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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

FOSTER PARENT SPOTLIGHT: LYNETTE KOZAK

I have been fostering for 32 years and, while I cannot recall the exact number of children who have been in my care, I have primarily provided long-term placements. Over the years, I have cared for eight long-term children, with the longest placement lasting 17 years, as well as approximately 10 to 12 children who stayed for shorter periods.

My favorite part of fostering is seeing children happy and growing to reach their full potential.

My advice to new caregivers is to share the responsibility of caring for the child with the Ministry and, whenever possible, the biological parents. It is important to remember that we are not a child's savior; rather, we provide a nurturing, consistent environment where they can experience love and feel loved. I would also encourage caregivers to keep a sense of humor.

In terms of training, I find the most valuable sessions are those that focus on everyday challenges, such as supporting youth with substance use issues, children with behavioral concerns, or those struggling with eating issues. It is reassuring to hear that others face similar challenges, and there is always a useful idea or strategy that can be applied in your own home.

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: IS ADHD ACTUALLY AN ENERGY PROBLEM?

"What if ADHD isn't about attention at all? What if it's about… energy? That's exactly what a new theory called EDHD (energy deficit hyperactivity disorder) proposes. It suggests that ADHD brains may run out of energy faster when doing cognitive tasks, like paying attention, making decisions, or controlling impulses. EDHD isn't a new name for ADHD or a diagnosis. But it may help explain why some tasks just feel more draining for people with ADHD. And it could change our understanding of ADHD as a chemical energy issue in the body — not being "lazy." Read more about the fascinating research behind EDHD: https://www.understood.org/en/articles/differences-between-adhd-add-edhd "

Watch the video: Is ADHD Actually an Energy Problem?

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

CANADIAN ABILITIES FOUNDATION

POWER UP

FREE ONLINE COURSE WITH COACHING

The Canadian Abilities Foundation's Power Up program aims to reduce unemployment barriers for youth with disabilities through online coaching and helping youth find the right job to match your needs. The online course is for youth under 30 and will teach new strategies, provide practical tips and tools, and offer personal coaching support to improve the chances of getting hired.

Register early by taking their pre-program survey for ***a chance to win a $25 Tim Hortons gift card***. Note that you must have (or create) a Google email to access the program.

"We know the job search can feel overwhelming — especially when you're getting started. But you don't have to do it alone. Power Up is here to support you every step of the way.

This 4 to 6 week program will help you learn how to tap into the hidden job market and find opportunities beyond traditional job boards. With our experienced job search coaches, you will get to know yourself better by identifying your strengths and creating a plan to achieve your employment goals."

FSI LEARNING EXPLORATIONS

WELCOME TO KINDERGARTEN

August 11

1:00 pm or 6:30PM (PST)

The transition from preschool into school can be particularly challenging for parents and their children when extra supports are required. Extra care is needed to ensure a smooth process and to understand how to navigate the school system This workshop is designed for parents of preschoolers and kindergarteners to learn new tools and strategies for the first year of school.

UNDERSTOOD.ORG

7 WAYS TO ENCOURAGE YOUR CHILD TO READ OVER THE SUMMER

"Some kids love having more time to read over the summer. For other kids, summer reading is a chore. This is especially true for kids who struggle with reading. Still, reading over the summer is important. Kids can experience the "summer slide" if they don't do anything academic over the long break. They may spend the beginning of the next school year relearning certain skills." Read the full article to find "some ideas to give your child an extra boost of motivation."

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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