VOL. 7 ISSUE 27 | JULY 13, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

CAREGIVER LEARNING NETWORK:
TRAUMA INFORMED TRANSITION TRAINING

MORNING SESSIONS
9:30am to 12:30pm

Mon, Jul 27 to Thurs, Jul 30 & Tues, Aug 4 to Fri, Aug 7

Every child in care experiences a minimum of two transitions: Entering care and moving out of care. Caregivers trained in creating trauma-informed transitions can improve the outcomes for children and youth. In this training module, you will connect with your peers in a dedicated online community as you explore strategies for successful transitions. Foster Caregivers will learn transition strategies, connect with peers in a dedicated online community, and share information that contributes to successful transitions. Caregivers trained in creating trauma-informed transitions can improve the outcomes for the children and youth transitioning out of foster care.

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

CHILDREN AND SCREENS:
BODY IMAGE AND MEDIA USE: A GUIDE FOR PARENTS

Body image concerns are common among today's youth with some research suggesting that up to 90% of young people report at least some dissatisfaction with their physical appearance.

While social media use is not a sole causal factor in negative youth body image, research indicates it can play an important role in amplifying idealized body types and encouraging negative self-comparison. How does media use affect youth body image – and how can parents and caregivers support the development of healthy body image to counteract the effects of social media?

Sections include:

- FAQ - How Does Digital Media Affect Youth Body Image?
- Tips for Parents to Support Positive Body Image in Youth

"The heart of a foster parent is the size of an ocean, with room for waves of every child's emotions." Unknown

CHILDMIND INSTITUTE

WHY STABILITY MATTERS FOR EARLY CHILDHOOD DEVELOPMENT

This episode takes a closer look at how stability in children's developmental environments influences their health and development, focusing on what the research tells us.

In this episode of The Brain Architects, Lindsey Burghardt, MD, MPH, FAAP, moderates a conversation with Nathaniel Harnett, PhD, and Natalie Slopen, ScD, drawing on insights from the new working paper From Resources to Routines: The Importance of Stability in the Developmental Environment. The discussion explores how stability across children's developmental environments shapes their well-being both in the moment and across the lifespan. They examine the science behind how predictable, supportive relationships and environments influence brain development, stress responses, and long-term health outcomes.

Building on this understanding, this episode highlights practical strategies to promote stability for young children and their caregivers, from strengthening consistent, responsive relationships to advancing policies and systems that support stable caregiving environments.

For more info check out: Webinar, Working Paper

NAVIGATING K-12 INCLUSIVE EDUCATION IN BC (2026)

ROLES, RESPONSIBILITIES AND PROCESSES

"This resource provides information related to the roles, responsibilities, and processes that are a part of inclusive education in BC. It was created in collaboration with many other provincial organizations and it includes links to relevant legislation, Ministry of Education and Child Care webpages and other helpful resources."

"***Who is this for?*** The British Columbia Council of Administrators of Inclusive Support in Education (BC CAISE), is pleased to share this resource with everyone who participates in any way in BC's K-12 education system. Regardless of your role or how you interact with our K-12 public or independent schools, there may be times when inclusive education can be difficult to understand or challenging to navigate. Whether you are a student, a parent or caregiver, a staff member, or a community member, we hope this resource helps build a common understanding of inclusive education and brings us together to ensure the success of all students."

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

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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/resources

Find us on Facebook!
Connect with us on our **'ICS Support To Family Care Network'** Facebook page and our agency's **'Interior Community Services'** Facebook page.