VOL. 7 ISSUE 17 | APRIL 27, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

At the Loft

(2nd Floor of grey building)

VIRTUAL

WEST KOOTENAY

FOSTER PARENT DROP-IN

Fridays

10:00am - 12noon

Zoom ID: **250 608 7674**

Learn and Connect Workshops for New & Potential Caregivers

Last Monday of the Month

9:00 am

Zoom ID: 878 8822 2406

Don't miss this chance to

CONNECT

with other caregivers

AUDIO CAREGIVING CONNECTION

WEDNESDAYS

10:00-12NOON OR 6:30-8:30 PM (PST)

The cost of youth attachment to AI companions (Screen Deep)

Zoom ID: 832 4280 1289

MCFD NEW RESOURCE WORK POLICIES & NEW STANDARDS FOR FOSTER HOMES

Did you know that as of April, 2026 we now have new resource work policies and new standards for foster homes. The main changes are around:

HOT BEVERAGE TEMPERATURE AND BATHING WATER TEMPERATURE

"**Standard D7.6**

The caregiver provides the opportunity for the child to eat at least some of their meals together with all other members of the household. **Before providing hot beverages, including, but not limited to, bottles and drinks, the caregiver checks the temperature of the liquid to ensure it is safe and age/developmentally appropriate.**

Standard D8.6

Caregiver Practices

The caregiver ensures the child has the personal items necessary for their personal care, hygiene and grooming. **The caregiver also ensures that water sources, including, but not limited to baths, showers, pools, hot tubs, and alternate bathing set-ups such as sinks or wash basins are safe, comfortable, and age/developmentally appropriate temperature for children/youth. The appropriate bathing temperature for child is 98 -100 degrees F, or 37- 38 degrees C. Do not exceed 107 degrees F or 42 degrees C. Children's skin is more sensitive - when in doubt, err on side of cooler water and check water temperature regularly.**"

CLN UPCOMING TRAINING

PROVINCIAL SUPPORT AGENCY CAREGIVER LEARNING NETWORK

PARENTING A CHILD WITH A HISTORY OF SEXUAL TRAUMA

WEDNESDAY,MAY 6

9:30am - 11:30am (PST)

CRISIS CENTRE OF BC: SUICIDE PREVENTION

THURSDAY , JUNE 11

1:00pm - 2:30pm (PST)

NAVIGATING EMOTIONS: HOW TO REMAIN CENTERED WHEN EMOTIONS FEEL OVERWHELMING

THURSDAY , MAY 14

11:00am - 1:00pm (PST)

"Fostering a child is not about being perfect; it's about being present." Unknown

DR. VANESSA LAPOINTE TED TALK

RAISING CONNECTED CHILDREN

"In this talk, Dr. Vanessa Lapointe maintains that connection not consequences is the most powerful way to help children thrive emotionally. Through a relatable "shoe-palooza" moment, Vanessa shows how responding to stress with punishment escalates reactivity, while empathy and connection calm the nervous system and invite better behaviour. Drawing on attachment research and neuroscience, including studies on early bonding and brain development, she reframes children's outbursts as signs of distress rather than defiance. Disconnection-based discipline may create compliance, but at the cost of emotional security. By setting clear boundaries rooted in compassion, parents can wire children for resilience, safety, and emotional regulation, shaping not just better behaviour, but healthier lives. Dr. Vanessa Lapointe is a mom, parenting educator, best-selling author, international speaker, and a regularly invited media guest. She holds a doctoral degree in psychology and practiced as a psychologist for nearly 20 years before devoting her full-time energy to connecting with parents and other "big people" around the globe in 2023. Founder of The North Star Developmental Clinic, Dr. Vanessa has long supported families and children at her clinic alongside her team and has prior experience in community mental health and the school system. Dr. Vanessa is known for bringing a sense of nurturing understanding and humanity to all of her work. Her passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes."

MENTAL HEALTH WEEK MAY 4-10

Come Together, Canada
Stronger connections.
Better mental health.

"Social connection is essential to overall health and well-being. But too many people are feeling alone. In Canada, millions of people say they feel lonely often or always.

This May 4-10, CMHA is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection. Together, we can strengthen mental health, build healthier communities, and help more people feel connected.

Because connection strengthens mental health."

Check out CMHA resources:

- Fact Sheets - The Research on Social Connection
- Story: World Health Day 2026: Together for Health, Connected by Science
- Story: More people in Canada are using AI as a mental health care tool, but are we ready for it?

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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