VOL. 7 ISSUE 32 | AUGUST 17, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

FOSTER CAREGIVER SPOTLIGHT
BEV GILBERT

Bev Gilbert is a long-time foster caregiver from the West Kootenays and has been fostering since 1998. Bev has cared for more than 100 children, ranging from infants to teenagers. Her specialities are infants from the NICU, children with special care needs and teenagers.

Bev shared that when she first started fostering, she made a special request to foster a child with Down Syndrome with a heart defect as she had 12 years experience caring for her own son and wanted to extend that experience with another child.

Bev noted that fostering comes with many challenges and that, whenever possible, it is important to build positive relationships with MCFD and the children's biological parents. She tells biological parents that she is their child's nanny and wants to include them as much as she can. Bev also expressed that transitions are often the hardest and most heartbreaking part of fostering, and she tries to stay connected with biological families and offer them support.

Bev shared that one of the most rewarding parts of fostering is when former foster children stay in touch and invite her to share in their achievements. She recalled a young adult who contacted her with questions about his childhood. When they met, he hugged her and said she felt familiar, even though he did not remember his time in her care when he was young. Bev was grateful to be able to provide some of the answers he was looking for.

Bev advises new foster caregivers to put themselves in biological parents' shoes and lead with compassion. She encourages caregivers to be prepared for placements that may last up to three years, to connect with other foster caregivers for support, and to keep learning through training opportunities.

IN PERSON
KAMLOOPS
FOSTER PARENT DROP-IN

Wednesdays
9:00am - 11:00am
At the Loft
(2nd Floor of grey building)

VIRTUAL
WEST KOOTENAY
FOSTER PARENT DROP-IN

Fridays
10:00am - 12noon
Zoom ID: **250 608 7674**

UNDERSTOOD.ORG ARTICLES

1. **How to manage meltdowns in your tween** -
"Surprised that your tween with ADHD is still having meltdowns? It's actually not uncommon. Explore tips that can help."
2. **Taming tantrums vs. managing meltdowns**
3. **What the report card isn't telling you: How to support a child who is masking**

"To love someone is to show them their beauty, their worth, and their potential." – Leo Buscaglia

MINDSPRING MENTAL HEALTH ALLIANCE

FREE WEBINARS

Be sure to check out some of their webinars. Cannot make the date / time? Register and they will email you the link to the recording.

Attachment Styles: How Relationships Are Shaped by Patterns of Safety, Stress, and Communication (3-part series) "Learn how attachment theory helps explain adult behavior in relationships, communication patterns, boundaries, and emotional reactions. Learn the four primary attachment styles —secure, anxious, avoidant, and disorganized —and explore how stress, past experiences, and nervous system responses shape the ways adults connect, withdraw, or seek reassurance. This course emphasizes real-life adult patterns and explains why some people repeat communication cycles that feel frustrating or confusing."

Boundary IQ

Supporting Emotional Regulation in Kids: Managing Emotional Storms

Understanding Trauma: How the Brain, Body, and Relationships Shape Healing

Substance Use and Mental Health: The Impact of Stress, Trauma, and Life Circumstances (3 part series)

SCREEN DEEP PODCAST

THE COSTS OF USING DEVICES TO CALM CHILDREN

"Using devices to calm upset children can be a quick fix for parents—but what happens to children's long-term emotional health when screen time becomes the primary way they soothe themselves?

On this episode of Screen Deep, host Kris Perry is joined by Dr. Peter Reschke, Associate Professor of Human Development at Brigham Young University and expert on early emotion and social development. Dr. Reschke details how babies and young children develop an understanding of emotions, the critical role of infant-caregiver interactions, and recent research on how regularly using media to soothe young children can affect their behavior and later problematic media use.

In this episode, you'll learn:

- The powerful role parents play in helping infants and young children develop the skills to recognize, express, and regulate emotions
- Why watching media together with young children can positively impact emotional development
- What the research says about giving phones and tablets to calm children (and healthier ways to help them cope with difficult emotions)
- How regular use of media or devices for emotion regulation in early childhood predicts problematic media use in later childhood
- How an infant's nervous system reacts physiologically when parents are digitally distracted."

Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple
kbepple@interiorcommunityservices.bc.ca
Cell: (250) 819-1919
Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca

Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca

James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca

Interior Community Services
Enriching Lives, *Strengthening Communities*

Need resources or information? Check out our website!

Are you wanting more info about upcoming training in your area, helpful resources or info about our program? Find all this and much more at our website:

www.icsfp.info/resources

Foster Parent After Hours Support Line

Hours: Mon to Fri: 4pm to 12:45am
Sat, Sun & Stat holidays: 8am to 12:45am

1-888-495-4440

PROVINCIAL CENTRALIZED SCREENING

in the event of an EMERGENCY or CRISIS occurring after regular office hours:

1-800-663-9122