SUPPORT Report

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VIRTUAL
Out of Care / Kinship Providers Drop in

Tuesday July 7
10:00 - 11:00 AM (PST) &

Wednesday July 15
8:00-9:00 PM (PST)

Zoom ID: 858 3771 6954

DISABILITY PRIDE MONTH

Every year in July, Disability Pride Month celebrates persons who experience disability, their identities and culture, and their positive contributions to society. The event aims to change the way people think about disability. It promotes all types of disability as a natural part of human diversity. Disability Pride Month has been celebrated in the United States since July 1990 when the Americans with Disabilities Act came into law. Today, it is celebrated around the world, including in Canada, where 22 per cent or 6.2 million Canadians live with a disability.

BOOK CORNER

THE WHOLE-BRAIN CHILD WORKBOOK: PRACTICAL EXERCISES, WORKSHEETS AND ACTIVITIES TO NURTURE DEVELOPING MINDS

by: Daniel J Siegel and Tina Payne Bryson "Based on their bestselling book, ***The Whole-Brain Child***, internationally acclaimed neuropsychiatrist Dan Siegel and brain-based parenting expert Tina Payne Bryson have created a companion workbook to apply the metacognitively based whole-brain principles. The workbook presents a unique, interactive approach that allows readers to not only think more deeply about how the ideas fit their own parenting (and or teaching) approach, but also develop specific, practical ways to implement the concepts with children. Provides dozens of practical, age-specific exercises and activities to help children learn to better manage their own minds.

The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts - and bring them to life for themselves and for their children.'

ADDITUDE MAGAZINE- ON-DEMAND WEBINAR

SCIENCE-BACKED SLEEP SOLUTIONS FOR NEURODIVERGENT CHILDREN AND TEENS

"For children and teens with ADHD, sleep struggles are common — and they can impact attention, emotional regulation, school performance, and family relationships. For many families, these sleep challenges make bedtime one of the most stressful parts of the day. A pediatric sleep psychologist offers a relatable, science-backed perspective on why sleep is so difficult for many children with ADHD and shares strategies that can make a meaningful difference."

"Sometimes, our work as caregivers is not for the faint of heart. But you will never know what you are made of until you step into the fire. Step bravely!"
- Deborah A. Beasley

INSTITUTE OF CHILD PSYCHOLOGY
GREAT 5 MINUTE VIDEO TO CHECK OUT:

THE TRUTH ABOUT SLEEPOVERS: NO PARENT IS TALKING ABOUT

"Are sleepovers safe for kids? Are sleepovers really safe for kids? In this eye-opening conversation, registered child psychologist Tammy breaks down the hidden risks of sleepovers, including a shocking 70% increase in peer-to-peer abuse that many parents might not be aware of. While sleepovers are often seen as a rite of passage, it's important to ask the real questions — how well do you know the family hosting your child? Are there older kids in the house? What are the rules around screen time and devices? Could firearms be accessible?

Tammy shares practical safety tips for both hosting and sending your child to sleepovers. She explains her family's rules about sleeping arrangements, managing digital devices, and ensuring home safety. She also suggests alternatives like "half sleepovers" or trial runs to help both children and parents feel more comfortable with the experience.

In this video, you'll learn about sleepover safety, how to prepare your child, and signs that your child may not be ready for an overnight stay. "

THE CHILD PSYCH PODCAST

BEYOND "JUST TAKE A BITE": A BETTER WAY TO HANDLE PICKY EATING

"In this insightful and practical conversation, we sit down with Katie Kimball, founder of Kids Cook Real Food and author of Kids Cook Real Food: Healthy Kids, Happy Moms, to explore the real story behind picky eating.
If mealtimes in your home feel like a constant battle, this episode offers a refreshing and evidence-informed perspective. Katie challenges the common belief that picky eating is simply about stubbornness or defiance, and instead helps parents understand the developmental, sensory, and relational factors that shape how children engage with food.
We talk about why pressure, bribing, and "just one more bite" often backfire, and what actually helps children build confidence and curiosity around food. Katie shares simple, practical strategies that support autonomy, reduce stress at the table, and create a more positive mealtime experience for the whole family."

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

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Interior Community Services

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