

Advisor

SUMMER 2022

Home Safety Check
UPDATES

Answering Tough
Questions

Fun things to do
with kids this summer

CARE
Needs Assessment

Honouring &
Caring Gala —
SAVE THE DATE

Summer
Safety tips

Kid Friendly
SNACKS

Advisor

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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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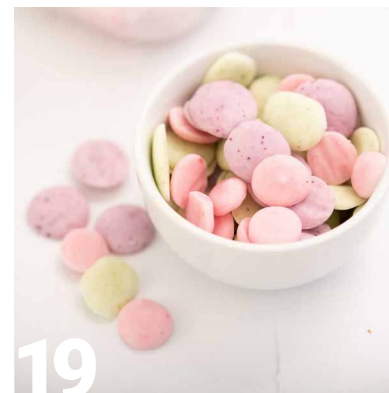
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Message from the Executive Director



Our strategic plan is centered around both the recruitment and retention of Foster Homes. Through our main objectives of support and education, creating stronger and better equipped homes will result in better outcomes for not only Foster Parents but the children and youth they care for. We continue to grow our In-Home Support Services to include not only Foster Families but Extended Family, PSI, Adoptive and Alternate Caregivers.

Training Coordinator to assist families complete the training requirements when caring for children with complex needs. I am pleased to represent our families on the PRIDE Directors Panel to review and approve families that are caring for children assessed at a Level 3 or higher associated to the PRIDE Care Needs Assessment panel.

I would like to thank the Provincial Office staff, In Home Support providers, Foster Families, Caregivers, and community partners for the important work you do each day. I am grateful for the expertise and leadership of our Board of Directors. Together, we work to achieve our Vision and Mission of the organization in providing the best supports to our members and the very best outcomes for children and their families.

Sincerely,
Deb Davies

It is hard to believe the school year is coming to an end and we are heading into summer before we know it. I would like to take this opportunity to thank all of our families for the ongoing support they provide to the children and youth in their care. Fostering can be challenging and certainly with all of the challenges these past few years added some additional complexities to navigate through.

As we continue to move forward with enhanced education and compensation through the PRIDE Levels of Pay Project, we are gaining a stronger understanding of what challenges our families face and how important support is to maintain children with complex needs in family-based care. Members of our team represent our organization on the Care Needs Assessment Panel, and we have a dedicated

SAVE THE DATE

Honoring & Caring
Gala

SASKATCHEWAN FOSTER FAMILIES

October 15, 2022 • Saskatoon SK

Care Needs Assessment

PRIDE Levels of Pay - Phase Two

Care Needs Assessments must be completed within 30 days of the identified need.

If a child's needs are complex, a panel assessment may help to:

- review special needs supports;
- ensure appropriate matching; and,
- better equip families through mandatory training and case specific support.

The caseworker should be prepared to present specific details of the child's needs, examples for each issue and all available assessments.

Care Needs Assessment Panel Process

1. The caseworker, Child and Caregiver Support Worker and the foster family should work together to ensure the information is fully captured in the Out of Home Care Referral.
2. Seek approval from the service delivery supervisor and manager, then send to SS CFS Provincial Levels of Pay Assessment Team.
3. The foster family should receive a copy of the information being presented to the panel.
4. The caseworker, Child and Caregiver Support Worker and supervisor will attend the panel and present the child's care needs.
5. The panel will complete the assessment by designating the appropriate level of care.
6. The Provincial Levels of Pay Assessment Team will notify the caseworker of the decision by email within three business days, and send a decision letter to the foster family within five business days.
7. The Child and Caregiver Support Worker will then work with the foster family on next steps and training.

Assessments initiated by a foster parent are a priority.

Information to Include in the Out of Home Care Referral



Health

- formal diagnosis, including prognosis of the condition
- recent hospital visits or hospitalizations
- medical professionals (e.g.: home care, nursing, physicians, etc.)
- medical devices used for vital bodily functions (e.g.: ventilator, dialysis)
- clear information outlining needs, including level of intervention required



Sexual Behaviour

- risks to self or others (e.g.: police involvement)
- required supervision and monitoring (e.g.: aggression, intrusiveness)



Other

- sexual orientation and gender identity supports
- intensive supports to recover from trauma
- victim of sexual exploitation or human trafficking



Mental Health and Addictions


- formal diagnosis, including prognosis of the condition
- recent hospital visits or hospitalizations
- suicidal ideations or suicide attempts
- treatment recommendations from professionals
- participation in formal programming (e.g.: treatment centre, detox, support groups)



Behavioural Challenges

- which environments behaviours are seen (e.g.: home, school, community)
- concerns with school attendance, including the number of suspensions/expulsions
- existing safety plans
- level of aggression (e.g.: SORs or incident reports, including impact level)
- young offender involvement
- absences from approved placements

Tip:
Include frequency, duration, severity and impact of behaviour on daily life.



Answering Tough Questions

Some questions your child will be faced with center around being in foster care or having been adopted. Others may center around issues of race and culture. Below are some common questions with some potential answers to equip your child with, strengthening their sense of racial identity and self-esteem. In general, you should teach your child that he or she doesn't have to answer any of these questions if he or she isn't comfortable doing so. Their life story is for them to decide when to share, how much to share and with whom to share it. You can guide this conversation and prepare them for questions, allowing them to choose what to say.

More on boundaries:

Preparing your child to answer questions can help them form boundaries. If they have a history of abuse, boundaries are a confusing concept, and children in care can believe that they are "everybody's property" and without boundaries. The answers below can help children learn that their life story is private, as is their body; and they have the power to choose with whom to share their private story. This can also serve as a jumping off point to discuss the difference between privacy and secrecy in regard to their life story. Privacy is about respect for yourself and your story, where secrecy is about guilt and shame. Using the word "surprise" can replace "secret" in regards to Christmas presents or birthday presents.

When children are asked difficult questions from others:

"Where's your REAL mom?"

- "That's personal and I don't share that."
- "My parents love me very much."

"Why don't you look like your mother...or sister/brother?"

- "Everybody's unique, aren't they?"
- "Because not all families look alike."

"Why were you adopted? Didn't your mom want you?"

- "I am wanted by my family."
- "I am wanted and loved by more than one family."
- "My parents adopted me because they love me."

"Why are you in foster care?"

- If your child is comfortable answering this, he or she might say "I need to live where it's safe right now." They may also opt to walk away or say they don't feel comfortable answering that question.

"What does it feel like to be adopted?"

- "What does it feel like not to be adopted?"
- With close friends, and depending on your child's age, they may choose to be more open with their answer to this question.

“Do you miss your birth parents?”

- “I don’t want to talk about that....So, have you read the book ...?”
- “Yes, I miss them and I don’t want to talk about it right now.”

“Why do you have a new last name?”

- “Because I have a new last name since I was adopted.”
- “Sometimes people change their names.”

When parents are asked difficult questions from others:

Remember, you are role modeling responses for your child. If you respond out of anger your child may think this topic is shameful to talk about; therefore being a transracial adoptee is something to be embarrassed and ashamed of.

“Where did you get her?”

- If you have more than one child, consider answering the question by acknowledging all of your children in the response.
- It’s always okay to say “This isn’t the place to discuss that” or “That’s personal” and change the subject or walk away.

“She is so lucky to have been adopted by you.”

- “We are the lucky ones to have her in our lives. We love her so much.”

“Do you have any children of your own?”

- “Just these four.” (referring to your birth and adoptive children).

“Are they REAL brother and sister?”

- “We’re really their parents and they are really brother and sister.”
- “We’re a real family...no imaginary family members here.”

“How could his parents have abandoned such a sweet little boy?”

- “It was very difficult for his birthmother, but she couldn’t take care of ANY babies so she chose to find a loving family for her baby.”

“What do you know about her real parents?”

- “We’re his real parents, since we are raising her.”
- “I’m not comfortable sharing such personal information.”

Source: <https://www.adoptontario.ca>

Trauma Competent Caregiver Training

Becoming a Trauma Competent Caregiver is a training session to increase competency and sensitivity in caring for children with a traumatic history.

This training will give you tools to help children that will be placed in your care heal from past trauma while also giving you insight into meaning behind the behaviour of traumatized children.

Online/Virtual Trauma Competent Caregiver Training Sessions will take place on September 17, October 15 and November 19.

FASD Training

The Saskatchewan Foster Families Association provides assistance to the Ministry of Social Services to ensure all foster parents across Saskatchewan have completed their provincially mandated training.

FASD Foster Parent Training, deals with children that have Fetal Alcohol Spectrum Disorder and helps families understand the supports and strategies they can use in their homes.

Online/Virtual FASD Foster Parent Training Sessions will take place on September 14 and November 8.

Visit <https://www.saskfosterfamilies.ca/events> for more information.

If you have questions regarding the training or your registration, please email: training@sffa.sk.ca or call the SFFA Recruitment and Training Coordinator at 306.975.1528.



Fun things to do in Saskatchewan with kids this summer

Saskatchewan is an amazing place for kids to visit. There is so much character, and unique landscapes for kids to explore and experience. There are plenty of historical sites, dinosaurs to uncover, museums to amaze, and adventurous activities such as zip lines, paintball and water parks to enjoy. You certainly won't be short of fun things to do with kids in Saskatchewan. An amazing family day out adventure! Grasslands, farms, forest...and FUN! Saskatchewan is an incredible place with so much character - it's the badlands of Canada. And yes - with badlands of course comes both history...and DINOSAURS! The T-Rex Discovery Center is a great way for kids to get their dino fix, whilst the province is home to so many other great museums like the Royal Saskatchewan Museum and Science Center. Did we mention Saskatchewan is also home to the sunniest town in Canada - it keeps getting better!

BATOCHE NATIONAL HISTORIC SITE OF CANADA

The landscape is generally rolling parkland, containing numerous depressions and brush-filled areas. Trembling aspen is the dominant tree species with some balsam, poplar, birch, and dogwood (red willow) growing near the river. Vegetation used for healing and ceremonial purposes of long ago can still be found along the system of hiking trails. Dandelion, juniper, prairie sage, and a profusion of wildflowers abound. Numerous birds and animals inhabit Batoche. Coyotes are occasionally seen along the river bank as are white-tailed deer. The distinctive calls of soaring red-tailed hawks often compete with the squawks of the feeding pelicans and gulls along the river's edge. As you walk, the bushes will periodically rustle with the sound of ground squirrels, songbirds and rabbits searching for that elusive meal. Enjoy the natural

beauty of Batoche along our system of walking trails. Available in the visitor centre, the South Saskatchewan Meander guiding pamphlet provides background information about the natural history of the area.

BLUE MOUNTAIN OUTDOOR ADVENTURE CENTRE North Battleford

Blue Mountain Outdoor Adventure Center offer a high standard of family adventure entertainment. There are a huge number of options varying depending on the season, with the range including: Zip Lines and High Wire Ropes Course, Huge Paintball Facility, Wall Climbing, Nature hiking, Mountain Biking, Cross Country Skiing, Tubing and Ice Skating! All of the options are tailorable and intricate and well worth planning properly to get the best trip suited to you.

CHILDREN'S DISCOVERY MUSEUM (Wonderhub)

Saskatoon

The Children's Discovery Museum (located in the Mendel building) is a place where children can learn through play. Fostering creativity, curiosity, and a lifelong love of learning. Engaging for all kids, regardless of their background, abilities, or finances.

FORESTRY FARM PARK & ZOO

Saskatoon

Rekindle a sense of childhood wonder with a trip to the Saskatoon Forestry Farm Park & Zoo. Meet an impossibly cute mob of meerkats, the cheeky Goeldi's monkeys, majestic grizzly bears and many other species at Saskatchewan's only CAZA accredited zoo. Little humans love to play at the Orano Fun Zone playground — it's not just monkeys who like to swing and climb! The Forestry Farm Park was started in 1913 and officially opened in 1914. The Farm was dedicated to the propagation and production of trees from the prairie environment. The site was known as the Dominion Forest Nursery Station, a branch of the Indian Head Nursery Station. Today, the Forestry Farm Park is a National Historic Site. There is an interpretive display in the Superintendents Residence depicting life at the Sutherland Nursery Station. The Friends of the Forestry Farm House also conducts interpretive tours of this National Historic Site.

FORT WALSH NATIONAL HISTORIC SITE

Maple Creek

Experience life in the 1870s and discover how Fort Walsh presided over one of the most dramatic periods of change on the Prairies. Fort Walsh National Historic Site served from 1878 to 1882 as the headquarters of the North West Mounted Police, while the Cypress Hills continued to be a meeting place and crossroads for many different peoples, including First Nations, Metis, fur traders, whiskey traders, and Mounties.

FRENCHMAN BUTTE MUSEUM

Frenchman Butte

Each summer more than 2,000 visitors tour the Frenchman Butte Museum site, snuggled into the center of this picturesque hamlet which lies in the valley of the North Saskatchewan River less than an hour's drive northeast of Lloydminster. The museum consists of nine buildings, most of which have been refurbished to the way they existed years ago and arranged along its own street in the community. The museum is based upon a collection of guns,

arrowheads and other pioneer artifacts gathered by the late Lloyd Furman, who spent many years collecting artifacts. Originally, it was housed in the restored CNR Station, but it quickly outgrew that space. As a result, a large quonset was erected - the Lloyd Furman Building. The site has continued to grow with additional buildings being added as needed.

GALLAGHER CENTRE

Yorkton

Enjoy that family friendly waterpark experience at a small community centre with a handful of water attractions for the family. Kids can enjoy the wave pool with zero-depth beach entry, where they can imagine they are in the depths of the oceans! There is a 25m instructional pool for those kids who want to take on the swimming lessons, or perhaps practice the strokes they already know. For that bit of extra fun, Gallagher Centre features a whirlpool, and even a Lazy River that you can just relax in, and take in the sights of the pool! There is a TWO story waterslide, and if you're still feeling active, why not take on the climbing wall too! With a steam room and sauna to top it off for the parents, Gallagher Centre is the perfect destination for the family who wants that quiet, community style water park experience.

JASPER CULTURAL & HISTORICAL CENTRE

Maple Creek

The Jasper Cultural & Historical Centre is located in the centre of Maple Creek, Saskatchewan. It was built as the town's school, Jasper Street School, in 1910 and educated hundreds of local students until 1986. The building was constructed with locally-made bricks and the interiors still have the original molded-tin ceilings and hardwood floors. The Museum has developed themed display rooms where visitors can view an actual railway station house, or a one-room school house, or a collection of Heritage saddles and Charlie Russell's pictures.

KENOSEE SUPERSLIDES

It's all about SLIDES at Kenosee Superslides. There are almost TOO many slides and water activities to choose from. For those little ones in the family, there are 3 slides and pools for those smaller slide lovers in the family. Perfect for beginners too! Kids can relax as they take to the 800ft lazy tube, or those feeling brave take take on the Free Fall Slide. Yes, it's an 8 story drop and yes, it takes under 3 seconds! Eek! The plus side it gives you a great

Continued...

view of Kenosee Lake - AND it's a lot of fun! The Double Bonzai Slides are a favorite at Kenosee Superslides, and are for the more experienced sliders, where you can race your friends to the finish line. Then there are the Twister Slides if you want that happy middle ground. Parents can even slide on this one with the kids so true family fun! Let's not forget about those popular tube slides too! The kids play area is perfect for when you want a break from the water, with a jungle gym, swings, sandbox AND a treehouse - and yes, of course there are slides there too. With a hot tub and volleyball to boot, it's certainly a SPLASH-tastic family day out.

OGYS MINI GOLF

Carlyle

Come visit us for some fun for the whole family! You can find us at White Bear Lake Resort, 11 km south of Kenosee on Highway 9. Serving the Moose Mountain region for more than 20 years, we are proud to offer a variety of entertainment and eating options for you and your family.

ROYAL SASKATCHEWAN MUSEUM

Regina

Since 1906. Explore Saskatchewan and your world - the past, the present, and the future - as never before. We are a natural history museum offering life and earth sciences, as well as aboriginal history.

SASKATCHEWAN RAILWAY MUSEUM

Vanscoy

Choo Choo - that must be the sound of all the locomotives at the Saskatchewan Railway Museum welcoming you to it's great and impressive collection of railway memorabilia!

This museum is filled, indoor and outdoor, with incredible history and memorabilia. There are authentic railway buildings, and railcars too! Regardless if you love history, or the locomotives, the museum will have something for you. In fact, you have SEVEN acres to explore! The interior of this seasonal museum is filled with fascinating articles to read, information to absorb and artifacts to get right up close to. Who knew there was so much history in the railroad! Outdoors is a popular place for kids, where they can actually see first hand some incredible railcars right in front of their very eyes! History really does come to life! The collection of railway buildings will make you feel like you are actually living back in the early 1900s! When you stand there, imagine the sounds and smells of all the hustle and bustle as the Canadian

Pacific trains came tolling through. You can even explore the tool sheds that provided space for washrooms, offices and lunchrooms. Living history is all around you at the Saskatchewan Railway Museum!

SASKATCHEWAN SCIENCE CENTRE

Regina

The Science Centres first attraction, the Powerhouse of Discovery, features hands-on science exhibits and live stage shows and demonstrations. In April of 1991 the Saskatchewan Science Centre opened its second attraction, the Kramer IMAX Theatre, build partially on the frame of the 1954 annex. The Technical Services and Research division of SaskPower uses a small portion of the old powerhouse and the northern half of the renovated annex.

SOUTHERN PRAIRIE RAILWAY

Ogema, SK

The Southern Prairie Railway offers an authentic 1920s rail experience bound to delight families of all ages. In addition there is the pioneer village, which showcases 30 buildings from the era in an immersive educational experience. Thousands of examples of antique machinery and farm equipment are also on display.

SASKATCHEWAN WESTERN DEVELOPMENT MUSEUMS

Saskatoon | Moose Jaw

The WDM has been the museum of social and economic history for the Province of Saskatchewan for over 60 years. Get ready to be amazed! Saskatchewan may be many things - but boring - it is not. And we can prove it! The Western Development Museum is the keeper of Saskatchewan's collective heritage. The Museum shares the provinces unique sense of place with all people for their understanding and enjoyment - recognizing that the legacy of the past is the foundation for a sustainable future.

THE FUN FACTORY

Saskatoon

Sometimes you just need to look at a name to see what you're going to enjoy on your family day out, and at The Fun Factory, it's all about, well, FUN! The Fun Factory is a super fun indoor play space for those curious, active, playful, and imaginative kids. It's where they can crawl, climb, hide, slide, and bounce until their heart's content - and then some!

The main attraction is a HUGE 2 storey, 1600sq ft play structure, with ball pits to hide in, slides to zip and zoom down, tunnels to crawl through, and so much more! For those little ones in the family, the toddler area is where those ages 1 to 3 can enjoy kiddie sized fun away from the bigger kids. The Fun Factory also has an arcade where the more points you score, the more tickets you can swap for prizes – just imagine what you can take home! If that STILL wasn't enough, then those active kids wanting more of a challenge can take on the 1200 sq ft lazer tag arena! Here, kids can take on opponents surrounded by music and glow in the dark wall graphics. It's where they can develop coordination, aim, and learn to work as a team. And they can get that much needed exercise at the same time! So next time you fancy some FUN, just look at the name, and realize that The Fun Factory is dedicated to just that.

T-REX DISCOVERY CENTRE

Eastend

Dinosaurs are fascinating creatures, and there is SO much to learn about them! So why not visit a place that is ALL about those incredible pre-historic animals – like the T-rex Discovery Centre in Saskatchewan! The T-rex Discovery Centre is located in Eastend, and features exhibits all about the dinosaurs of the province, as well as marine reptiles AND prehistoric mammals. The exhibits inside are a great way for kids to come face to face with some pretty special skeletons, and learn about this time in history. The Cretaceous exhibit lets you explore the dinosaurs and prehistoric reptiles that use to dominate the area. It's here you can see the very first T-rex skeleton that was ever found in Saskatchewan - and it's 65 million years old! Introducing...Scotty! Saskatchewan After The Dinosaurs is an exhibit that looks at the environment and the creatures that would have called southern Saskatchewan home around 60 million years ago. There are full size models of prehistoric animals, including a fish eating reptile called Champsosaurus! So why not grab the family and spend the day with Scotty and friends, actually looking history in the face as you learn all about it!

TUNNELS OF MOOSE JAW

Who knew that Saskatchewan had a rich history in mobsters, rum-running, prohibition, and bootleggers! Fascinating! The Tunnels Of Moose Jaw were originally built in the early 1900s to

hide Chinese immigrants, but were never used. However, come the roaring 20's and the time of Al Capone and mobsters, they came in handy! Older kids will love exploring these amazing tunnels, with characters straight out of a movie telling the amazing history to bring it all to life. The Tunnels Of Moose Jaw have two fascinating and historical guided walking tours that the whole family can experience. The "Passage of Fortune" is the tour where you can become immersed about early Chinese immigration that occurred in Canada. The second tour is the "Chicago Connection" which is where the gangsters come to life! All families who visit become part of the experience. You will delve deep under the street of Moose Jaw, and really re-live it! Each tour features really cool animatronic characters, a fascinating media presentation, and characters will take you round the tunnels and really allow kids to become enthralled in the past!

WANUSKEWIN HERITAGE PARK

Saskatoon

Wanuskewin Heritage Park is a National Historic Site which sits above the opimihaw Creek and the South Saskatchewan River near Saskatoon – a window into a part of Canada's history that remains largely undiscovered, and a link to our past unlike any other National Historic Site in Canada. This site is home to over 6400 years of history, and truly unique Cultural experiences for the whole family.

WHEATLAND EXPRESS

Discover Saskatchewan by Train! The Wheatland Express Excursion Train has been taking passengers on acclaimed excursions through East-Central Saskatchewan since 2018. Operating tours May through December annually, the Wheatland Express offers a truly unique opportunity to experience the magnificent Canadian railway that built the region. Choose to join half, full-day, dining and overnight experiences. Be sure to take in this gem, rich with story, nestled in the heart of the Saskatchewan grain belt! The Wheatland Express is a not-for-profit organization operating through Treaty 6 Territory and the Homeland of the Métis. The railway runs over 47 miles of track between St. Louis and the Totzke junction, where the line interchanges with CN. Travellers will depart from rural towns of Cudworth and Wakaw, conventionally located within one hour's drive of Saskatoon, Melfort and Prince Albert and within three hours from Moose Jaw and Regina. The Wheatland Express is perfect for groups, big or small.

1920 Broad Street
REGINA SK S4P 3V6

Phone: 306-787-9109
Fax: 306-787-0925

June 8, 2022

Dear Caregiver(s):

As you are aware from our previous correspondence sent in April, the Government of Saskatchewan recently amended regulations to require carbon monoxide alarms and smoke alarms to be installed in all residential buildings in Saskatchewan, regardless of the date the building was constructed.

As of July 1, 2022, all homeowners and landlords are required to have installed the following alarms:

- One carbon monoxide alarm must be on **each floor** where there are bedrooms, installed in the hallway within five metres of bedroom doors.
- One smoke alarm must be installed in **each bedroom**.
- In addition, one smoke alarm must be installed **on each floor** in the hallway within five metres of bedroom doors.

We have attached an updated Construction Codes Advisory document created by the Ministry of Government Relations for further detailed information regarding the regulation changes.

Ministry policy will be amended July 1, 2022 to reflect the changes in the law. On or before December 31, 2022, ministry staff who support your home will arrange an appointment with you to complete an in-person visit to your home to ensure you have the required alarms installed as per the above regulation standards.

If you have any questions, please feel free to follow up with your caseworker to discuss further.

Sincerely,



Mitch Tremblay
Executive Director, Community Services

Construction Codes Advisory

Promoting construction of safe, healthy, habitable buildings

Carbon Monoxide and Smoke Alarms – Protecting People in Their Homes

Information at a Glance

Effective July 1, 2022, all *buildings* in Saskatchewan with sleeping rooms are required to provide early warning protection against the effects of carbon monoxide (CO) poisoning, smoke and fire.

The installation of CO and smoke alarms is the most effective way of accomplishing this requirement.

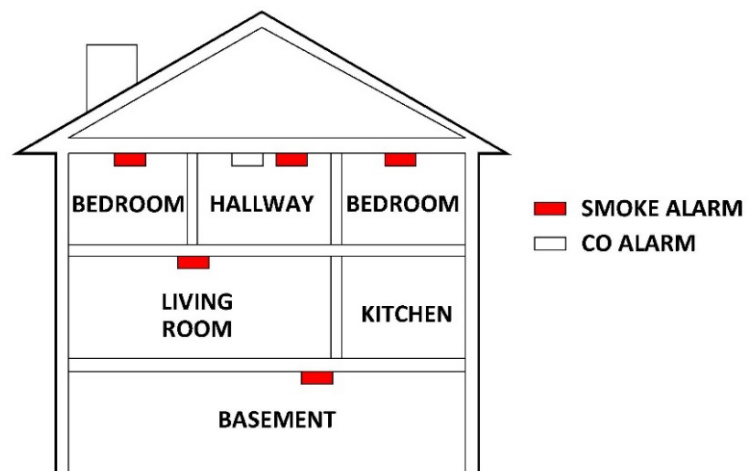
When a *building* with sleeping rooms contains a fuel-burning *appliance*, or an attached vehicle parking garage, CO alarms must be installed:

- inside each sleeping room; **OR**
- outside each sleeping room within 5 meters (16 feet) of each sleeping room door.

When a *building* contains sleeping rooms, smoke alarms must be installed:

- on each floor level of a *building*, including the level with sleeping rooms, with the smoke alarm located between the sleeping rooms and the remainder of the floor; **AND**
- inside each sleeping room.

An example house, that meets the new requirements for CO alarms and smoke alarms, is shown below.



Compliance with *The Construction Codes Act*, Regulations and the National Building Code of Canada 2015 (NBC 2015) is addressed in this advisory. Words in *italic*, other than Act and Regulation titles are defined in the NBC 2015.

Carbon Monoxide and Smoke Alarms – Protecting People in Their Homes

Owners with existing CO alarms, smoke alarms and/or combination CO/smoke alarms must replace the existing devices at their expiry dates. If the original expired alarm was hardwired into a normal household electrical connection and was interconnected the replacement alarm must be hardwired into a normal household electrical connection and be interconnected. A replacement alarm must also be provided with battery backup if the original alarm had a battery backup.

For devices that connect to a normal household electrical connection; a tamper-resistant, non-replaceable 10-year battery is the preferred battery choice when compared to devices that utilize a replaceable battery, such as a 9-volt, AAA, AA, C or D type battery.

Owners installing CO alarms, smoke alarms and/or combination CO/smoke alarms in locations where not previously installed, must only use alarms powered with a tamper-resistant non-replaceable 10-year battery.

All alarms must be fastened at a height recommended by the manufacturer, or in the absence of manufacturer's recommendations, installed on or near the ceiling. All alarms should be tested regularly.

Owner Responsibilities for CO Alarms and Smoke Alarms

The *owner* of each *building*, or the *owner* of each *suite* within a *building*, that contains a sleeping room, is responsible for ensuring the required CO and smoke alarms are installed, maintained and tested in accordance with these requirements.

Definitions

Suite means a single room or series of rooms of complementary use, operated under a single tenancy, and includes dwelling units, individual guest rooms in motels, hotels, boarding houses, rooming houses and dormitories as well as individual stores and individual or complementary rooms for *business and personal services occupancies*. (When used in this advisory, it does not include application to individual stores and individual or complementary rooms for *business and personal services occupancies*.)

Appliance means a device to convert fuel into energy and includes all components, controls, wiring and piping required to be part of the device by the applicable standard referred to in this Code.

Carbon Monoxide Alarm Questions and Answers

What do Saskatchewan residents need to know about carbon monoxide?

CO is an invisible, odourless and tasteless gas that can build up to lethal concentrations in an enclosed space without the occupants being aware of it. CO is commonly produced by malfunctioning fuel-burning *appliances* or vehicle exhaust. Exposure to CO can cause flu-like symptoms such as headaches, nausea, dizziness, and more serious effects such as confusion, drowsiness, loss of consciousness and death.

CO poisoning is a threat to Saskatchewan residents. Between 2018 and 2020, an average of 1,200 CO incidents were reported annually to SaskEnergy. Between 2015 and 2019, the Saskatchewan Coroners Service reported 16 accidental deaths attributed to CO poisoning.

Carbon Monoxide and Smoke Alarms – Protecting People in Their Homes

What are the common sources of carbon monoxide in a *building*?

CO forms when a fuel-burning *appliance* converts fuel to heat. All *buildings* that have a residential occupancy, and that contain a fuel-burning *appliance*, and/or an attached vehicle parking garage, must be equipped with CO alarms. This is due to the potential buildup of CO gas due to fuel-burning *appliance* operation or vehicle exhaust emissions.

What types of CO alarms are acceptable?

All CO alarms must conform to CAN/CSA-6.19, “Residential Carbon Monoxide Alarming Devices”.

What should an *owner* do with existing hard-wired and interconnected CO alarms?

Existing hard-wired and interconnected CO alarm systems that contain more than one hard-wired and interconnected CO alarm device must be maintained.

If on July 1, 2022, an *owner’s* existing hard-wired and interconnected CO alarm system has alarms that have not exceeded the expiry date listed on the device, then these alarms are permitted to remain until they have reached their expiry date.

If on July 1, 2022, a CO alarm has reached its expiry date, it must be replaced.

What if an *owner* has existing hard-wired and interconnected CO alarms that are not in all required locations?

The *owner* will need to install additional CO alarms to meet these requirements.

What if an *owner* doesn’t have any existing CO alarms?

The *owner* will need to install new CO alarms to meet these requirements. In this case, the new CO alarms do not need to be hard-wired and do not need to be interconnected.

Smoke Alarm Questions and Answers

What type of smoke alarms are acceptable?

All smoke alarms must conform to CAN/ULC-S531, “Smoke Alarms”

What should an *owner* do with existing hard-wired and interconnected smoke alarms?

Existing hard-wired and interconnected smoke alarm systems, that contain more than one hard-wired and interconnected smoke alarm device must be maintained.

If on July 1, 2022, an *owner’s* existing hard-wired and interconnected smoke alarm system has smoke alarm devices that do not exceed the expiry date listed on the device, then these alarms are permitted to remain until they have reached their expiry date.

Carbon Monoxide and Smoke Alarms – Protecting People in Their Homes

If on July 1, 2022, a smoke alarm has reached its expiry date, it must be replaced.

What if an *owner* has existing hard-wired and interconnected smoke alarms that are not in all required locations?

The *owner* will need to install additional smoke alarms to meet the requirements. In this case, the additional smoke alarms do not need to be hard-wired and interconnected with the existing system.

What if an *owner* doesn't have any existing smoke alarms?

The *owner* will need to install new smoke alarms to meet the requirements. In this case, the new smoke alarms do not need to be hard-wired and do not need to be interconnected.

Combination CO/Smoke Alarms

Combination CO/smoke alarms can serve a dual purpose of detection and warning for both CO and smoke. They can also provide cost savings where two separate devices are required, such as outside each sleeping room within 5 meters (16 feet) of each sleeping room door. Alternatively, combination CO/smoke alarms may be placed in any location that either a CO alarm or smoke alarm is required.

All combination CO/smoke alarms must conform to both CAN/CSA-6.19, "Residential Carbon Monoxide Alarming Devices" and CAN/ULC-S531, "Smoke Alarms".

Building and Technical Standards Branch 1430 - 1855 Victoria Avenue Regina, Saskatchewan S4P 3T2 (306) 787-4113 Phone (306) 798-4172 Fax btstandards@gov.sk.ca www.saskatchewan.ca/btstandards	Construction Codes Advisory Carbon Monoxide and Smoke Alarms – Protecting the People in Their Homes Original September 2021 Revised March 2022 Original approved and signed by: Chief Codes Administrator
This advisory is published by the Saskatchewan Ministry of Government Relations for purposes of providing information to users on the topic contained herein. In case of conflict between <i>The Construction Codes Act</i> (the CC Act) and Regulations, and the National Building Code of Canada 2015 (NBC 2015) and this advisory, provisions of the CC Act, Regulations and the NBC 2015 shall apply.	

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

Backyard Kiddie Pool Safety



On a hot summer day most kids would love the opportunity to splash around in a kiddie pool. But just remember these simple tips to keep them safe:

- Protect babies from the sun with age-appropriate, high SPF sunscreen, a hat, and a swim shirt. You could also place the pool in the shade to further protect them from the sun and prevent overheating.
- Use fresh, clean water every time you use the pool. Remember, kiddie pools aren't equipped with filters or chemical treatments that kill bacteria.
- Rinse the pool after each use and wipe it down with disinfectant.
- Do not let kids drink the water. If your child is old enough to drink water, provide a bottle or sippy cup to help them stay hydrated. Don't let the mouthpiece get in the pool water.
- Carry your kids or have them wear slip-on shoes to and from the pool to keep their feet clean. This also protects them from stepping on something sharp in your yard.
- Give children a bath before they get in the kiddie pool. It seems counterintuitive, but good hygiene prevents bacteria from spreading in untreated water.
- Make sure they use the potty before play time. Encourage bathroom breaks. If your child is in diapers, make sure they are wearing watertight swim diapers.
- Remember children (and adults, for that matter) can drown in shallow water. Supervise children around water at all times.
- Store the pool and pool toys in a safe place to prevent damage to the pool. You don't want brittle plastic, or for the pool to deflate

during play time. Proper storage prevents drowning, too. Leaving toys in the water can lead to children deciding to play in the pool by themselves.

- As with bath water, check the temperature to make sure it's not too hot or cold. Hoses left out in the sun will run hot at first before they start spraying cold water. Babies and young children can't regulate their body temperatures as well as we do, so don't let it get too cold.

Kiddie pools are inexpensive. They provide relief in the hot summer months, and an opportunity for you to practice pool safety with very young children.

Sun safety for kids

1. **Use sunscreen.** Apply sunscreen that has a sun protection factor (SPF) of at least 30 to protect their skin.
2. **Protect against UVA and UVB rays.** Look for broad-spectrum sunscreens that protect against UVA and UVB rays. UVA rays can cause tanning, aging, leathery skin and skin cancer including melanoma. UVB rays can cause sunburns, skin cancer and increased moles in some individuals. See more tips for choosing sunscreen for kids.
3. **Apply and then reapply sunscreen.** Put more sunscreen on your child about every 3 hours or sooner when there is prolonged activity in the water.
4. **Stay inside or in the shade during peak hours.** Avoid activities during peak sunshine hours (10 am – 4 pm) when possible. Seek shade if your shadow is shorter than you are.
5. **Use sun protective clothing.** Dress your children in a variety of available UV protective clothing that can be worn in and out of the pool/water (wide-brimmed hats, long sleeved cotton clothing and sunglasses).

Source: <https://www.childrens.com/health-wellness/sun-safety-tips-for-kids>



PLAYGROUND SAFETY

Just because playgrounds are designed for kids doesn't mean they are injury-proof. According to the Centers for Disease Control and Prevention, more than 200,000 children go to the emergency department for a playground-related injury each year. These injuries can include fractures as well as traumatic brain injuries such as concussions.

The most important safety precaution parents can take is always supervising their child at a playground. While we cannot prevent every injury from occurring, an attentive parent can help keep their child safer.

Follow these five safety rules when taking your child to the playground:

1. Choose the right playground equipment for your child's age and skills.
2. If possible, choose playgrounds with surfaces made from wood chips or shredded rubber to lessen the risk of injury.
3. Dress your child properly for the playground – no necklaces, scarves, purses or clothing that could get caught around their neck or pose a hazard.
4. Use play equipment properly. Never climb up slides (use the ladder or stairs instead), and never jump from the swings or the top of the slide.
5. Monkey bars cause half of all serious playground falls. Supervise your child closely while they play and assist them if they are still learning.

It's also a good idea to teach your child to touch equipment before climbing or playing on it, as the hot summer sun can quickly heat up surfaces. Always apply sunscreen and bring water to the playground to make sure your child stays hydrated.

As far as the popular advice that cautions parents against holding their child while riding down the slide...it's a good one to follow. If your child isn't big enough to ride down the slide themselves, don't hold them on it. Rather, find more age-appropriate options for fun.

Source: <https://www.childrens.com/health-wellness/5-tips-for-playground-safety>

Choose the right play equipment for your child's **AGE** and **SKILLS** and maintain adult supervision.



If possible, choose playgrounds with surfaces made from **WOOD CHIPS** or **SHREDDED RUBBER** to lessen the risk of injury.



Use play equipment properly. **NEVER** climb up slides—use the ladder or stairs. **NEVER** jump from the swings or the top of the slide.

DRESS YOUR CHILD PROPERLY for the playground—no necklaces, scarves, purses or clothing that could get caught around their neck and pose a hazard.





kid friendly SUMMER SNACKS

FROZEN YOGURT BITES

The best part is that they kids can actually do this themselves. It is super easy and the kids just love them.



INGREDIENTS

6 - 2 oz squeezable yogurt tubes
Plan to make at least two different flavors, so that your frozen yogurt bites are multi colored and more fun for the kids.



INSTRUCTIONS

Line a baking sheet with parchment paper or wax paper. Cut a small corner off the of the yogurt tube (don't use the pre-made tear as it's too large). Squeeze a small amount onto the baking sheet based on the size that you want your yogurt bites. Place the baking sheet in the freezer for at least 4 hours. After this time, store the yogurt bites in a freezer storage bag. Serve frozen and keep the leftovers in the freezer. Enjoy!

HEALTHIER THAN RICE KRISPIE TREATS

These peanut butter cereal bars are naturally sweetened and made without marshmallows! Those fluffy little marshmallows are so unassuming, but they are packed with sugar, artificial flavors, and even food dyes. Luckily it isn't that difficult to make a Rice Krispie-like treat that is much healthier than the original version. A quick ingredient swap and you are in business.



INGREDIENTS

1 cup natural peanut butter
1 cup honey
1 teaspoon vanilla
1 teaspoon ground cinnamon
4 cups brown crispy rice cereal

INSTRUCTIONS

In a large bowl, mix together the peanut butter, honey, vanilla, and ground cinnamon. Stir in the cereal and mix until it is evenly incorporated. With slightly wet hands, form the mixture into small balls. Refrigerate until ready to serve.

These are sticky and are best when you keep them in the refrigerator and don't keep them at room temperature for too long before eating them.

MINI VEGGIE CUPS

These mini veggie cups can barely even be considered a recipe, they are just that simple! There is absolutely no cooking involved. The first rule of thumb should be to use what you already have on hand. You'll also want to use vegetables that taste good when eaten raw. Utilizing reusable containers is both practical and visually appealing.



INGREDIENTS

6 cups assorted vegetables such as:

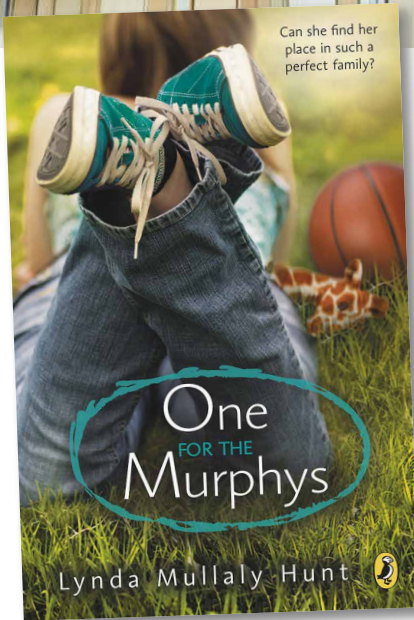
- Baby Carrots
- Cherry Tomatoes
- Celery
- Cucumbers
- Bell Peppers
- Radishes
- Sugar Snap Peas
- Broccoli

8 ounces dip (or more as needed). This could be hummus, dressing, guacamole or even cheese spread.

INSTRUCTIONS

Wash veggies. Peel and trim as needed. Slice into 4-6 inch sticks (depending on what height looks good with your container). Place a dollop (about 2 tablespoons) of dip into each container. Add the veggies, mindfully placing an assortment into each container. Store in the fridge until ready to serve, for up to a day.

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Winner of the *Tassy Walden Award* for New Voice in Children's Literature

ONE FOR THE MURPHYS

by *Lynda Mullaly Hunt*

Twelve-year-old Carley Connors can take a lot. Growing up in Las Vegas with her fun-loving mother, she's learned to be tough. But she never expected a betrayal that would land her in a foster care. When she's placed with the Murphys, a lively family with three boys, she's blindsided. Do happy families really exist? Carley knows she could never belong in their world, so she keeps her distance.

It's easy to stay suspicious of Daniel, the brother who is almost her age and is resentful she's there. But Mrs. Murphy makes her feel heard and seen for the first time, and the two younger boys seem determined to work their way into her heart. Before she knows it, Carley is protecting the boys from a neighbourhood bully and even teaching Daniel how to play basketball. Then just when she's feeling like she could truly be one of the Murphys, news from her mother shakes her world.

* * * * *

"Hunt's writing is fearless and One For The Murphys is a story that is at once compassionate, thought-provoking and beautifully told. From the first page, I was drawn into Carley's story. She is a character not to be missed or forgotten." —Jacqueline Woodson, National Book Award-winning author

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