

# WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior

## IN PERSON

### KAMLOOPS FOSTER PARENT DROP-IN

WILL RESUME  
JANUARY 7, 2026

(Door of grey building)

## VIRTUAL

### FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am (PST)  
Zoom ID: 878 8822 2406

### WEST KOOTENAY FOSTER PARENT DROP-IN

WILL RESUME  
JANUARY 9, 2026  
Zoom ID: 608 7674

## AUDIO BOOK CLUB

WILL RESUME!  
JAN 14, 2026

## FREE PDFS HOLIDAY IDEAS

### Christmas ACTIVITIES FOR YOUR FAMILY

- from the  
Institute of Child Psychology

### Make the Holidays Brighter

for All & Self Care Tips

- from Social Thinking



## CAREGIVER SPOTLIGHT: PAM AND MARVIN RITCHIE

In their 20-year fostering career they have cared for over 90 kiddos. They want all caregivers to know that it is essential to find support by connecting with a seasoned Foster Parent because they truly understand the challenges you will face. Having someone that can look at the bigger picture and explain why things are happening and the

importance of not internalizing or personalizing behavior is exactly what is needed in the moment when you can't see that for yourself.

Not all placements are happy ventures; some are difficult. It is important to find the humor in the tough times. While people often think of these children as "damaged" and that they will never have success, what Pam and Marvin have discovered is that most of them just need a caring home and stability.

While they do not have a lot of people in their home, in order to respect the privacy of their kiddos, they make time to connect with others to make sure they are not isolated. It is also important to take time for selfcare, both for yourself and as a couple; and to nurture your relationship. Use your relief!

Most of their placements have been long term and remain an integrated part of their family. Looking back on 20 years they wouldn't change one ounce of their journey.

It's okay to  
feel your  
feelings.

## KELTY MENTAL HEALTH SELF TOOLKIT

(Stressors, Early Warning Signs, Learning how to Feel Better) This toolkit will help you and your team to learn...

What are your Stressors?

What are your Warning Signs?

What are your Tools to Feel Better?

We can use the My Volcano page to see how your warning signs and tools fit in. When we know what works for you, we can build your Safety Plan together. Check out their **SELF TOOLKIT for adolescents** too!

## KIDS BOOK CORNER

### NOWMAPS:

#### A TWEEN'S GUIDE TO LEARNING ABOUT YOUR THOUGHTS, NAVIGATING BIG EMOTIONS, AND BEING A CONFIDENT KID

by world-renowned neuropsychiatrist, Dr. Dan Siegel, and Deena Margolin, LMFT, co-founder of the popular online community Big Little Feelings, 2022 "With NowMaps by their side, tweens can go from "I'm so overwhelmed" to "I can handle this!" NowMaps is a one-of-a-kind adventure that introduces the neuroscience of social-emotional learning in a fun, interactive way! Using four easy-to-remember tools--a pause button, a focus flashlight, an OK monitor, and a compass--tweens will learn how to create a NowMap, a snapshot of their present-moment experience, so they can navigate all of life's moments with confidence and kindness. A NowMap shows tweens where they are right now so they can decide where they want to go next. Packed with over 40 games, exercises, and activities, NowMaps is every tween's sidekick for:

- Identifying and discerning between thoughts and feelings
- Enhancing interoceptive awareness
- Learning how to respond thoughtfully rather than react automatically
- Handling disappointment when things don't go as planned
- Developing a growth mindset instead of a fixed mindset
- Navigating social conflicts and bumps in relationships
- Learning coping skills when everything feels like "too much"
- and more!"

Check out Nowmaps Jr. for kids ages 3-6

### 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... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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](http://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.