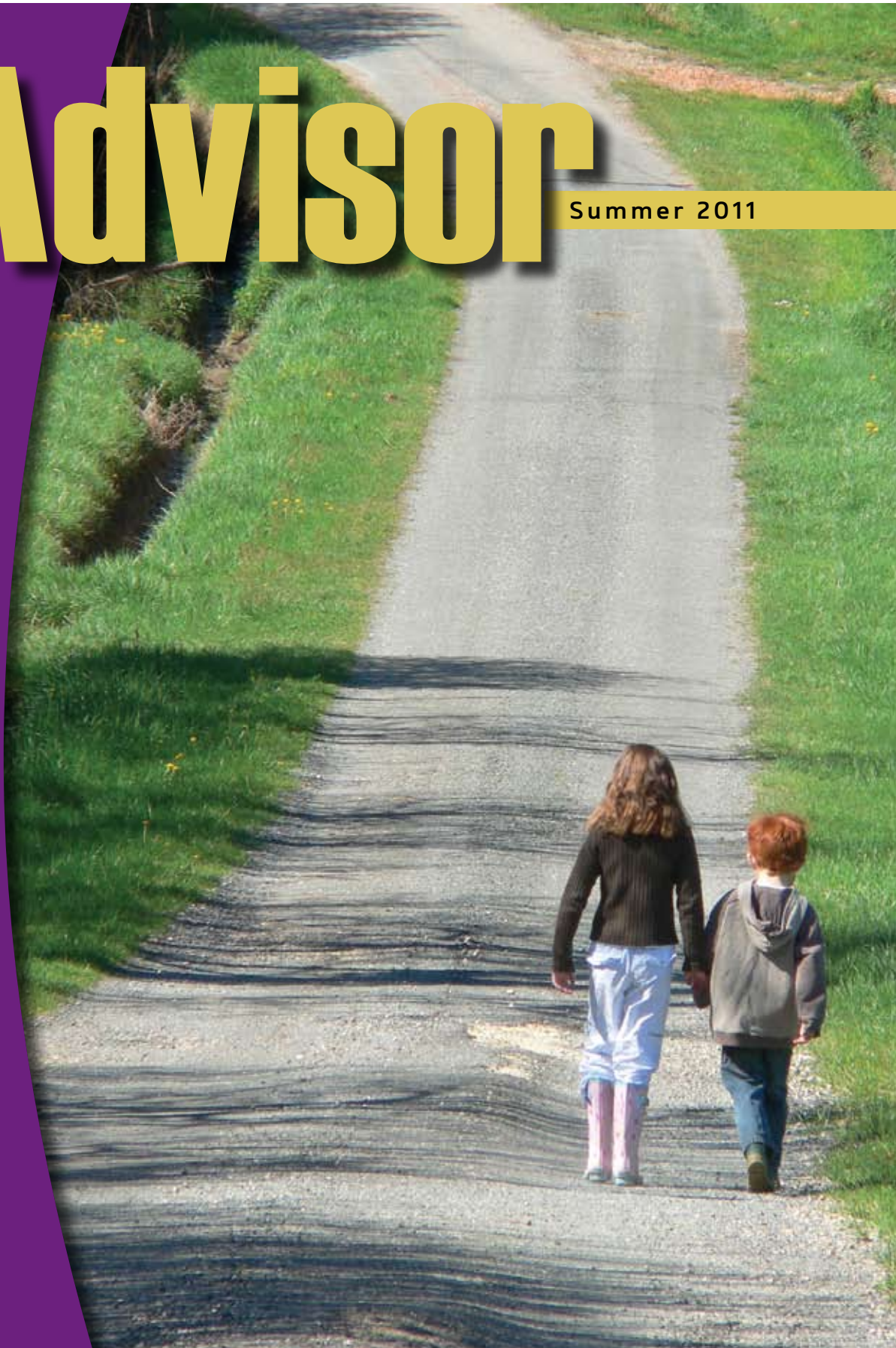


Advisor

Summer 2011



www.sffa.sk.ca

Advisor

Inside this issue

- 2** TD Summer Reading Club
- 3** New SFFA President's message
- 4** Rick Hansen Institute
- 5** Ministry changes to payment process
- 6** Summer Health Hazards
- 7** Government investment
- 8** Open letter to foster kids
- 10** Provincial Summer Events
- 12** Park 'n Play 2011
- 13** Discounts for Foster Families
- 14** Improving FASD outcomes
- 15** Word Search
- 16** Our First Two
- 17** Carbon-monoxide detectors
- 17** IFCO 2011
- 17** Infant nutrition
- 18** Don't forget to ask
- 19** Foster kids are like butterflies
- 19** Home-made smoothie pops

TD Summer Reading Club

Lively scenes of children playing in and around water are brought to mind with this year's theme Splash! Celebrate Summer. Building sandcastles at the seashore, fishing off the end of a dock, setting off in a canoe or just splashing around in a local pool are all part of the fun this summer.

Once again this year, TD Bank Financial Group, the Toronto Public Library and Library and Archives Canada are proud to support literacy in Canada by offering the TD Summer Reading Club to Canadian children across the nation in both English and French. British Columbia artist Kim LaFave, a recipient of the TD Canadian Children's Literature Award for Shin-chi's Canoe, has created the artwork for the program.

The TD Summer Reading Club has been successful in inspiring children to spend more time reading books and visiting their local libraries. During the summer of 2010, more than half a million children participated in programs offered at their local libraries and read more than 2 million books! For more information on the 2010 evaluation results please consult the National Report of Program Statistics.

The goals of the TD Summer Reading Club are to encourage and strengthen the habit of reading for pleasure to create life-long learners, to increase children's reading skills and reduce summer learning loss.

Get ready to dive headfirst into the chosen theme for this year's TD Summer reading Club, Splash! Celebrate summer at your local library.

Each summer, the Saskatchewan Weekly Newspapers Association partners with the Saskatchewan Library Association to encourage children to become involved in the Summer Reading Club. Each week throughout July and August (for a total of eight weeks), 84 member newspapers across Saskatchewan place puzzles and contest entry forms in their papers to promote the Summer Reading Club and encourage children to visit their local library. Prizes are awarded at the end of September. Over 1,000 entries are received on a yearly basis.



A Message from our new SFFA President

Dear Saskatchewan Foster Families,

Welcome to a new year! Now I realize that we're half way through the calendar, but we are starting a new year for our association. I'd like to take this opportunity to introduce myself. My name is Jordan Carrier and I'm your new President on the Board of Directors (BOD).

I'm a family man from Birch Hills who is married to a wonderful wife, with two boys (who we've adopted through fostering), and a dog. My background is in management and marketing and I am a competitor who doesn't like to lose. After serving my first two-year term on the BOD, I feel like I have a good understanding of where we've come from as an organization and it is my intention to ensure we stay on our current path towards future growth.



SFFA Provincial Office staff members.

Standing (left to right):
Karlee Novakovski, Karen Pollock, Mel Brockman, Wayne Roman, Rene Stock, Deb Davies, Kendra Mazer, Pam Kostyk

Sitting (left to right):
Tracey Arnold, Kristine Scarrow, Paul Bunz



all of my teammates and stakeholders as we work together towards a common goal. Our primary goal is that we ensure we continue living our mission and vision statements. This newsletter is designed to keep you connected and up to date with news and information relevant to fostering and what we're doing as an association. We would love to hear from you on what we are doing well and what you think we can do better.

After serving my first two-year term on the BOD, I feel like I have a good understanding of where we've come from as an organization and it is my intention to ensure we stay on our current path towards future growth.

Fresh off the Annual General Meeting we are re-energized and have some great perspective after hearing from our local committee Presidents as well as our from our members who were in attendance. I think I speak for the board when I say we enjoyed hearing foster parents from across the province speaking so passionately towards some challenges we face day-to-day and week-to-week. With some re-elections and a new face also being elected to the BOD, we will be able to continue to grow as one of the province's largest community-based organizations (CBO) as well as get some fresh thoughts on how we operate and may better serve our foster families and the children in our province.

My short few years experience with fostering by no means makes me an expert. I do feel however that I have seen my fair share of what we all as foster parents face and deal with. My strength is being someone who can lead and I strive to get the best out of

I encourage you all to participate in your local meetings and events. Being involved is a great way for you to meet other people, learn, share your experiences, and most importantly...have fun. We have a great group of people who each bring something unique to our Board. We have the best Executive Director who is surrounded by excellent staff who cares more than anybody could ever ask for. And we are surely blessed to have an amazing group of people who tirelessly volunteer their time to form our local committees. Local committees who play an integral role in communication and all bring so much passion to the table to represent our members.

Thank you to everyone for what you do! Let's make it the best year ever —together!

Jordan Carrier

Jordan Carrier
President, SFFA

Saskatchewan partners with Rick Hansen Institute to lead in funding for disability Initiative



“Saskatchewan athletes with a disability have a long history of excellence when it comes to Canada’s national championships and the Paralympics, and this funding will help ensure their continued success well into the future.”

Saskatchewan is taking a leadership role in Canada in the areas of spinal cord injury research and disability funding with the commitment by the provincial government of more than \$4.3 million for a comprehensive five-year Saskatchewan-based initiative, in partnership with the national Rick Hansen Institute.

Saskatchewan’s Rick Hansen Institute Initiative is a group of projects that will enhance the lives of Saskatchewan people with disabilities. The projects will also help commemorate the 25th Anniversary of Rick Hansen’s Man in Motion World Tour.

“Saskatchewan is extremely proud to be the second province in Canada to commit to a Rick Hansen Institute Initiative, joining Mr. Hansen’s home province of British Columbia,” Social Services Minister June Draude said. “We strongly encourage the other provinces and territories in Canada,

and the federal government, to make similar significant commitments on behalf of Canadians with spinal cord injuries and other people with disabilities and their organizations.”

“Much has been accomplished over the last 25 years by many, and Saskatchewan’s generous commitment of support is a testament to what can be achieved when we all work together to accelerate progress toward a healthy, inclusive and accessible world,” Hansen said. “We look forward to showcasing and celebrating Saskatchewan’s difference makers when the 25th Anniversary Relay makes its way through the province next February.”

Saskatchewan’s Rick Hansen Institute Initiative is supported by several provincial ministries and agencies and consists of the following five-year commitments for Saskatchewan-based projects that will assist people with disabilities:

- \$1 million from the Ministry of Health for spinal cord injury related research;
- \$500,000 from the Ministry of Social Services in new funding for the Canadian Paraplegic Association of Saskatchewan;
- \$500,000 from the Office of the Provincial Secretary to fund the Clayton Gerein Legacy Fund; and
- In December, the Ministry of Tourism, Parks, Culture and Sport, and Sask Sport Inc. announced \$2.3 million to help fund disability sports organizations, high-performance athletes with a disability, and accessible playgrounds.

All funding for Saskatchewan’s Rick Hansen Institute Initiative will stay in the province and will be administered by the Government of Saskatchewan or a designated community-based organization.

“Collaboration and research during the next five years in Saskatchewan will enable innovations in spinal cord injury care and research in Canada,” Health Minister Don McMorris said. “Our investment will build a strong provincial foundation of research, clinical care and rehabilitation best practices in this area. With vital support from a national spinal cord injury network, this will result in the best possible outcomes for Saskatchewan people with spinal cord injuries.”

“Developed in partnership with the Saskatchewan Wheelchair Sports Association, the Clayton Gerein

Legacy Fund will introduce and support the involvement of people with physical disabilities in wheelchair sports and other recreational opportunities, promoting an improved quality of life,” Provincial Secretary Donna Harpauer said. “The establishment of this Legacy Fund in the name of Clayton Gerein honours the memory of one of Saskatchewan’s greatest athletes and Paralympians—a man who was instrumental in exposing a new generation of people with disabilities to the benefits of an active, healthy lifestyle through sport and recreation.”

“Enhanced support for high-level athletes and improved access to sports programs will enable Saskatchewan athletes with a disability to develop skills and achieve competitive success nationally and internationally,” Tourism, Parks, Culture and Sport Minister Bill Hutchinson said. “Saskatchewan athletes with a disability have a long history of

excellence when it comes to Canada’s national championships and the Paralympics, and this funding will help ensure their continued success well into the future.”

The Saskatchewan Health Research Foundation (SHRF) will manage the spinal cord research on behalf of the Ministry of Health. “SHRF will work with an advisory panel to define the research parameters, then will make a call for proposals, and will direct the funds toward research that will have a direct impact on those who have sustained spinal cord injuries,” SHRF CEO June Bold said.

Enhanced funding to the Canadian Paraplegic Association of Saskatchewan (CPA), provided through the Ministry of Social Services, will go toward peer support and rehabilitation counselling. In addition, funding will enable the development of outreach services to address a gap in supporting


Aboriginal people with spinal cord injuries and other physical disabilities. The CPA’s Peer Support Program provides opportunities for newly-injured individuals to meet and learn from other people who are currently active in their community and have successfully overcome challenges related to a physical disability. This funding will enable the CPA to enhance their services, supporting individuals with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation. Saskatchewan’s five-year, \$4.3 million commitment to the Rick Hansen Institute Initiative comes at a time when people across Canada are celebrating the 25th Anniversary of Rick Hansen’s Man in Motion World Tour, which caused a profound shift in the collective consciousness toward a belief in the potential of people with disabilities and raised \$26 million for spinal cord injury research, rehabilitation and sport.

Ministry makes changes to payment process

Expenses submitted by caregivers:

In the past, the Ministry of Social Services (MSS) did not process caregivers’ expense payments until all information was correctly submitted.

- Effective April 15/2011, caregivers now receive payment for all correct information submitted on their expense forms. Caseworkers will notify the caregiver of any missing information.
- To receive payment for expenses with missing information, caregivers must re-submit correctly on a new form.
- This change was implemented to ensure payments with correct information are being processed in a timely manner. PLEASE NOTE: Do not accumulate expenses. Please submit expenses on a monthly basis.



Please note:

Do not accumulate expenses. Please submit expenses on a monthly basis.

Caregiver Expense Form: Pilot Project April 15 – May 31, 2011

The Ministry has re-designed the Caregiver Expense Form in an effort to make it more user-friendly and easier for caregivers to use.

- The revised form was piloted from April 15 to May 31, 2011 in the Nipawin and Saskatoon offices (Unit C only).
- From the input received from caregivers and staff we have made any necessary changes and roll out to the rest of the province by region from September to November, 2011.
- MSS Staff will send out the new forms to caregivers when their region is scheduled to begin implementation.

Summer Health Hazards: How to keep your kids safe and happy for the rest of the summer

by Sydney Loney

From heat stroke to bee stings, here are five common health hazards threatening to spoil your kids' summer fun—and what you can do to prevent them.



1. Sunburns

Prevention: There are three important things you can do to prevent your children from getting burnt by the sun:

- Limit their sun exposure between 10 a.m. and 4 p.m. when the sun's rays are strongest.
- Cover them up with long-sleeved, tightly woven clothing and a broad-brimmed hat.
- Apply children's sunscreen liberally 30 minutes before going outdoors, even on cloudy days.

Treatment: You can reduce the pain, swelling and discomfort of a sunburn with a nonprescription anti-inflammatory medication, cool compresses and an aloe vera lotion. But if they have a burn that blisters, you should take them to a doctor, says Dr. Sanjeev Sharma, an emergency physician in Toronto.

2. Bites & stings

Prevention: A bee sting can be quite serious, says Dr. Sharma. And

other bugs, such as mosquitoes and ticks, can also put your kids' health at risk. To keep bees at bay, avoid using perfumed soaps and dress them in light-coloured clothing, he says. If they're going to be in the woods or out at dusk, long-sleeved clothing is the best protection from mosquitoes and ticks.

Treatment: "If they've been stung by a bee, sweep a credit card from side to side across their skin to get the stinger out and prevent it from injecting any more toxins into the bloodstream," says Dr. Sharma. If a bug bite of any kind causes a skin rash, lesion or other unusual symptom, talk to a healthcare professional.



3. Poison ivy

Prevention: Remember the "leaves of three let them be" rule and dress kids in long clothing if you're planning a walk in the woods. If you think they may have come in contact with the plant, wash their clothing thoroughly.

Treatment: "Poison ivy can be localized and mild, or diffuse and require oral steroids," says Dr. Sharma. The rash usually goes away on its own in one to three weeks.

If it's a mild rash, cold compresses, OTC corticosteroid creams and calamine lotion can all help relieve any discomfort.

4. Heat stroke

Prevention: Heat stroke is usually caused by over-exertion in hot weather, says Dr. Sharma. Keep kids well-hydrated when they're running around outdoors and try to come up with activities you can do in the shade.

Treatment: Heat stroke can be dangerous and may require emergency medical help, especially if symptoms include confusion or loss of consciousness.

5. Dehydration

Prevention: Make sure your children drink enough fluids to replace what they've lost. If you're going to be out and about in the hot weather, carry extra water with you.

Treatment: Signs of dehydration include reduced urination, increased thirst, dry mouth and tongue, headaches, increased tiredness or irritability. Get your kids to drink cool water, sipping slowly. Severe dehydration may require hospitalization.



Reprinted with permission from www.justthefactsbaby.com

Government invests \$34 million in Saskatchewan children and youth agenda

With the first ever Saskatchewan Children and Youth Agenda budget, the province is investing more than \$34 million in a new, cross-government approach to the complex issues facing Saskatchewan children, youth and families.

The Children and Youth Agenda identifies funding and programs across several ministries that address common problems facing children and families at risk, such as lower education levels, unemployment and substance abuse. The cross-government agenda will allow for a comprehensive, targeted approach to these challenges.

“The Saskatchewan Child Welfare Review Panel made a number of recommendations to address the needs of at-risk children, and our government is committed to responding to those needs,” Social Services Minister June Draude said. “This budget puts plans and dollars behind that commitment and signals a new direction for our province.”

The Cabinet Committee on Children and Youth, formed in December 2010 in response to the Saskatchewan Child Welfare Review Panel’s report, lead the development of the “Saskatchewan Children and Youth Agenda” multi-ministry budget proposal. The proposal incorporates provincial strategies dealing with child welfare, First Nations and Métis education and employment, and Autism and Fetal Alcohol Spectrum Disorder (FASD). An additional strategy, the Saskatchewan Police and Partners Strategy to Reduce Crime and Violence, will continue consultation and planning in the year ahead. Funding initiatives announced in the new budget include:

- \$1.5 million to help First Nations Child and Family Service Agencies provide better case management

- for children in care who are placed on-reserve;
- \$1 million to develop a 24/7 intensive family support model to prevent children from coming into care;
- \$2 million to establish a Task Force on First Nations and Métis Education and Employment to provide recommendations aimed at eliminating the education and employment gaps;
- \$7 million for Adult Basic Education and Provincial Training Allowance targeted to First Nations and Métis students;
- \$2.9 million to increase high school completion rates and improve achievement for First Nations and Métis students;
- \$900,000 to enhance rehabilitation therapies and/or frontline services for individuals with Autism; and
- \$300,000 to assist in the provision of family support and mentorship services, as well as life skills programming for individuals with FASD.

“The investment the province is making today in the Children and Youth Agenda recognizes that we need to address the common issues experienced by Saskatchewan children and families, and that we need to work with our First Nations, Métis and community partners toward real and meaningful change,” First Nations and Métis Relations Minister and Cabinet Committee Co-Chair Ken Cheveldayoff said.

Further details of the province’s response to the Child Welfare Review will be announced later this spring.

For more information, contact:

Trish Alcorn
Social Services
Regina
Phone: 306-787-0916
Email: trish.alcorn@gov.sk.ca
Cell: 306-536-1479



Reminder to all foster parents

1. 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.)
2. That any damage claim you wish to submit should be submitted directly to our office and not the Ministry of Social Services.

Open Letter to Foster Children...

by Lawrence P. Adams

This open letter to foster children is written in hopes that foster parents will read it and then share it with those in their care.

Dear fellow children of foster care,

You may feel like your life is in turmoil. You may not be in a place you really consider your home, or you may be awaiting a final decision on a new place to call home.

At times, you may feel like you are all alone in the world, and that no one else ever has or is now going through what you are facing. Your foster parents and caseworker have probably never been in foster care, so how could they possibly understand? Most of the time, your feelings are true!

However, I can understand many of the things you are feeling...because I have been exactly where you are today. As many young say today, "Been there...done that...bought the T-shirt!"

I was a foster child from the day of my birth until I aged out of the system at age eighteen. There is very little you could share with me that I myself have not experienced.

I have felt alone, I have felt depressed, I have felt that no one understood, I have felt no one really cared about me and yes...I have even wondered if it was worth living.

You are not as unique as you think you might be. In matter of fact there are many thousands who, besides myself, have been exactly where you are at.

I am here to tell you that you can overcome all of this. If I can...I know you can!

I do not know why you are in foster care. It might be the same as me...from birth. It might be because of troubles within your home that require you to be out of your home for a short or long term basis; it may even be because of something that you did wrong for others to feel you needed a temporary outside the home situation or finally it might be that you are awaiting a new family to become your Mom and Dad.

It does not matter why you are in foster care. What is important is how you come out of foster care!

I know many aspects of the foster care system makes you feel that you might be of no value; that you cannot be a success and many other negative attributes.

This is absolutely not true!

I felt many times while in foster care and being moved from one home to another, the same feelings many of you are having. But I have been able to overcome them and so can you!

YOU are of value! You can hold your head up proudly! You can be whatever you choose to be!

Yes, even those of you who may have done something wrong to get placed within the foster system... you can overcome this mistake; it can become something of the past. All of us have made a mistake in our lives...maybe even more than one, but we learned from our mistakes and moved forward. You can do this as well. You need to begin making those changes today.

Your foster parents do care about you and what happens to you, whether you are in your current home for a short term or a longer time. They would not be foster parents if they did not care about children and want to help. No, they are not in foster care for the money they receive to assist in your care. In many situations your foster parents will spend far more than what they receive.

I will not say no foster parent will not do wrong. Yes, as in every situation in life there may be a bad one. This is true also with biological/adoptive parents as well. If one does neglect you or do you harm in any way then you must report it. Please make sure any allegation you make however is in fact true. Do not make allegations just because of how they may have felt it necessary to discipline you one day and you get angry at them and try to get back at them. Never, ever make a false allegation.

Honor, respect and obey your foster parents. They do in fact have your best interest at heart. Whether you are with them for a short time or longer time they will do the best they can for you.

I know most of you wish that you were not in foster care; that you could be home either with your Mom and Dad or an adoptive family. That may or may not come someday. You must make the very best of your situation. I ended up staying in the system until I was eighteen. I never had a permanent Mom and Dad all the time I was growing up. Despite this, I hope I have become a person any Mom and Dad could have been proud of. That is my hope for each and every one of you as well.

I know you can do it! Study hard, work hard, know that you have self-worth, not only to yourself but to others. You can reach for the highest of goals...don't let anyone convince you otherwise!

If I can make it...I know you can!

Signed by one who has been there.

Lawrence P. Adams, a former foster child, authored the poignant book of life through the eyes of a throw away child entitled: "Lost Son? A Bastard Child's Journey of Hope, Search, Discovery and Healing" released in 2004. He has written numerous magazine articles and speaks to groups around the country and at World Conferences about the need for child welfare reform. He currently serves on the Intl' Board of Directors for World Initiative for Orphans. He may be reached at larry@larrya.us or visit his web site at <http://www.larrya.us>.



Summer Events around the Province

Hudson Bay

Hudson Bay 18th Annual Summer Hockey School
July 25th – July 29th

For more information, contact Elly Ferguson at (306) 865-2263.



Family Movie Night

July 1st – July 2nd

The movie is “Rio” (Rated G) and show times are at 7:00 p.m. at Modeon Theatre. For more information about the event and admission prices, you can visit www.townofhudsonbay.com.

Humboldt

Humboldt Kite Festival

July 1st, at Water Ridge Park

Come out and see over 40 kites of many shapes and sizes, both single string and multiple string. Takes place from 10:00 a.m. until 6:00 p.m. For more information, you can contact Jason at (306) 682-2597.

Lloydminster

Lloydminster Leisure Centre Outdoor Pool
4713-57 Avenue

Opening date for the 2011 season is still to be announced. Lesson Schedule available online at: http://www.lloydminster.ca/docs/rec/aquatic_files/2011swimsched.pdf
To register phone: (780) 875-4497

Meadow Lake

Meadow Lake & District Soccer Association Camp

August 15-19th, (Monday-Friday)

This is the largest and most popular camp program in the USA and Canada, hosted by Meadow Lake & District Youth Soccer Association.

For more information, contact 1-800-533-9374 or email jbutler@challengersports.com Sign up online at www.challengersports.com

North Battleford

Summer Playground Program

Each summer the city offers a free playground program for children from six to twelve years old. The program is supervised by trained play leaders and is offered at four different locations. Children aged five and under should be accompanied by a responsible guardian.

The program runs during July and August. Features of the program are daily planned activities supplemented with a variety of special events such as the “Cookie Carnival”, evening cookouts and participation in the Territorial Day parade. All sites are equipped with shelters for inclement weather and wash-room facilities. Hours do tend to vary from year to year, so watch for information that comes home with your child from school in June or check at the playgrounds for hours.

Prince Albert

Playground Program

Every summer, children six to twelve years of age are invited to take part

in a fun-filled summer of FREE activities at ten different playground locations throughout the city. Each playground is staffed by two qualified and trained playground supervisors.

The summer playground program includes cooperative games, crafts, songs, stories, sports and much more. Activities focus on a different theme every week, and special events are also planned “off the playgrounds” for all kids to enjoy.

The program also offers free of charge: a summer sports program, an arts program and a cultural program. Specialized play leaders travel from playground to playground offering the children different sporting and craft activities.

Please view the playground brochure for further information regarding dates and times of the playground program as well as other children’s activities that are offered by the city.

Parents are encouraged to phone the Margo Fournier Centre at (306) 953-4816 if they have further questions about the playground program.

Children’s Festival

July 28th, at Kinsmen Park
from 1:00 pm to 5:00 pm

This free Children’s Festival is organized by the City of Prince Albert Playground Supervisors and is made possible through the generosity of businesses in the community. There will be fun for all with lots of different activities to take part in. Some of the day’s activities will include: balloons, crafts, games,



kids area, skateboard demonstrations, children's entertainers on the main stage, dunk tank, face painting. Be sure to mark the date on your calendar and plan to check it out. Also remember to bring the whole family as all activities are free of charge!



Regina

Cinema Under the Stars Series
Dates TBD – Victoria Park at 9:00 p.m.

“Cinema Under the Stars” is a free event where families, friends, and children of all ages are invited to watch movies under the stars on FreshAirCinema’s giant inflatable screen in Victoria Park. Regina Downtown is working on the 2011 series. Watch for updates and movie title postings on our website at www.reginadowntown.ca/events.php.

PlayEscapes

July 14 - August 7, (Monday - Friday)
PlayEscapes is a free summer come and go drop-in program offered by the City of Regina for children entering kindergarten (must be five years old by December 31, 2009) through Grade 7. The program runs Monday to Friday, July 7 to August 14. The program offers leader-facilitated play opportunities

that develop and foster life skills, creativity, imagination, positive self-image and promote a physically active lifestyle.

PlayEscapes welcomes children and youth with disabilities. Participants who may need assistance during the program are required to bring an attendant. Self-directed play is the key to the PlayEscapes program. Children engage in play they select by themselves, and are encouraged to explore and discover activities they enjoy most. This cultivates creativity and imagination while expanding children’s intellectual, emotional and social skills. Through self-directed play, children become more active and creative in the play environment while gaining a sense of freedom and choice. For more information about PlayEscapes call (306) 777-7000 or visit www.regina.ca for locations.

Saskatoon

Playground Program

The City of Saskatoon Summer Playground Programs will begin on Monday, June 28th at numerous neighbourhood playgrounds throughout Saskatoon. Designed for two to twelve year olds, these free programs will include games, music, drama, special events, arts and crafts, and story-telling. Water play at the playgrounds with adjoining paddling pools or spray features will also be included as part of the programming. Children under the age of six must be supervised by an adult or a responsible youth at all playground programs, paddling pools, and spray features.

Kids Camps

Are your kids looking for a summer adventure they’ll never forget? We’ve got something for everyone!

From art, drama and music to nature, science and athletics, the University of Saskatchewan offers a wide range of educational fun under the sun for kids of all ages! From campus activities to field trips, your kids will get plenty of fresh air and exercise as they make new friends in our hands-on, creative learning environments. Our camp leaders are qualified instructors—with many of them being former kids’ camps participants themselves. For more information, please visit www.kidscamps.usask.ca.



Orca Synchro Club

We are a non-profit synchronized swim club. We offer recreational and competitive programs as well as Special Olympic and Aquatic Access programs. We offer team, solo and duet instruction as well as basic skills. Our club offers these swimming lessons in a friendly atmosphere that fosters friendship and learning.

For more information, call (306) 668-4551.

... continued on next page.

Swift Current Parks Play Program

The Recreation and Parks Department would like to welcome all participants to the Parks Play Program Summer of 2011! Our program is designed for children aged five to twelve and aims to keep its participants active and entertained through games, crafts, sports, stories, and various presentations and special events throughout six weeks of the summer. Make sure to see our program calendar for our special events throughout the summer.



The program takes place at four of Swift Current's beautiful parks and operates weekdays (Monday to Friday) beginning July 4th through August 12th, morning and afternoon. For a list of participating parks: www.city.swiftcurrent.sk.ca/leisure.php

Yorkton

S-CAPE

S-CAPE is a summer program based on culture, arts and physically active experiences. We provide a safe, holistic program that incorporates sport, culture, art, recreation and leadership components for children and youth in Yorkton between the ages of six and twelve.

For more information call Community Development, Parks & Recreation at (306) 786-1750.

Planning on camping this summer? You can win free passes for next year!

Regional Parks of Saskatchewan is giving away a variety of prizes to campers interested in entering the contest. Participants are eligible to win:

10 – 2012 Regional Park Season Passes

5 – Camping Certificates (\$100 value to be used during the 2012 season)

5 – Camping Certificates (\$60 value to be used during the 2012 season)

5 – Regional Park Golf Certificates (\$100 value to be used during the 2012 season)

5 – Regional Park Golf Certificates (\$60 value to be used during the 2012 season)



To enter, either download the entry form from the website or visit any regional park in Saskatchewan. Fill out the entry form and attach one proof of purchase (receipt for park entry, camping, swimming, concession, etc.) and mail it to the address provided on the entry form. To be eligible for the golf certificates, visit any regional park golf course and attach proof of purchase.

For entry forms, you can visit: <http://www.saskregionalparks.ca/parknplay.php>
Entry Deadline is October 31, 2011. Draw made on November 15.

Beaver Creek Conservation Area

Admission is by donation. Persons who are under Treaty 6 and those 65 and older, receive free entry into all provincial parks.

Husky Community Rebate Program

Remember to support the SFFA by using your Husky Community Rebate Program Card. **Husky supports us by rebating 2% of your retail purchases** at Husky and Mohawk gas stations, convenience stores and Husky House restaurants.



Over 40 discounts for Foster Families

In order to receive the following discounts, foster families must show their membership card and one piece of identification. If you know of a local business to request discounts from, please call Pam Kostyk at 1-306-975-1580. For complete details on the Saskatchewan Foster Families Discount Program visit our website: www.sffa.sk.ca

Buttons and Bows – Saskatoon	10% off
Cheestoast, 22nd Street – Saskatoon	10% off (22nd Street location only)
Costco – Regina	\$10 off each new membership
Costco – Saskatoon	\$10 off new membership
Cozy Cradles – Regina	10% off
Dawgs Footwear – Saskatoon	40% off all instore merchandise (Centre at Circle & Eighth Mall)
Day's Inn – Prince Albert	Discounted room rates
End of the Roll – Saskatoon	10% off
Family Pizza – Prince Albert	15% off
FDE Flooring – Saskatoon	15% discount off all regular, retail priced carpet, lino, tile & laminate 10% discount off all regular priced hardwood and cork
Forza Contracting	Call for discount
Humpty's – Prince Albert	Kid's eat free every Friday
ICI Paints – Saskatoon	30% off paints and 20% off rollers/brushes
Jet Steam – Saskatoon	10-15% off depending on area
Kart Track Raceway – Saskatoon	2 for 1 coupons (located at Idylwyld Drive)
Katz N Jammers – Melville	Call for discount
Kid's Trading Company – Regina	10% off
Lil Sprouts – Saskatoon	10% off
Lookin Good Family Hair Styling – Moose Jaw	1/2 price haircuts
Payless Shoes – Saskatoon	15% off
Picture Perfect – Saskatoon	\$8 per sheet, for all foster children school photos. For in studio portraits, there will be a 20% discount on printed product and services
Rak's Bowling House – Saskatoon	2 for 1 call ahead for availability
Ramada – Prince Albert	Discounted room rates
Regina Inn and Conference Center – Regina	Discounted room rates
Sport's Excellence – Prince Albert	20% off all regular priced items in store
Super 8 – Prince Albert	Discounted room rates
Second Time Around – Prince Albert	15% off any regular merchandise
Temple Gardens Mineral Spa – Moose Jaw	Guestroom specials
The Brick – Saskatoon	Call for discount
The Brick – Regina	Call for discount
The Brick – Prince Albert	Call for discount
The Brick – North Battleford	Call for discount
The Brick – Moose Jaw	Call for discount
The Cupcake Corner – Saskatoon	25% off Cupcake order (deals/promotions not included)
The Fun Factory – Saskatoon	Ages 1-2 \$3.99, 3 and up \$9.25, Wed-\$2 off
The Giggle Factory	10% off
Thomas the Cook – Saskatoon	10% Off
Travelodge – Regina	Discounted room rates
Travelodge – Saskatoon	Discounted room rates
Uncle Ed's Furniture – Saskatoon	Call for discount

Improving outcomes for children with FASD in foster care: Training for Saskatchewan families

If a mom drinks alcohol when she is pregnant, there is a risk that her child will be affected by prenatal alcohol exposure. Because of this her child may have a disability called Fetal Alcohol Spectrum Disorder (FASD). We know that children with FASD are vulnerable. They often experience a wide range of behavioural, learning, physical and

not reach the same milestones at the same time as other children. They might always struggle with making good decisions, being responsible or with managing emotions. They may seem to learn and understand the rules one day but not understand those same rules the next day. Skills are gained but forgotten the very next minute or what they can do

running away or trouble with the law may arise. Even though children and youth living with FASD have many gifts and bring joy to their families, their good qualities and strengths are sometimes overshadowed by their disabilities and other challenges.

They often experience a wide range of behavioural, learning, physical and sensory disabilities. These disabilities can be very confusing to parents. This is especially true if parents do not understand that FASD is a brain based disability.

sensory disabilities. These disabilities can be very confusing to parents. This is especially true if parents do not understand that FASD is a brain based disability. What this means is that many of the challenges faced by children and youth with FASD are caused by brain differences and are not the result of purposeful poor behaviour.

Individuals with FASD will face a range of difficulties through their lifetime. The difficulties commonly make it harder and more challenging to parent that child or youth. In the very early months and years, infants and toddlers may have serious health issues, sleep problems be hard to soothe, have emotional outbursts or seem bothered by lights, sound or activity. The complex behavioural struggles continue as children grow. Their limitations in ability to think, learn and understand become more noticeable, especially as they enter school. Children with FASD may

at school might be different than what they can do at home. Parents understandably find this frustrating. They begin to doubt their ability to parent or have less energy to care for and nurture their child.

Because FASD is a lifelong disability and there is no cure, difficulties continue through the school years and into adolescence and adulthood. During these years, secondary issues like problems at school, drinking,

Families living with FASD face these challenges along with many other challenges of our complex world. Sometimes stressors pile up; families struggle and children enter the foster care system. Foster families then are faced with the task of caring for children and youth living with FASD. This is clearly a very important role in our province, in the lives of children and in the lives of their families. But, one problem lies in the fact that foster families have not been equipped with what they need to provide safe, healthy and nurturing homes. Breakdown of the foster placement is hard on parents and children alike but this unfortunately is a common outcome.

As a way to support the success of foster parents caring for children and youth with FASD, a training initiative has been developed and will launch in the fall of 2011. A partnership with the Ministry of Social Services, the FASD Support Network of Saskatchewan and other key stakeholders has been developed in order to meet the need for information and education about FASD. Three hour training sessions will be delivered to all existing and new foster families across Saskatchewan. The training combines a solid understanding of FASD, tried and “parent tested”





strategies and a focus on parental self care. It is our belief that foster parents know how to care for and nurture children. But, foster parents need extra information about FASD.

They need to know what has worked for other parents and they need to recognize their own requirement for self care. Family support is critical as foster parents face new and unexpected challenges, take on the task of understanding a complex disability and in engage in learning different parenting tactics than what has worked for them in the past.

The training to be launched this fall will be delivered by selected community members with an excellent understanding of FASD. The sessions will follow a specific format to ensure the same information is delivered over time. The FASD Support Network of Saskatchewan

is pleased to be involved with this exciting work. We continue to offer our support to the many foster and adoptive families living with FASD across the province. The contributions of foster and adoptive parents are incredible and we look forward to better outcomes for the children and youth with FASD who are in their care. As always, we welcome families to call our toll free support line with questions or to request print materials. A package will be sent out and we will do our best to get you the information you need.

Toll Free Support Line:
 1-866-673-3276 or
 visit: www.skfasnetwork.ca

Summer Word Search Puzzle

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

AUGUST
 JULY
 BARBECUE
 RELAX
 BASEBALL
 SANDALS
 BEACH
 SHORTS
 BIKING
 SOCCER
 GOLF
 SUNBURN
 HATS
 SUNSCREEN
 HOLIDAY
 SUNTAN
 HOT
 SWIMMING
 HUMID
 VACATION



Confusion and loss in her eyes, she seemed resigned to coming with us although she had cried earlier. Her sister whimpered softly but clung tightly to my youngest daughter's hand. My husband looked my way with concern and pity in his eyes. Here they were, our first two children given into our care. Many questions entered my thoughts but I pushed them aside and helped our two little girls into the car. The next day we heard the bad news that their grandmother had died. They'd had no chance to even say good-bye.

Back from the funeral, Amy*, age seven, began having nightmares. "She's cold. Her eyes are closed," she screamed. "Why can't she see me anymore?" I held her. "It's okay, honey, she can see you better now. She's in heaven with God and now she watches over you. Only her body was left here on earth." Even though we hardly knew each other, Amy clung to me and my words. We asked grandma (kokum) to watch over us that night.



Submitted by a Saskatchewan foster parent

Annie*, age four, was quiet and closed up. She barely spoke but she loved our dog Daisy. She was a good girl, always did what you asked. She would reach out for your hand. One day, my youngest daughter wanted to help her sweep and it made her very angry. She picked up the broom and tried to hit her across the back with it. My middle daughter stepped in front and took it away. Annie's face was red and full of rage, her hands clenched. We knew after this that violence wasn't new to her. When she wasn't struck with anger, she was a loving and sweet child.

Her older sister, Amy, was in grade two and went to a school in Saskatoon. During the drive to school, I would listen as Amy told me stories about her mom and dad and kokum. It took some quiet drives and gentle questions to get her to open up but eventually the stories flowed. One day Amy asked me a profound question. "If God loves me, why do bad things keep happening to me?" She asked me many more questions such as these, but this one by far is still the hardest one to answer. I don't recall what I said to her that day.

Amy and Annie eventually went on to live with their mother once again. Amy phoned me four times or so afterwards. I told her she could call me anytime she needed to. We had more placements since then, but these two girls will hold a special place in my heart as our first introduction to children in need of a safe place. I hope to see them both again someday.

**names have been changed to protect the identity of the children*

Submissions to Advisor:

The purpose of our newsletter is to educate, update and inform our foster parents. Above all, we want to support the incredible work that you are doing!

Anyone interested in submitting stories, poems or other items for publication in the newsletter is welcome to send their submission to the office at sffa@sasktel.net. Please note that submissions may be edited for length, content or clarity and names will be changed to maintain confidentiality.

Check out the SFFA website

Please visit our website for the latest information on fostering in our province.

- Updated **manuals and policies**
- A **calendar of events** for the whole province
- Continuous **announcements** from our staff
- A list of our **Resource Centre materials** ... and much more!



"Please visit our website for the latest information on fostering in our province."

www.sffa.sk.ca

Carbon Monoxide Alarms

The Ministry of Social Services will be providing carbon monoxide alarms to all foster homes in the province. The alarms along with information regarding their use, will be delivered to foster homes in the coming weeks by Ministry caseworkers.

Carbon monoxide is a gas that has no colour, odour or taste. Sources of carbon monoxide include items such as appliances that burn fuel (i.e. water heaters, propane refrigerators, gas stoves, and ovens), furnaces, and car exhaust systems. Appliances that are not properly vented or functioning improperly may result in carbon monoxide gas being emitted into the home potentially causing illness and, in cases where high levels of gas are present, possible death.



How many alarms do I need?

The Ministry will be supplying enough alarms to each residence to ensure that one is located within five meters of every sleeping area. When

choosing your installation locations, make sure you can hear the alarm from all sleeping areas. If you install only one CO alarm in your home, install it near bedrooms, not in the basement or furnace room. When wall mounting, place out of reach of children. Under no circumstances should children be allowed to handle the CO alarm.

I have an existing smoke alarm system. Can I integrate the carbon monoxide alarms being provided with this system?

The alarms being provided are plug-in type alarms that are independent of hardwired alarms systems. Many hardwired systems do allow for the use of an integrated smoke/carbon monoxide alarm. For more information, contact your local plumbing/electrical contractor. Costs associated with installing hardwired or integrated systems are the responsibility of the home operator.

How do I install the plug-in carbon monoxide alarms?

Each alarm comes with an instruction manual. By following the

instructions you will ensure a proper installation. The alarm also comes with a tamper resistant feature which goes into constant alarm mode if it has been unplugged or has come loose from the outlet.

Who is responsible for on-going maintenance of the alarm?

Carbon monoxide alarms should be tested at least once a month, following the manufacturer's instructions. Batteries should also be replaced as needed according to manufacturer's recommendations. You should keep a 9 volt battery on hand for battery replacement. The units provided have a 7-year product life at which time a new unit needs to be purchased.

What happens if my unit is defective?

Ministry staff will assist in testing the units when they are first delivered. In the event that the unit fails to work the unit will be replaced at that time. If a warranty issue occurs with the alarms after installation, the home operator should contact Kidde Canada (1-800-880-688) directly to arrange for replacement.

IFCO 2011

The International Foster Care Organization is the only international network dedicated to the promotion and support of family foster care all over the world.

The International Foster Care Organization XVII Biennial World Conference registration is now open. It will be held **July 10th-15th in Victoria, BC**. For more information, visit their website at: www.ifco2011.com.

Infant Nutrition

INTRODUCTION OF SOLID FOODS AND MAKING YOUR OWN BABY FOOD

To learn more about making your own baby food, contact the Saskatoon Public Library for the DVD, *Feeding Your Baby Solid Foods* by Winnipeg Health.

If you are a community group or organization and would like a workshop on "Making Your Own Baby Food", please contact Robin at 655-5311 or robin@chep.org



Be sure to contact your local to see what events they have planned for the season.



There are barbecues, 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.

”

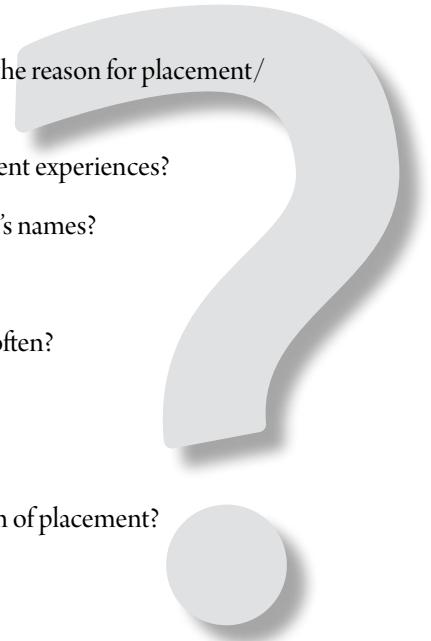
Policy change regarding Foster Parents adopting

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.

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.)

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



Foster kids are a lot like butterflies...

Butterflies start out as caterpillars. Some are big, some are small, some are one color, some are many colors, some are fuzzy... there are so many varieties.

Have you ever seen those big fuzzy wuzzy ones that you just want to pick up and hold... and the minute you do, they pee or poop in your hand, making you wonder why you picked them up to begin with? Some types of caterpillars do a lot of damage, as they eat leaves and destroy things to survive. In fact, many caterpillars are considered "pests."

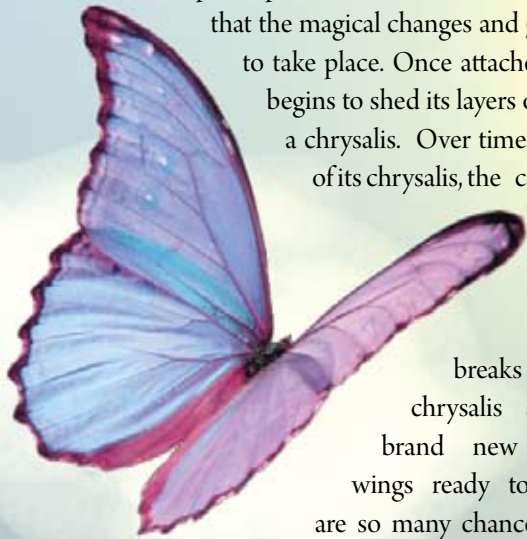
In order to become a butterfly, the caterpillar must find a special place to attach itself, usually a safe leaf; so that the magical changes and growth can begin to take place. Once attached, the caterpillar begins to shed its layers of skin to develop a chrysalis. Over time and in the safety of its chrysalis, the caterpillar changes and grows. As time progresses, the caterpillar breaks free from its chrysalis and emerges a brand new butterfly... with wings ready to explore. There are so many chances along the way where a caterpillar could fail at becoming a butterfly. It could never attach to that special place, the

conditions of the chrysalis could be wrong, the conditions around the chrysalis could be wrong, or the butterfly could be released too early. Do you see how remarkable the comparison is to foster care? Do you see what nature is showing us?

Foster children come in all shapes and sizes and colors and ages just like caterpillars. Some are destructive, some are "pests," and some pee and poop all over when they are scared. But over time and with the right conditions, foster children will attach to something special (a foster family or adoptive family) and magical changes will occur. The foster child will "shed its skins" and in the safety of that family, the child grows. As time passes, with continued safety and with the right conditions, the child emerges differently than when the child started... the child is like a butterfly; emerging with a new outlook on life or a new life all together.

If foster children don't attach to that special place, they may never begin the magical process of change. If the family is not safe or the conditions are not right, the child may not grow. If the child is released too early or with not enough change, disaster could ensue.

Change... from a caterpillar to a butterfly... Change. See? Safety and an attachment, and a caterpillar turns into a beautiful butterfly.



This was taken with permission from <http://looneytunes09.wordpress.com>, a blog about an adult who spent most of her life growing up in the foster care system.

Orange-Banana Smoothie Pops

Serves: 6

MAKE YOUR OWN

Ingredients

- 1 container (7-ounce) Greek or natural yogurt
- 2/3 cup thawed orange juice concentrate
- 2 large bananas
- Zest of 1 lime
- 1 tablespoon fresh lime juice

Directions

- Puree yogurt, thawed orange juice concentrate, bananas, lime zest, and fresh lime juice in a blender.
- Pour into six 3-ounce molds (or use mini baking tins with popsicle sticks, but you can also substitute paper cups.)
- Freeze until smoothie pops are solid, about 4 hours.
- To release pops, dip molds into hot water until pops loosen and slide out. If using cups, peel away paper.





233 4th Ave South
 Saskatoon, Saskatchewan
 S7K 1N1

Phone: (306) 975-1580
 Fax: (306) 975-1581
 Toll Free: 1-888-276-2880
 E-mail: sffa@sasktel.net
 Website: www.sffa.sk.ca

Executive Director
Deb Davies

Coordinator of Services Support
Karlee Novakovski

*Senior Advocate & Training
 Consultant*
Paul Bunz

Foster Family Advocate
Mel Brockman

Project Coordinator
Pam Kostyk

Damage Assessor
Barry Fraser

Office Administrator
Karen Pollock

Financial Coordinator/Admin
Kendra Mazer

Intake/Volunteer Coordinator
Tracey Arnold

Foster Family Advocate
Wayne Roman

Tech Support
Rene Stock

Newsletter
Kristine Scarrow/Cheryl Zamora

Board of Directors – June 2011

President
Jordan Carrier
 Prince Albert

Past President
Tracie Gilchrist
 Regina

Directors
Stephen Clark
 Prince Albert

Lester Herman
 LaLoche

Ernest Swehla
 Okla

Anthony Carr
 Saskatoon

Christine Fullawka
 North Portal

Tim Adams
 Moose Jaw

Watch for our next issue of the *Advisor*.



Advisor

PUBLICATIONS MAIL AGREEMENT NO. 41271051
 RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:
 SASKATCHEWAN FOSTER FAMILIES ASSOCIATION
 233 4TH AVE SOUTH
 SASKATOON SK S7K 1N1

Please Recycle

