

# WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior



**IN PERSON**  
**KAMLOOPS**  
**FOSTER PARENT**  
**DROP-IN**  
 Wednesdays  
 9:00am - 11:00am  
 At the Loft  
 (2nd Floor of grey building)

**VIRTUAL**  
**WEST**  
**KOOTENAY**  
**FOSTER**  
 will resume  
 in April  
 12noon  
 Zoom ID: 250 608 7674

Learn and Connect  
 Workshops for New & Potential  
 Caregivers  
 Last Month  
 will resume  
 in April  
 CONNECT  
 with other caregivers

**AUDIO CAREGIVING**  
**CONNECTION**  
**WEDNESDAYS**  
 10:00-12:00 OR  
 6:30-8:00 (PST)  
 will resume  
 in April  
 Family  
 Connections with  
 Dr. Bruce Perry  
 Zoom ID: 832 4280 1289

**CHILDMIND INSTITUTE**  
**THRIVING KIDS PODCAST:**  
**WHAT TO SAY WHEN A CHILD**  
**SEES OR EXPERIENCES RACISM**

Talking to kids about racism and discrimination can feel intimidating. But in this episode of Thriving Kids, Dr. Dave Anderson and Dr. Isha Metzger discuss how to start the conversation early, keep it practical, and support kids in ways that match their age and situation. What you'll learn:

- How to convey a clear definition of racism that goes beyond "one person being mean"
- How microaggressions show up in everyday life, even when someone "didn't mean it"
- Why kids might show stress from experiencing racism through behavior (withdrawal, irritability) or physical symptoms (headaches, stomachaches)
- How to help your child respond if they experience discrimination
- How to teach ally behavior: what to say, when to get help, and why speaking up in the moment matters
- What to do if your child causes harm: Reflect → Repair → Relearn

**Key takeaways:**

- Start the conversation early and keep it going. Don't wait for a single "big talk."
- Use direct, factual language. Kids do better with simple, clear wording.
- Practice a few "in the moment" phrases your kid can actually say, like: "That's not okay."
- If your child is targeted: validate first, then problem-solve.

If your child is the one who said something harmful: stay calm, name the impact, and coach a better next step.

**MARCH DATES**

Mar 21  
**International Day of the Elimination of Racial discrimination**

Mar 31  
**International Transgender Day of Visibility**

**FROM THE EPISODE:**  
**M&M EXERCISE**

"Use a small bag of M&Ms to talk about difference and unfair treatment:

- Observe differences (color, shape, cracked shells)
- Ask: "Are any better than the others?"
- Connect it to how people can get treated unfairly based on how they look
- Keep it simple: same on the inside, differences add value



## CANFASD NEW VIRTUAL COURSE

### UNDERSTANDING & SUPPORTING FASD IN EARLY LEARNING SETTINGS


“Understanding and Supporting FASD in Early Learning Settings is designed for early childhood educators, community service providers, and families who support children in the early years. It introduces key concepts about Fetal Alcohol Spectrum Disorder (FASD) and provides practical strategies for creating supportive, inclusive environments for children who may experience neurodevelopmental differences.

Children with FASD may face challenges with learning, attention, memory, self-regulation, and sensory processing. With the right understanding and supports, however, children can thrive. Early awareness and supportive approaches can make a meaningful difference in a child’s development and well-being.

Through this course, participants will learn what FASD can look like in early childhood, how to approach conversations about FASD with families, and strategies to support children in learning, care, and community settings. By building knowledge and reducing stigma, this training helps create an FASD-informed network of educators, service providers, and families working together to support children and caregivers.

Purchase of the course is \$80 and provides 1 year of access to the course from date of purchase.

Also, be sure to check out the CANFASD Foundation course for \$25 - it is well worth the cost!




### FAMILY SMART BC PARENTING WHEN ANXIETY SHOWS UP AS ANGER

**WEDNESDAY, MAR 25**  
6:30 PM - 8:00 PM PST  
OR  
**TUESDAY, MAR 31**  
6:30 PM - 8:00 PM PST

“Anxiety in our kids can show up as anger, and that can make parenting extra challenging. Learn from Karen Peters, Registered Clinical Counsellor, to discover some strategies that can help us before, during, and after these hard moments.

Join us and other families for this video presentation and discussion that’s facilitated by a FamilySmart Family Peer Support Worker.

These events are funded for parents and caregivers living in the Province of British Columbia and for CASA families in Alberta.”



## 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.