THE SUPPORT REPORT

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Times to Connect

Out of Care / Kinship Providers Drop in

Tuesday Jan 6
10:00 - 11:00 AM (PST)
Zoom ID: 858 3771 6954

Audio Book Club

Will resume on January 14 2026

CLN PRESENTS: CIRCLE OF SECURITY PARENTING®

for Out of Care / Kinship Providers

Wednesdays,
Jan 7 to Feb 18
7:00pm to 8:00 pm (PST)

Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

CLN presents: Len Pierre

leading with Empathy:

MOVING BEYOND TRAUMA-INFORMED PRACTICE TO TWO-EYED SEEING & DIGNITY-INFORMED PRACTICE

Wednesday, Feb 4 **9:00am to 12:30pm (PST)**

Understood.org
Supporting self-esteem and confidence in kids

When kids with learning and thinking differences have positive self-esteem, they feel more confident. They try their best. They value themselves. And they're proud of the things they can do. Kids with learning differences develop positive self-esteem by working hard toward a goal — and then seeing their hard work pay off. But failure can build confidence in kids, too. In this episode of The Opportunity Gap, listen as Julian explains:

- How encouraging feedback builds positive self-esteem
- What kids can learn from experiencing failure
- Ways to praise kids and teach them to be proud of their efforts

Listen to the podcast here

Happy New Year!

Book Corner

START HERE:

A PARENT'S GUIDE TO HELPING CHILDREN AND TEENS THROUGH MENTAL HEALTH CHALLENGES

by Pier Bryden M.D. & Peter Szatmari M.D., 2020 "From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child. Every day seems to bring new and expanding issues and disorders and troubling statistics about the rise of mental illness in children and teens. It's usually obvious what to do for physical injuries like broken bones, but when it comes to our children's mental health, the answers are much less clear, and sometimes even contradictory.

Pier Bryden and Peter Szatmari, top child and adolescent psychiatrists, are here to help. Using their combined six decades working with families and kids—and their own experiences as parents—they break down the stigma of mental health illness and walk parents through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges arising from: Eating disorders; Anxiety; Psychosis; Sleep Disorders; Substance Use Disorders; ADHD; Autism; Depression; Trauma; Suicidal thoughts and behaviors.

The most important thing to remember as a parent is that you and your child are not alone. Wellness is a continuum, and there is a lot parents can do to bring their child back to a place of safety. The road ahead isn't always easy or straightforward, but this guidebook offers essential advice that every parent needs to advocate for their child."

CHILDMIND INSTITUTE

ENCOURAGING GOOD SLEEP HABITS:

TIPS FOR HELPING KIDS FALL — AND STAY — ASLEEP

"You know what it's like to not get a good night of sleep — feeling tired all day, getting upset easily, not being able to focus. It's important for children to sleep well at night because sleep helps them learn, concentrate, and manage their behavior and emotions. Sometimes, kids who don't get enough sleep even get misdiagnosed with ADHD. Parents can help their children build healthy sleep habits by using a few consistent strategies.

- What are some ways to encourage good sleep habits?
- Why is it better for kids who wake in the night to go back to sleep in their own beds, even if you have to sit with them?

Connect with us...

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SUPPORT TO FAMILY CARE NETWORK PROGRAM

Interior Community Services
Enriching Lives, *Strengthening Communities*

Need resources or information? Check out our website!

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

Find us on Facebook!
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