VOL. 4 ISSUE 14
JULY 27, 2026

SUPPORT Report

VIRTUAL

Out of Care / Kinship Care Provider Drop-in

Tuesday, Aug 4

10:00 - 11:00 AM (PST)

&

Wednesday, Aug 19

8:00 - 9:00 PM (PST)

Zoom ID: 858 3771 6954

INSTITUTE OF CHILD PSYCHOLOGY

PARENTING THROUGH PUBERTY

"Puberty is a natural, complex, and sometimes confusing season for children and for parents.

As bodies change and emotions intensify, our children need guidance, reassurance, and open conversations more than ever.

This guide will help you navigate this important developmental stage with empathy, clarity, and confidence."

Download your free guide **HERE**

GOOD INSIDE:
THE GUIDE TO BECOMING THE PARENT YOU WANT TO BE

BY

DR. BECKY KENNEDY

"Over the past several years, Dr. Becky Kennedy—known to her followers as "Dr. Becky"—has been sparking a parenting revolution. Millions of parents, tired of following advice that either doesn't work or simply doesn't feel good, have embraced Dr. Becky's empowering and effective approach, a model that prioritizes connecting with our kids over correcting them.

Parents have long been sold a model of childrearing that simply doesn't work. From reward charts to time outs, many popular parenting approaches are based on shaping behavior, not raising humans. These techniques don't build the skills kids need for life, or account for their complex emotional needs. Add to that parents' complicated relationships with their own upbringings, and it's easy to see why so many caretakers feel lost, burned out, and struggling with parent guilt. In Good Inside, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership."

SOCIAL THINKING™

FEELING SAFER BEHIND SCREENS: WHY REAL-LIFE INTERACTIONS FEELS HARDER

"Real-life social interaction often feels more difficult and uncomfortable compared to digital communication.

Practical strategies and Social Thinking™ Vocabulary help individuals re-engage with the broader social world by building comfort and confidence in everyday, in-person interactions".

READ ARTICLE & FREE DOWNLOADABLE

THE CHILD PSYCH PODCAST

WHEN YOUR CHILD FALLS APART OVER "NOTHING"

"This conversation helps parents shift from asking, "Is my child being difficult?" to "What is my child's nervous system trying to tell me?" You'll learn how to spot patterns, respond in the moment, and support children who may experience the world as too much, not enough, or simply hard to process.

In this episode, we discuss:

- Why meltdowns can happen over seemingly small things
- The connection between sensory processing and behaviour
- How children's bodies label experiences as "safe" or "unsafe"
- Why rushed mornings can trigger bigger reactions
- How parents can use their voice, body language, and presence to cue safety
- The difference between managing behaviour and listening to behaviour
- When sensory challenges may be interfering with everyday life
- Practical ways to help kids understand their brains, bodies, and emotions"

ADDITUDE ADHD SCIENCE & STRATEGIES

ADHD TIME BLINDNESS AND PRIORITIZATION HELP FOR MIDDLE AND HIGH SCHOOL STUDENTS

"In this webinar, clinical psychologist Suzanne Allen, Psy.D., will help parents, teachers, coaches, and other caring adults better understand the behaviors in their tweens and teens that are rooted in time blindness. By building understanding and compassion, adults will be better equipped to support young people in gaining self-awareness, collaborating on solutions, and developing the practical skills they need to thrive now and in the years ahead.

In this webinar you will learn:

- About the four time-blindness modes and what they look like in daily life
- How time blindness can affect academic performance, relationships, and sense of self in middle and high school
- How adults can respond in supportive, rather than reactive, ways
- About strategies to "redesign the environment" and support stronger time awareness and time management
- About simple scripts to start the conversation with your tween or teen and keep them engaged
- How to talk with siblings, teachers, and others who may feel frustrated with your child
- What to do if your tween or teen refuses help"

Register HERE

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

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Interior Community Services

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: https://www.icsfp.info/outofcareproviders

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