now, the lure of technology keeps many kids glued to their screens during their spare time.

If you take away electronics, your child might struggle to find something else to do. His or



her boredom could lead to more outdoor play.

Playing outside can have big benefits for kids and it can greatly

reduce behaviour problems. Running around releases energy and can help kids be less active indoors. Exercise also helps kids sleep better.

Studies also show green spaces—playing in the grass or around trees—improves attention span and reduces stress. Other studies have linked outdoor play to improved problem-solving skills, creative thinking, and safety skills.

A Digital Detox Breaks Bad Habits

For many parents, turning on the TV the second they walk in the door or compulsively checking social media becomes a habit. Kids often develop unhealthy screen time habits too, by turning on video games before school or by getting on the computer the second they walk through the door.

Making a conscious choice to unplug for an extended period of time can break some of those bad habits. When kids get out of their environment and step away from their usual routine, they have an opportunity to develop new habits.

Here are a few strategies for creating a digital detox:

- **A week-long break from electronics** - A camping trip, a vacation in the mountains, or a week in a remote cabin could get everyone away from the electronics. Stepping away from technology could renew everyone's appreciation for simple activities, like board games or playing catch.
- **An electronics-free weekend** - If you can't afford a vacation—or you have a job that makes unplugging for a week seem like an



“If you tell your child to turn off the electronics while you're sitting behind the computer, your words won't be effective.

impossibility—consider a digital detox on a smaller scale. Consider making it happen to unplug a few weekends each year.

- **A monthly digital-free day** - Perhaps the first Saturday of every month means no screens or the last Sunday of the month is a quiet family day. Commit to spending quality time together without using electronics for one day every month.

Stepping away from electronics for a few days can be a great experiment to see if it changes your child's behaviour. A

short break could boost her mood (after she gets over the initial horror of not having her electronics) and increase her motivation to get her work done.

Of course, it's important to be a good role model when it comes to electronics. If you tell your child to turn off the electronics while you're sitting behind the computer, your words won't be effective. So be willing to go through a digital detox with your child. It could be good for the whole family to step away from electronics for a short time.

Source: <https://www.verywellfamily.com>

Wishes WORK Wonders

The Children's Wish Foundation of Canada is the largest and only all-Canadian wish granting charity dedicated to granting wishes to Canadian children between the ages of 3 and 17 who are diagnosed with a life-threatening illness. For more than 30 years, Children's Wish has worked tirelessly to grant heartfelt wishes to over 26,000 children and their families.

Children's Wish has chapter offices and professional staff in every province and each wish family is assigned a dedicated Wish Coordinator who is able to personally and carefully structure each heartfelt wish experience to meet the particular needs of the child and their family.

The Saskatchewan Chapter was formed in 1986 and has granted over 1000 wishes to children from all areas of the province. Each child's wish is special and tells a compelling story of children and families who have been on a journey that is inconceivable. For a child who is about to be granted their most heartfelt wish, the pain and discomfort of the illness, and often the treatment regimes, somehow become more bearable. For many, the excitement of planning and anticipating their dream has a dramatic effect on their healing. These courageous children often experience a renewed sense of energy and hope.

Over the years, Children's Wish has worked with families, medical professionals and the Ministry of Social Services to ensure that no eligible child is denied their one most heartfelt wish. No matter the living situation, Chapter staff work to create the most memorable wish possible - whether that be a sought after item, meeting a favorite celebrity or travel to a desirable destination. Travel wishes are unique to each child and Children's Wish will



fund two parents or guardians, any siblings, step siblings or foster siblings (up to the age of 21 - with proof of residency) who live in the home, with the wish child, at least 50% of the time and, families travel worry-free thanks to exclusive Blue Cross insurance.

Children's Wish is about dignity, about dreams coming true and about quality of life in situations that most of us can only imagine. It is also about memories, many weeks of planning and precious moments spent enjoying and reflecting on the special magic of a wish fulfilled. Each wish we grant is unique and special - taking a helicopter over active volcanoes in Hawaii, camp outs in a new camping trailer or meeting your favorite celebrity. Each wish is magical, positive and uplifting.

The Children's Wish Foundation grants wishes to children in foster care who meet eligibility criteria. To refer a child for a wish or receive further information, please call 306-955-0511, 1-800-267-WISH(9474) or email: sk@childrenswish.ca



In Home Support



“Every day foster families play a vital role in our communities. We need more foster carers for children and young people.”

The role of *In Home Support* staff are able to assist foster parents in various day-to-day routines as assigned. Some of these duties may include supervision of children, meal preparation, house cleaning, or laundry. The *In Home Support* worker may be asked to accompany foster families on errands, appointments or other services as assigned.

Who can fill this role?

The SFFA seeks qualified individuals to fill the role as *In Home Support* workers. The qualifications and abilities that we are seeking are that you must be able to take initiative, are reliable, creative, and have the ability to work as part of a professional team.

Identified and relevant training may be provided to *In Home Support* workers, which may include First Aid and CPR or Food Safety. The SFFA offers a competitive wage and benefits package.

For more information on our *In Home Support* <http://www.saskfosterfamilies.ca/> or give us a call at **1-888-276-2880**.

The *In Home Support* program provides assistance and support to foster families.

The SFFA's objective

It is our objective to provide support and services that enhance the foster family's abilities to meet the needs of the children placed in their care.

When is support provided?

Support is provided to families when it is identified by the Ministry of Social Services that assistance is required to assist foster families in supporting their home. The purpose of the *In Home Support* is never to take away from the responsibilities of the foster family.

Travel and Holidays

Avoid disappointment by contacting your Resource Worker to let them know in advance before you plan a holiday if you intend on taking your foster child(ren) with you.

The Ministry of Social Services may pay travel costs above the Basic Maintenance rates for a child in care if the purpose of the visit is to access medical care, facilitate visits with the child's family or significant others, attend events that are beneficial to the child or where travel is required in the event of an emergency, such as the serious illness or death of a family

member or significant others. The means of transportation should be the most economical or reasonable given the circumstances.

For out of province travel, permission from the child's parents must be given if the child is in voluntary care. Parents of children who are temporary or long term wards should also be consulted whenever possible. A letter of permission and medical consent must be signed by the Regional Director through the Ministry of Social Services in order for the child to travel out of the province.



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

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

DISCOUNT

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.

The discounts offered are also posted to our website, and can be viewed online by visiting <http://www.saskfosterfamilies.ca/resources-for-foster-parents/discounts-for-foster-parents>



2019

AGM

ANNUAL GENERAL MEETING

SATURDAY, JUNE 8TH
11:00AM

SASKATCHEWAN FOSTER
FAMILIES ASSOCIATION
PROVINCIAL OFFICE

231 Robin Crescent
Saskatoon SK

*If you are planning to attend
please RSVP by calling
306.975.1580*



SASKATCHEWAN
FOSTER FAMILIES

share your story.

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

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

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



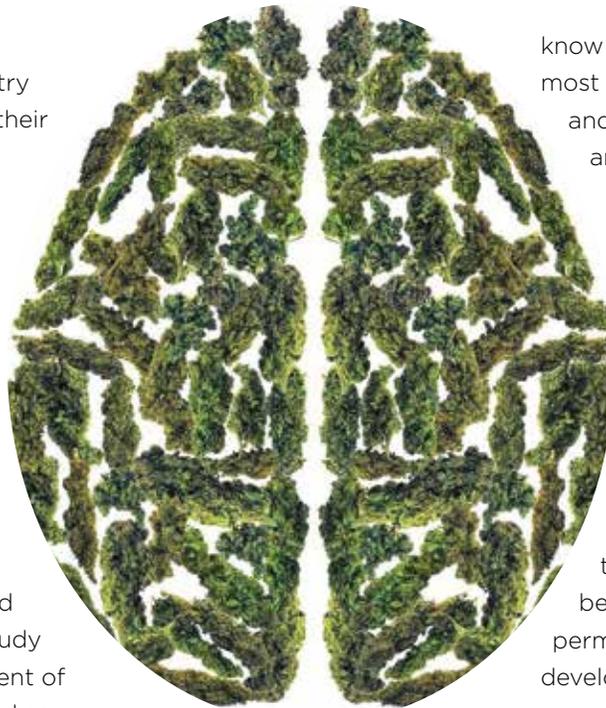
What Pot Really Does to the Teen Brain

How much should we worry?

Like it or not, your kids will probably try marijuana. So will their friends. Canadian teens are more than twice as likely as adults to smoke pot – and have the highest rate of cannabis use in the developed world.

Fully 28 per cent of Canadian children aged 11 to 15 admitted to using cannabis at least once in the past year, a 2013 United Nations Children’s Fund study found. As much as 5 per cent of Canadian adolescents – and as much as 10 per cent of Grade 12 students – smoke pot every day, according to the Canadian Centre on Substance Abuse.

Canada’s youth are not only top consumers of the world’s most widely used illicit drug – they are also lab rats for the most potent bud the world has ever known. The pot smoked at Woodstock in 1969 contained about 1 per cent of the psychoactive ingredient, tetrahydrocannabinol. It was mere shrubbery compared to today’s street-grade marijuana, which typically has THC



know how the drug affects our most prolific users? For tweens and teens, whose brains are in a crucial stage of development, is there such thing as a harmless pot habit?

While cannabis is not the most dangerous of drugs, as with alcohol “it has a lot of harmful effects”. Marijuana hijacks normal brain functioning in teens, and many scientists believe the drug may have permanent effects on brain development.

“Marijuana hijacks normal brain functioning in teens, and many scientists believe the drug may have permanent effects on brain development.”

concentrations of at least 10 per cent, but may contain upwards of 30 per cent, according to Health Canada.

As Canadian youth take advantage of easy access to cannabis, it’s reputation as “nature’s medicine” continues to grow. But do Canadians actually

Source: <https://www.theglobeandmail.com/life/health-and-fitness/health/your-kids-brain-on-pot-the-real-effects-of-marijuana-on-teens/article21127612/>

First Aid & CPR Certification

Certification in first aid and cardio-pulmonary resuscitation (CPR) is mandatory for all Saskatchewan foster parents

Certification in first aid and cardio-pulmonary resuscitation (CPR) has been made mandatory for all Saskatchewan foster parents.

This training will equip foster families with the necessary skills to act in an emergency situation. In conjunction with the essential support foster families are already providing, this certification will further enhance the safety and well-being of children in care.



Why is this certification being provided?

The Ministry of Social Services is providing funding to enable all foster homes across the province to be certified.



“This training will equip foster families with the necessary skills to act in an emergency situation.”

Do I have to take part in this program?

Yes. This certification program is mandatory for all foster parents in the province.

Will I have to pay for training?

No. As a result, all costs will be covered by the Ministry. You will be financially compensated for taking part in the program. As well, with prior approval from your Ministry of Social Services resource worker, you will be reimbursed for any expenses incurred as a result of participating in the training.

What level of certification will I be receiving?

All foster parents will be given training in Standard First Aid and CPR (Level B). The training will consist of approximately 17 hours of instruction.

How will the training be administered?

The Saskatchewan Foster Families Association (SFFA) will co-ordinate, track and monitor the training of foster parents in conjunction with qualified first aid instructors.

How long is my certification valid?

The certification will be valid for three years, after which recertification will be necessary.

What happens when I need to be recertified?

The Saskatchewan Foster Families Association (SFFA) will be providing recertification to all foster parents.

What if I am already certified?

If you have already been certified, you must notify the SFFA to provide confirmation of certification.



How can I learn more?

You can contact the SFFA Provincial Office at 1-888-276-2880.

Simple ways to **KEEP YOUR HOME SAFE** from break-ins

There is a reason why the saying, “Home is where the heart is,” exists. We feel like we can drop our guards and be completely ourselves in our homes because it’s a safe place where we feel most secure and happy. That is, until someone breaks into our house... Being burglarized or experiencing a home invasion can be a life-shattering experience that affects everyone in the household.

There are some very easy and affordable things anyone can do to keep their homes safe.

Make sure your front door is secure.



A burglar’s favorite point of entry is your front door, so it’s imperative that you do everything you can to keep it secure as possible.

- Install a door that is solid rather than hollow and made of steel, fiberglass, or solid wood.

- Reinforce your knob locks, or the locks that are directly on the doorknob. Install a bolt lock for extra security.
- Secure the door’s hinges with 3-inch screws.

Get to know your neighbours.



It’s always a good idea to get to know your neighbours. But when it comes to protecting your home from burglary, it can be invaluable.

If you go out of town, a trusted neighbour can collect mail and newspapers instead of letting them pile up on your porch, which can be telltale signs you’re not home. They can also take care of your garbage or keep up with any other weekly patterns you usually do.

If your neighbours are aware that you’re out of town, they can notify the police if they observe any suspicious activity.

Don’t hide spare keys; give them to neighbours.



Most thieves know that many of us hide spare keys under a flowerpot, rock, or some other easy-to-find spot.

Outsmart crooks by giving a spare key to a trusted neighbor — or two, in case one is not home when you need it. That way, if you’re ever locked out, you can ask them for the spare rather than making a key to your property available to burglars.

Secure sliding glass doors and windows.



It’s always smart to lock your windows — even if they’re on the second floor or your home. If you’re not home, a great way to give your windows and sliding-glass doors extra

security is by installing stops that prevent them from being opened more than 6 inches. However, if you do this, you need to show everyone in your home how to remove these stops in case of an emergency.

An even easier thing to do is to place a metal or wooden rod in the track, or across the panel, thus preventing it from being opened from the outside.

Keep crooks on their toes.



You never know whether or not a burglar is staking out your property. But there are a few very simple things you can do on a daily basis that will keep anyone spying on you on their toes. One smart trick previously mentioned is to make it appear like there is always someone home — even if there isn’t. One way to reinforce this is by pretending to say goodbye and waving to “someone” in another room whenever you

leave the house, even if there's no one there. That way, if someone is watching you, they'll think you said goodbye to someone else who's still at home.

Another great trick is to always park your car in the garage with the garage door closed instead of in your driveway. That way, if someone is trying to pick up on your patterns, a car missing from the driveway won't tip them off.

Also, never leave notes on your door to for neighbor or delivery people — they're a dead giveaway that you're not home.

Place signs around your home that say you have a security alarm.



A high percentage of all break-ins are forcible entries, which means something was broken in order to gain access to your home.

What crooks often do is knock on your door, and if no one answers, they break in.

Alarm systems that go off when a window is shattered or door is

kicked in are extremely helpful but can be costly. If you can't afford one, fake alarm signs can deter a burglar from targeting your home in the first place.

Keep your yard tidy.

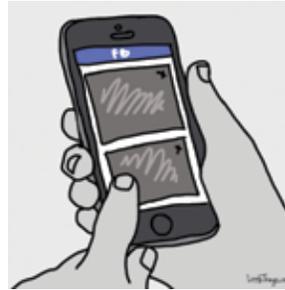


Keeping your yard trim and tidy is also a fantastic and affordable way to keep your home safe. Think of it this way: An overgrown lawn suggests that someone is not home to care for it, which makes a burglar believe it's safe to enter a home.

A yard full of clutter can also help a thief get into your house. For instance, if you leave a ladder in plain sight, it can be used to access the roof or a second story window that may not be locked. Tree limbs that are close to the roof can be used to climb up to the roof as well.

It's also wise to trim your hedges. Tall shrubs provide a thief with a great place to hide and stake out your patterns, like what time you leave in the morning and what time you get home at night.

Be smart about social media.



We love to share on social media. But if you're traveling, think twice about what you post. For instance, an innocent Tweet or Facebook message announcing publically that you will not be home at a certain point, makes you a possible target for burglary.

Also, try to post pictures from a vacation AFTER a trip rather than in real time, and if you live with kids or teens, make sure they do the same.

Be bright about your lights.



If we see a light on in a house, we assume someone is home — and so do thieves.

Having a light on is always a bright way to discourage a burglar from trying to

break into your home. Investing in indoor and outdoor lights with timers or motion detectors is a wise thing to do, but it can also be costly when you consider installation fees and utilities.

For a less costly alternative, consider an affordable gizmo such as a "FakeTV". The gadget uses the same amount of energy as a nightlight to make your TV glow even when it's not on. That way, if someone is looking into your home from a distance, it looks like someone is home watching TV.

Embrace technology.



Consider investing in a few small webcams. These tiny cameras can be hidden all over your home, on bookshelves or even inside of an innocent teddy bear, and can record a perpetrator in the act.

Source: <https://www.littlethings.com/how-to-keep-your-house-safe-from-burglars/>

PETT'S KITCHEN



I'm a big fan of healthy recipes with simple ingredients you would find in your own cupboards.

– Hayley Petrow



Sweet & Tender Pork Shoulder Roast

- 1/4 cup brown sugar
- 1/4 cup ketchup
- 2 tbsp balsamic vinegar
- 2 tsp paprika
- 2 tsp cumin
- 1/4 tsp mustard
- 2 dashes salt and pepper
- 2 lb pork shoulder

- Preheat oven to 250°
- Combine all ingredients.
- Place pork in a baking dish/pan, fat side up.
- Slather with mixture.
- Cook for 7 hours, or until meat is cooked throughout.

Recipe found at esquire.com

Whole Wheat Pancakes

- 1 cup milk
- 1 tbsp vinegar
- 1 egg
- 2 tbsp butter, melted (plus a bit more to grease frying pan)
- 1 cup whole wheat flour
- 2 tsp sugar
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt



- Yields 6 medium sized pancakes
- In a large bowl beat wet ingredients.
- Then combine the rest of the ingredients. Make sure you stir in loose flour, but there should still be lumps. Pancake will be tougher if lumps are stirred out.

Recipe found on fifteenspatulas.com

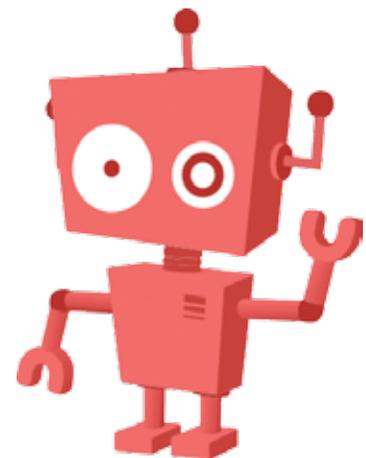
Have you checked out **Kiddle?**

Dear Parents,

When your children use the Internet to search for images for projects or anything related to school work, please encourage them to use "Kiddle" instead of Google.

Kiddle is a child-specific search engine supported by Google, which prevents the appearance of things that are not suitable for them.

www.kiddle.co





Eggcellent

EASTER CRAFTS & ACTIVITIES

Don't break the bank on expensive crafts for kids. Get creative with your recycling bin and with these easy projects that can be assembled from everyday items.

1. Make an Easter Tree

With some branches collected from your garden or local park put into a vase, decorate your Easter Tree with some homemade ornaments. These Easter Egg decorations were made using beads melted in a cookie cutter shape. Clever hey?!



Source: <https://www.brightstarkids.com.au/blog/decorating/easter-crafts/>



2. Sock Bunny

I'm in love with these sock bunnies, are you as well?

3. Egg Carton Chicks

Transform an old, clean egg carton into a little chick that can open its mouth. Your little one will love filling it up with eggs!



4. Sharpie Eggs

Get creative with Sharpie pens - no mess and no cleaning up!

5. Easter Bunny Bean Toss

Want to exercise your kid's motor skills? Make this easy Easter Bunny Bean Toss along with the carrots and let your kids try and toss them into the bunny's mouth or belly!

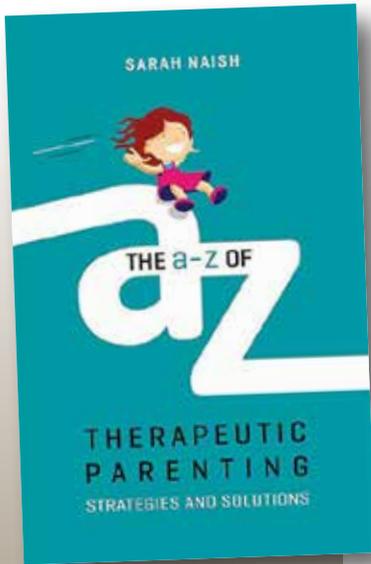


6. Bunny Basket

This cute Bunny basket was made using tape and a recycled cardboard tube.



goodreads



The A-Z of Therapeutic Parenting: Strategies and Solutions

by Sarah Naish

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, *The A-Z of Therapeutic Parenting* gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.

Easy to navigate and written in a straightforward style, this book is a 'must have' for all therapeutic parents.

Paperback, 344 pages

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Publishers

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Expert in attachment and Therapeutic Parenting and author from Dursley, Gloucestershire, United Kingdom, Sarah Naish is passionate about writing the books which parents have said they desperately need! She is an adopter of 5 siblings, former Social Worker, former owner of 'Outstanding' Therapeutic fostering agency, and founder/ CEO of The National



Association of Therapeutic Parents, (not for profit). Now an international Keynote conference speaker and expert in the field of compassion fatigue and therapeutic parenting. Sarah is well known for writing succinct, practical often humorous and jargon free books to help foster parents, adopters and any other parent caring for a child who has suffered trauma.



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