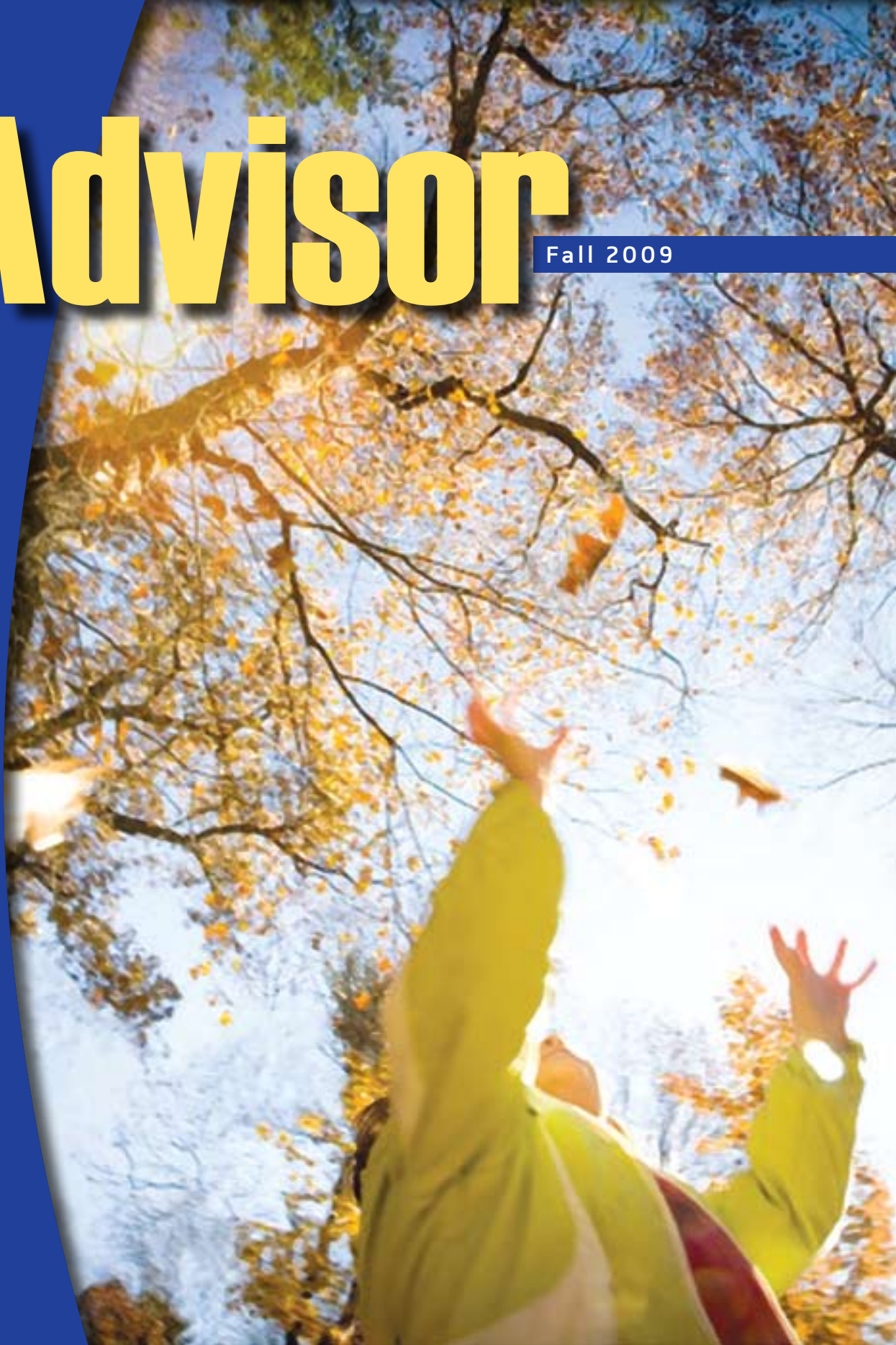


# Advisor

Fall 2009



SASKATCHEWAN FOSTER FAMILIES ASSOCIATION INC.

[www.sffa.sk.ca](http://www.sffa.sk.ca)



# Advisor

Volume 4 Issue 2  
Fall 2009

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## Children's Discovery Museum on the Saskatchewan

The Children's Discovery Museum on the Saskatchewan is a not-for-profit, charitable organization dedicated to fostering creativity, curiosity and a life-long love of learning in children ages 10 and under. They offer a great place to learn through play! They currently have three permanent exhibits at this location:

### MUDDY PAWS ANIMAL CLINIC



A vet clinic where children learn about taking care of animals. Kids can choose a stuffed animal, dress up as vets, fill out a check-up form, examine their "patients" with

medical instruments, and treat injuries and illnesses.

### NORTH WOODS

A replica of a northern Saskatchewan campsite, complete with a canoe to paddle, a campfire to build and cook over, and a tent for relaxing and reading. Children can learn about camping, animals, what being an explorer might be like and much more.

### PERFORMANCE ARTS STAGE



An exhibit dedicated to theatre and music. Children can put on costumes, dance, sing, play instruments, put on puppet shows, and create and star in their own productions.

... they are located in **Market Mall**  
**2325 Preston Avenue South**  
**(across from the Mini-Golf and right next to Mulberry's Restaurant)**  
**Phone: 683-2555**

Please check it out if you are stopping through or live in Saskatoon!

*Reminder to all foster parents to respect confidentiality of all information regarding a child, the child's family, and his/her background This includes posting pictures and any identifying information on the internet (Facebook, MySpace, blogs, etc.)*

## The SFFA has moved!



Effective immediately, we have moved to **233 4th Ave South** ... same building, right next door, and up the stairs!



**Saskatoon Adlerian Society**  
is partnering with the SFFA to offer more amazing resources to both foster parents and members of the Adlerian Society.

# A Message from the Governor General



RIDEAU HALL  
OTTAWA

October 2009

**D**uring this National Foster Family Week, it gives me great pleasure to extend my warmest wishes to the members of these families, and to the staff and volunteers at the Canadian Foster Family Association.

These parents, children and the members of their families make a unique contribution to our society. Foster families open their hearts and homes to vulnerable children and youth and bring them comfort, security and a chance to grow. They want to help them develop their full potential and believe in their own ability to discover even more resources and love within themselves. They believe that every child taken in deserves to be welcomed into their homes with open arms.

I am touched by your contribution and the one made by those who support your efforts. I join all Canadians honouring your generosity and sense of adventure this week in saying thank you.

May you all continue this mission you have made your own, a mission that is fundamental to our children, our families, our communities and our country. There is no telling what gifts the children you foster may bring to the world!



Michaëlle Jean



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

## A Letter from the Prime Minister



PRIME MINISTER . PREMIER MINISTRE

It is with great pleasure that I extend my warmest greetings to everyone marking National Foster Family Week 2009.

With an admirable combination of unending patience and unconditional love, foster families step in voluntarily where family structures can no longer cope, opening up their hearts and their homes to provide a safe, nurturing and stable environment for children whose families are in crisis.

I would like to commend the thousands of Canadian foster families who strive each and every day to make a positive and lasting difference in the lives of young people. Your job is not an easy one, and the rewards are often intangible or fleeting, but you may take satisfaction in knowing that you are helping to make our country a better place in which to live. I would also like to thank the Canadian Foster Family Association for their tireless commitment to the well-being of children in Canada.

On behalf of the Government of Canada, please accept my best wishes for an enjoyable and successful National Foster Family Week.

The Rt. Hon. Stephen Harper, P.C., M.P.

OTTAWA  
2009

# Message from Deb Davies: Executive Director of the SFFA

Hope everyone had a wonderful summer! Fall has arrived, kids have returned to school – and think, Christmas is just around the corner!

We are again three-quarters of the way through another busy year at the association. In February of this year, Minister Donna Harpauer announced a number of new initiatives that will provide additional support to our members. In order to carry out those initiatives, the Board of Directors and the Provincial Office staff have been working closely with the Ministry in allowing us to commence the implementation of these new initiatives.

## The Ministry is providing additional funding for the SFFA to expand recruitment efforts, including:

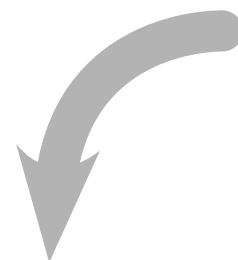
- ▶ \$150,000 for promotional activities;
- ▶ Resources to hire a dedicated foster home recruitment specialist to attract Aboriginal families;
- ▶ Resources to hire dedicated staff to respond to initial foster home inquiries and support implementation of PRIDE;
- ▶ Beginning in March 2009, the Ministry will launch a new initiative to engage existing foster families in attracting potential foster caregivers through a referral program;
- ▶ In partnership with the SFFA, the Ministry will establish a working group to review and simplify the foster family payment fee structures;
- ▶ The Ministry will pay foster families for the time they spend completing foster parent training as part of the new Parent Resources for Implementation, Development and Education (PRIDE) program;
- ▶ The Ministry will increase funding to the SFFA to enhance respite programming for foster families;
- ▶ Additional funding will be available for damage compensation, and the process for foster families to make claims for damages to their property will be improved;
- ▶ In partnership with the SFFA, the Ministry will establish a mentorship program to allow experienced foster families to assist newly approved families.

Plans are well underway for the **Canadian Foster Family Association (CFFA) & the Saskatchewan Foster Families (SFFA) 2010 Conference**, which will be held in Saskatoon. The theme of next year's conference is *"Walking Together, Voices for Change"*. The CFFA meetings will be held from June 7-10 with the conference portion scheduled for June 11 & 12. Please plan on attending; this conference will provide our members with an opportunity to network with our peers from across the country and will provide an opportunity for learning. We look forward to welcoming foster families from across the country to our wonderful province.

Staff around the province prepared and took part in celebrations marking Foster Family week for 2009 (October 19-25).

In closing, I would like to thank the SFFA Board of Directors, our SFFA volunteers (Peer Support, Rate Board and PRIDE Trainers) for their commitment and support that they provide to their peers. Last but defiantly not least, the provincial office staff, without you our dedicated team we would not have been able to achieve the accomplishments that we have.

*Remember the SFFA is your voice and your organization; we are here to support you! One large voice is usually more effective than scattered ones.*



**SFFA Website**  
[www.sffa.sk.ca](http://www.sffa.sk.ca)

*Come check it out!*

- ▶ We will have continuous announcements from our staff
- ▶ We will have a calendar of events for the whole province
- ▶ Updated manuals and policies
- ▶ A list of our Resource Centre materials... and much more!!

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



## The SFFA is here to help

### WHAT WE DO

The SFFA is a network of supports for foster parents. A team comprised of the Executive Director, an Intake and Volunteer Coordinator, a Coordinator of Services, Office administrator, and Family Support Coordinators.

The Family Support Coordinators who, with the assistance of local support volunteers listen to the needs of families, advocate on their behalf, and provide support through difficult times. We are here to answer questions, clarify policy, or to just listen!

### WHY USE US?

The SFFA has knowledge in the policies and protocol used in the administration of the foster care system. We use this knowledge in conjunction with our over 35 years experience in diplomatic negotiation in order to support our foster parents.

### WHAT HAPPENS WHEN YOU CALL FOR SUPPORT

Our intake/volunteer coordinator will take your call. If they are unable to answer your concerns then your call will be transferred to a Family Support Coordinator. After listening to your concerns, the support coordinator will be in contact with the Ministry if necessary, to advocate for you. This may lead to an immediate solution to your concerns or may require a meeting between you and the Ministry which the Support Coordinator can attend. The SFFA Support Coordinator can travel to your region to support you. Should the issue still not be resolved then the foster parent has the option of entering the conflict resolution or mediation process with the Ministry.

The conflict resolution and mediation process is outlined in the *Childrens' Services Manual*. (There is a link to this policy manual on our web site.)

## An inspirational letter to a Saskatchewan Foster Parent

If you have any poems, stories or announcements that you would like us to include in the **Advisor** publication, please contact Tracey at the provincial office at (306) 975-1580 or toll free at: 1-888-276-2880 or email your submission to: traceya.sffa@sasktel.net

Dear Marilyn,

On the weekend I was working on my Remembrance Day program, and I was putting together the music for our Peace Assembly. One of the songs that I am going to use this year is, *Angels Among Us* by Lisa Brokop. As I was listening to the words again, I could not help but think of you with your children at the dance on Friday night (one sleeping peacefully on the table, one sleeping snugly on your shoulder and one having great fun on the dance floor!) I think that you are an angel among all of us. I see your qualities of kindness, caring and compassion in your daughter everyday in my room at school. Our community and the children that you take into your home are truly blessed to have you as a role model. You are someone who is selfless and making the world a better place.

"To the world you may be one person, but to one child you may be the world."

Sincerely,  
Louise

*"A family is a gift that lasts forever"*

**NEW**

## Damage Assessment Process

The following process pertains to damage to foster families' home or personal property that is not covered by their personal home insurance or the Saskatchewan Foster Families Association liability insurance. In these circumstances the foster families may seek compensation from the Ministry of Social Services and the process for doing so is follows:

- ▶ Foster parent notifies the Saskatchewan Foster Families Association of the loss or damage caused by a foster child or children in their care.
- ▶ The Saskatchewan Foster Families Association contacts the Independent Damage Assessor to carry out an assessment of the loss or damage.
- ▶ The Independent Damage Assessor will contact the foster family and an investigation to determine the origin, details of damage and cost associated with the loss will be carried out. Contact will be made by phone initially and if necessary, a personal visit to the foster home will be made.
- ▶ Following the completion of the investigation, the Damage Assessor will provide the Regional contact person at the Ministry of Social Services with a detailed report, outlining the damage amount the foster parent is seeking, for the Ministry's consideration and possible reimbursement.

*The Damage Assessor will be available to the Regional contact to provide additional information or clarification as required 1-888-276-2880.*

### **The following are services that may be provided by the Damage Assessor:**

Provision of a detailed report, including:

- ▶ Details surrounding damage or loss
- ▶ Scope of damages
- ▶ Competitive repair or replacement estimates
- ▶ Photographs of loss or damage
- ▶ Assessors recommendations with regard to settlement

## Provincial Annual General Meeting

Our Provincial annual general meeting was held June 13, in North Battleford, Saskatchewan, at the Tropical Inn.

The morning started out with registration beginning at 8am, and then at 9am, the meeting began. We first had opening remarks from Tracie Gilchrist, the President of the Saskatchewan Foster Families Association. The meeting got underway with a cultural education and awareness piece. We had the band *Wildhorse* singers, drumming and chanting, followed by the Elder, Margaret Ruda. Margaret told some of her stories growing up as a Métis child and trying to fit into her culture.

Tim Koral then spoke about the updates from the Ministry of Social Services. He addressed issues such as how much foster parents will be paid for completing pre-service training for PRIDE, as well recruitment and retention issues and ideas to address these.

Tim's' speech was followed by Enola Kayseas and Darlene Bohach discussing the PRIDE cultural component, and how filming will take place in Saskatchewan to incorporate our Aboriginal culture and construct PRIDE to be relevant to our Province.

President Tracie Gilchrist called the PAGM to order at 1:00pm with good representation from all the locals.

There was much discussion on the following topics:

- 1] Funding for the National Foster Families conference: information on who can go and who selects the delegates to the conference. A request that information be put in the newsletter so that all locals can understand the process and apply to go.
- 2] Last year's resolutions - Tracie Gilchrist went through the resolutions and gave an update of what actions had been taken .
- 3] The format on how the PAGM handled resolutions was discussed. It was felt by some that a less confrontational way should be found in debating resolutions. No motion was brought to the floor.
- 4] Better communication between the board and the locals needs to happen. Tracie Gilchrist made the promise over the next year this would be a major theme of the board.

The elections were held and Jordan Carriere, Christine Fullawka and Steven Clark were elected to the board for a two year term.

The meeting closed with optimism and a challenge to keep the doors of communication open.

*Thank you to everyone who helped with the PAGM. We hope that the information provided, was beneficial.*



## Some Facts About H1N1

**P**revent getting H1N1 in the first place by following the hand washing guide on the WHO website.

► You will not be able to tell the difference between seasonal flu and influenza (H1N1) without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only your medical practitioner and local health authority can confirm a case of influenza (H1N1).

► A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing,

*This information was taken from the WHO website: [www.who.int/](http://www.who.int/)*

## What Foster Parents need to know about FAS

### What is FAS?

- Umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy
- May include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications
- Not a diagnosis

### How you can expect someone with FAS to act:

- Overly sensitive to bright lights, certain clothing, tastes and textures in food, loud sounds, etc.
- Have problems with balance and motor coordination (may seem "clumsy").
- Do not complete tasks or chores and may appear to be oppositional
- Have trouble determining what to do in a given situation
- Do not ask questions because they want to fit in
- Have trouble with changes in tasks and routine
- Have trouble following multiple directions
- Say they understand when they do not
- Have verbal expressive skills that often exceed their verbal receptive abilities
- Cannot operationalize what they've memorized (e.g., multiplication tables)
- Misinterpret others' words, actions, or body movements
- Tend not to learn from mistakes or natural consequences
- Frequently do not respond to reward systems (points, levels, stickers, etc.)
- Repeatedly break the rules
- Give in to peer pressure, have difficulty entertaining themselves
- Naïve, gullible (e.g., may walk off with a stranger)
- Struggle with abstract concepts (e.g., time, space, money, etc.)

Studies have shown that early diagnosis and a stable, positive environment can improve the outlook for people with an FASD.

*Information courtesy of [www.fasdcenter.sambsa.gov](http://www.fasdcenter.sambsa.gov)*

## Saskatchewan Foster Families Health & Dental Plans

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

There is a plan to suit everyone's health and budget. Dental services, prescription drugs, vision care and registered specialists are a few of the health expenses each of us faces without coverage.

By selecting a health plan and any combination of additional coverage options that best fits your life, you can provide cost effective benefits for your family. You can also add new coverage options each year you renew your plan.

Individual coverage can be affordable and there is a plan to suit everyone. **To obtain a quote or application form, call Janea Bellay at Performance Financial Services Inc. (306) 281-3891 in Saskatoon or email [janea@performancefinancial.ca](mailto:janea@performancefinancial.ca).**

Your family is important to you. Find out how you can get additional benefits!



# All Terrain Vehicles

Saskatchewan Legislation is supported by the All Terrain Vehicles Act (ATVA), & the Traffic Safety Act (TSA)

According to the (ATVA) and the (TSA), children under the age of 16 can operate an ATV owned by an immediate family member. An immediate family member is defined as spouse, parent, guardian, child, brother, or sister of the person.

Children between the ages 12-15 years can operate an ATV on public or private property provided they have passed an approved ATV course, are accompanied on the ATV or supervised by an adult who has held continuously for the immediately preceding 365 days a permit to operate an ATV or have passed an approved safety training course.

Children ages 12-15 can operate an ATV on an untraveled portion of the highway or for the purpose of crossing the highway, at the shortest available route possible. Everyone must have permission to operate an ATV on private property. It is mandatory that everyone wear a helmet, except when operating an ATV on land owned by an immediate family member. There may also be Municipal Bylaws, please consult with them to clarify.

**Please consult with the Ministry of Social Services for permission for the children and youth in care, to ride or operate an ATV.**

## ATV safety tips

Enjoy your ATV Adventure with Safety. An ATV is a great way to enjoy the outdoors. ATVs (All Terrain Vehicles) handle differently from other vehicles and it's important to understand safety guidelines before you head for the hills. Take a look at these safety tips and ensure your ATV adventure is always fun.

### Follow these instructions for ATV Safety:

- ▶ Always read your Operator's Guide, Safety Handbook and all labels carefully and follow the operating procedures described; watch an ATV Safety Video.
- ▶ Take a training course. Never operate an ATV without proper instruction.
- ▶ Always follow age and passenger recommendation for your ATV (check with your dealer for specific guidelines).
- ▶ Never operate an ATV on any paved surfaces or public streets.
- ▶ Always wear protective gear including an approved helmet that fits properly.
- ▶ Never consume alcohol or drugs before or while operating this ATV.

- ▶ Inspect your ATV each time you use it to make sure it is in safe operating condition.
- ▶ Be alert to changing terrain conditions; check for obstacles before operating in a new area. Be cautious of excessively rough, slippery or loose terrain. Never attempt to operate over large obstacles, such as large rocks or fallen trees.
- ▶ Always follow proper procedures for climbing, descending and crossing hills; check terrain before you start. Don't attempt a hill too steep for the ATV or your abilities.
- ▶ Never operate an ATV in fast flowing water or in water deeper than that specified in the Operator's Guide and the Safety Handbook. Remember that wet brakes may have reduced stopping ability.
- ▶ Always be sure there are no obstacles or people behind you when you operate in reverse. When it is safe to proceed in reverse, go slowly.

**These safety tips are only guidelines provided by Bombardier ATVs Operator Safety Checklist, for more information about ATV Safety, call: Canada Safety Council (CSC): 1-613-739-1535 ext. 227**

Information attained from the website: <http://www.safekidscanada.ca/SKCPublicPolicyAdvocacy/custom/ATVProvincialLegislationChart.pdf>



## Winter Survival Kit

In the age of good highways, sophisticated cars, and ever present cell phones, we worry less than ever about the hazards of winter driving. We shouldn't be so flippant about the risks of winter travel. We can all be better prepared by simply packing a winter essentials kit in our cars:

- Winter coat, hat, and gloves; ideally a blanket (or more than one) as well
- First-aid kit
- Some non-perishable food such as granola bars, or crackers; even just some hard candy can help
- Matches in a water-tight container
- Candles and an empty coffee can to melt snow; a cup is a good idea as well
- Flashlight with extra batteries
- Small tool kit or at least an all purpose tool
- Shovel
- Jumper cables
- Tire chains



## Discounts for Foster Families

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

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

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

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

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

### Saskatoon Travelodge

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

### Costco Wholesale

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

### The Brick

**Saskatoon:** contact Randy King or Ken Collier and they will give you contract pricing. Make an appointment with Randy and the process will go more quickly 244-1400.

**Prince Albert:** Contact Heith Olmstead for contract pricing 763-1775.

**Regina:** Contact Roger Martin for contract pricing 924-2020.

**Moose Jaw:** Contact Ron Morin for contract pricing 692-9520.

**North Battleford:** Contact Nathan for contract pricing 446-3433.

### Uncle Ed's Furniture

(Saskatoon) Talk to Bernie or Manfred and they will give you a good discount 244-2057.

### Tomas The Cook

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

### Cozy Cradles & Kids Wear

(Regina) Offers a 10% discount to Foster families.

## How to cut down on lunchtime waste?



**I**t has been estimated that on average a school-age child using a disposable lunch generates 67

pounds of waste per school year. That equates to 18,760 pounds of lunch waste for just one average-size elementary school.

*Please consider reducing the amount of lunchtime waste your family generates.* Think about what you can do to cut down on waste. Here are a few suggestions for getting started:

- Pack a cloth napkin instead of a paper napkin.
- Pack stainless-steel utensils instead of using disposable plastics.
- Pack a reusable drink container instead of disposable juice boxes,

juice pouches, cans, and plastic bottles.

- Pack lunch items in reusable containers. Avoid using plastic wraps, plastic bags, wax-paper bags, and aluminum foil.
- Avoid purchasing pre-packaged items. Buy foods in larger containers and leave them at home for recycling.
- Pack lunches in a lunch box or backpack instead of relying on paper or plastic bags.



## A note from the Ministry of Social Services

### *Hello Foster Families!*

You will recall that in March 2009, the SFFA mailed the Ministry's information booklet, entitled "Putting Children First", to all foster families in the province. This booklet provided information regarding the Ministry's response to the Children's Advocate Report; Breach of Trust. The booklet also included some of the Ministry's plans for new initiatives to improve services and supports to foster families.

Among these new initiatives are payments to foster families for attending required training and a "finder's fee" for referring new foster families.

Payment for completion of PRIDE training will be provided to all foster parents at a rate of \$270.00 per person. This includes all new and existing families who have completed PRIDE PreService, or Introduction to PRIDE sessions, and are actively fostering effective April 1, 2009. (This payment is in addition to the current reimbursement of training expenses for foster families, ie. babysitting, mileage, etc.) This new payment will automatically be administered by your resource worker, therefore you need not make application for these funds. We are striving to have these payments in the hands of foster families by early fall.

A payment similar to a finder's fee will be paid to a foster family who refers a prospective foster family. Once the new family is approved and has accepted their first placement, the referring family receives payment of \$200. This finder's fee / referral program became effective July 1, 2009.

In the coming months, the Ministry will be working very closely with your provincial association to implement these and other changes, including increased foster care advertising throughout the province, improvements to respite and damage compensation and developing

a mentorship program for new foster families.

A final note regarding the Children's Advocate Report released in February, 2009: There are numerous references in the report regarding the reporting of *Serious Case Incidents*. It is mandatory to report all *Serious Case Incidents* to your foster child's caseworker as soon as possible following the incident.

Please remember that *Serious Case Incidents* include, but are not limited to the following:

- ▶ incidents that may affect the health, safety and well-being of children (this includes physical or sexual assault of children by anyone including other children);
- ▶ adverse reaction to medication of a child in care;
- ▶ allegations of serious violent crime (i.e. homicide, assaults, arson, armed robbery, major property offence) committed or alleged to be committed by a child in care;
- ▶ intentional or willful damage of property by a child.

Thank-you for your attention to this.

Foster families are vital to supporting our child welfare system and we at the Ministry are ever appreciative of the efforts and contributions that you make on a daily basis. As you know, we are always looking to recruit new families, so if you know of a family who may be able to provide a loving, stable environment for foster children, please encourage them to contact the SFFA.

**Eva Carpenter**  
Senior Program Consultant, Foster Care  
Child and Family Services Division

## **Attention:** Policy change regarding Foster Parents adopting

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



## Families Together – READ Saskatoon

#6 Bateman Crescent  
(off Main Street, behind the  
8<sup>th</sup> Street Superstore)

Come in out of the cold and have a warm evening with your family! We meet every Wednesday at 6:30pm at *Radius Community Center* for games, stories and laughter. This is a FREE program open to all families!

# Attention Deficit-Hyperactivity Disorder

## What is Attention Deficit-Hyperactivity Disorder?

Attention deficit-hyperactivity disorder (ADHD) is a neurobehavioral disorder that affects 3-5 percent of all children in North America. It interferes with a person's ability to stay on a task and to exercise age-appropriate inhibition (cognitive alone or both cognitive and behavioral).

## Types of ADHD

There are several types of ADHD: a predominantly inattentive subtype, a predominantly hyperactive-impulsive subtype, and a combined subtype. ADHD is usually diagnosed in childhood, although the condition can continue into the adult years.

## Warning signs

Some of the warning signs of ADHD include failure to listen to instructions, inability to organize oneself and school work, fidgeting with hands and feet, talking too much, leaving projects, chores and homework unfinished, and having trouble paying attention to and responding to details.

## Is there any treatment?

The usual course of treatment may include medications such as methylphenidate (Ritalin) or dextroamphetamine (Dexedrine), which are stimulants that decrease impulsivity and hyperactivity and increase attention. Most experts agree that treatment for ADHD should address multiple aspects of the individual's functioning and should not be limited to the use of medications alone. Treatment should include structured classroom management, parent education (to address discipline and limit-setting), and tutoring and/or behavioral therapy for the child.

## What is the prognosis?

There is no "cure" for ADHD. Children with the disorder seldom outgrow it; however, some may find adaptive ways to accommodate the ADHD as they mature.

*Information courtesy of The National Institute of Neurological Disorders and Stroke*

## Word Search

Can you find the hidden words? **Each word ends with the letter H.** The words may be horizontal or vertical.

D R N G D T E N O U G H V  
A P E A C H F R E S H J M  
M O N T H V I S M O O T H  
B W N S E A N O V B Y C P  
E A R T H N I L Z D I S H  
A T L O M I S M Y T H C T  
C C E M D S H L D J I R O  
H H N A U H N A E M G A U  
V V G C W R R R P B H T C  
P T T H A O I C T A E C H  
E Y H M S U C H H T A H V  
M A R C H G H T V H C Y G  
T V Y Z L H I J O U H V J

ARCH, BATH, BEACH, DEPTH, DISH,  
EACH, EARTH, ENOUGH, FINISH, FRESH,  
HIGH, LENGTH, MARCH, MONTH,  
MYTH, PEACH, RICH, ROUGH, SCRATCH,  
SMOOTH, STOMACH, TOUCH, VANISH,  
WASH, WATCH.



## Saskatoon Police Service Announces its newest member!

**T**he yet to be named SPS mascot will visit schools and take part in public events building relationships in the community and promoting crime prevention and safety.

**If you are an elementary school student, enter to win a \$50.00 Cineplex gift certificate.** Submit your entry including your name, age, grade, school, address and phone number to [PoliceService@Saskatoon.ca](mailto:PoliceService@Saskatoon.ca) by October 30, 2009. Limit of one contest entry per student.

## How much sleep do children need?

**A**s your child moves past the first year toward **18-21 months old** he will lose his morning nap and nap only once a day for an hour and a half, to two hours. While toddlers need up to 14 hours a day of sleep, they typically get only about 10½.

The transition to one nap may be a bumpy one, though, where one nap is not enough and two are too many. If this is the case, you may try moving his bedtime earlier, so that he is more rested and better able to skip the morning nap. Another approach involves alternating one-nap and two-nap days, depending on his sleep the previous night.

If your child is sleeping well and is rested, occasional changes in his daily routine are generally well tolerated. However, if he is not sleeping well, changes may cause quite a few problems. Children at this age move to a bed from a crib and often develop sleep issues that include fears (monsters, the dark, separation), refusing to take naps, resisting going to sleep, night waking, getting out of bed, and getting up too early.

**Children three to six years old** typically go to bed around 7 - 9 pm and wake up at about 6 - 8 am, just as they did when they were younger. At age three, most children are still napping, while at five years most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

You are impressed and exasperated at how well your child has developed bedtime stalling tactics, and at how easily you may be manipulated – “I need to go to the bathroom (again). I need a glass of water; I am so thirsty. Wait, I love you (for the fourth time).”

As always, you must be sensitive to your child's sleep needs and aware of how well rested she is. Nursery school, preschool, playgroups and the like may wind up eliminating naptime. So don't eliminate naps if he/she is not ready.

Sleep, among other factors, influences your child's temperament. Poor sleep (too little and/or poor quality) is associ-

ated with behavior problems like aggression, defiance, non-compliance, oppositional behavior, acting out, and hyperactivity. The inability to put themselves back to sleep unassisted and irregular bedtimes are also associated with behavior problems. It is clear, then, that the proper amount and quality of sleep are very important for your child's development.

**At seven to twelve years old**, with social, school, and family activities, bedtimes gradually become later and later, with most 12 year olds going to bed at about 9 pm. There is still a wide range of bedtimes, from 7:30 - 10 pm, as well as total sleep times, from 9 - 12 hours, although the average is only 9½ hours.

Sleep needs do not decrease and remain vitally important to your child's health, development, and well-being. Without the proper amount of sleep, your child will become increasingly sleepy during the day. Those children with a history of sleep problems see them persist. They do not “outgrow them.”

**Sleep needs remain just as vital to health and well-being for teenagers** as when they were younger. It turns out that many teenagers over 15 actually need more sleep than in previous years. Now, however, social pressures conspire against getting the proper amount and quality of sleep.

Teens are not getting the sleep they once did, and many have difficulty falling asleep and frequently wake up at night. This is not normal, and all this is taking a toll. Sleep deprivation is associated with mood changes and behavioral problems, including conduct disorders and inattention.

One study of North American high school students found that 13% were chronically sleep-deprived. Other international studies confirm the global nature of this problem. Not getting enough sleep and not sleeping well is not OK.



### Average sleep recommended...

**1 - 3 Years Old:**  
*12 - 14 hours per day*

**3 - 6 Years Old:**  
*10¾ - 12 hours per day*

**7 - 12 Years Old:**  
*10 - 11 hours per day*

**12 - 18 Years Old:**  
*8¼ - 9½ hours per day*

*Information for this article attained through WebMD, Inc.*

## Cyber space advice

**M**ost kids are using computers to surf the Internet these days, but their parents or caregivers may not always be aware of where they are going and what they're looking at. Parents and teachers are left with the dilemma of allowing the internet to be fun and educational, but at the same time safe.



To help parents, caregivers and teachers deal with this issue, there are many software packages on the market designed to 'filter' or 'block' certain Internet sites that may not be appropriate for children to be viewing, as well as unwanted emails and chat rooms. Parents and teachers have to use their own judgement in using these kinds of programs, basing the allowed privileges on the age of the child and their maturity level.

Children under the age of about eight years old should not be left to surf the net by themselves. A parent or guardian should be sitting with the child and

engaging in activities on the web as well, just as if the parent was reading a story or playing any other game with them. This way, you'll know exactly what your child is exposed to while they are surfing. If you are just getting your child or youth started on the Internet, try exploring some resources that can give you tips and advice on instant messages, chat rooms, blogs, message boards and online communities.

If a child is old enough to be on the Internet by themselves, but you are still worried that they might stumble upon some material that is not suitable for them, you can buy, or even test, a free trial version of a software "filter." Some of these programs allow parents to make sure that their child is only visiting certain pages by setting up a list of pre-approved sites. If it's listed, the child gets to go there. If it's not listed, the page is blocked. There are also address checks and chat blocks.

Keep in mind that some of these programs have a tendency to block out certain information, such as anatomy of the body, which may be useful for your child during school projects. Software filters can be helpful, but none take the place of talking with a child about surfing safely.

## Something to check-out

**T**he Foster Care Trading Post, that used to be called Foster Care Share, is exclusively for Foster Parents to use; has all kinds of FREE items up for the taking. Do you have used articles that you no longer need, such as children's clothing and/or toys, furniture or appliances? Do you need some new items like a bed, household items, or personal items?

Next time you're on your computer, you can visit one of these sites:



for **Saskatoon**

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

for **Regina**

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

for **Fort Qu'appelle**

<http://groups.yahoo.com/group/FQfostercaretradingpost/>

## Don't forget to ask!

Foster Parents often wish they had asked more questions before accepting a child into their home. The list below is designed to assist you in your discussion with the Ministry. (All questions do not apply to all placements.)

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

Reprinted from the BC Foster Family Association



### Reminder to all Foster Parents

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





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