



 ZOOM MEETINGS  
& TRAININGS.....1

 REPRESENTATIVE FOR  
CHILDREN AND YOUTH  
**Making a  
Difference**  
Okanagan Foster  
Parent Association  
EMPOWERING  
CHILDREN AND  
YOUTH IN CARE .....2

 WHAT TO SAY TO  
KIDS WHEN NOTHING  
SEEMS TO WORK.....2

STFC – SUPPORTING FOSTER FAMILIES

# WEEKLY *Communiqué*

## IN PERSON

### KAMLOOPS

**Foster Parent Drop-In**  
Wednesday  
9:00am – 11:00am (PST)  
The Loft - 290 Maple Street  
(2nd Floor of the grey building)

### WILLIAMS LAKE COFFEE TIME

Jan 30 9:00am – 11:00am (PST)  
Denny's Restaurant

## VIRTUAL

**WEST KOOTENAY**  
**Foster Parent Drop-In**  
Fridays  
11:00am - 12noon (PST)  
Zoom ID: 250 608 7674

## BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING MARCH SESSIONS

Friday, March 8 9:30 - 11:30am (PST) AND  
Friday, March 15 9:30 - 11:30am (PST)

To register visit: **BSFMAR2024**  
**APRIL SESSIONS**

Monday, April 8 & 15 9:30 - 11:30am (PST) OR  
Tuesday, April 9 & 16 6:30 - 8:30pm (PST)

To register visit: **BSFAPR2024**

Open to Foster Parents, MCFD & ICFSA SW and FP support staff. For more info, contact Marna Forsyth at 250-609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## SAFE BABIES VIRTUAL TRAINING

Tuesday and Thursday  
MORNINGS

February / March OR  
Monday and  
Wednesday EVENINGS  
April / May

For more info, please see  
attached poster or contact

Marna Forsyth at  
(250) 609-2017 or email:  
[mforsyth@interiorcommu  
nityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## THE CPS PODCAST

**“Dr. Ross Greene**, originator of the Collaborative & Proactive Solutions model and author of *The Explosive Child*, *Lost at School*, *Lost & Found*, and *Raising Human Beings*, provides guidance to parents on understanding and helping kids with social, emotional, and behavioral challenges.”

“On the first Tuesday of every month, at 11 am Eastern time, from September through May, Dr. Ross Greene and Lives in the Balance Director of Outreach Kim Hopkins cover a wide range of topics related to children’s concerning behaviors in general and the Collaborative & Proactive Solutions (CPS) model in particular. You can call into the program to get your questions answered or submit them via email here. And, if you can’t listen live, all the programs are archived on i-Tunes.” Some of the episodes include:

### 🔗 **Why is There Disproportionality of Punitive, Exclusionary Discipline in Schools?**

Our guest hosts, Alex Spencer (formerly principal of the Alternate Learning Centers in the New York City Public Schools) and Ben Jones (Director of Legal and Policy Initiatives at Lives in the Balance) described their personal experience with and data related to the disproportionate use of punitive, exclusionary discipline with Black and Brown students and those with disabilities.

### 🔗 **De-escalation is not Crisis Prevention**

For more info or to listen to the podcast, visit: <https://www.blogtalkradio.com/dr-ross-greene>

## THE ATTACHMENT PUZZLE

**Wednesdays in February**  
**February 7, 14, 21 & 28**  
**10:30am - 1:00pm (PST)**

*Putting the pieces together*

To register, visit:

**ATTACHMENTPUZZLEFEB2024**

For more info, please see attached poster or  
contact Marna Forsyth  
at (250) 609-2017 or email:

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## "EMPOWERING CHILDREN AND YOUTH IN CARE" SERIES

Presented by staff from the office of the:

### REPRESENTATIVE FOR CHILDREN AND YOUTH,

participants will learn more about the RCY and children's rights and how to empower children and young people to be effective self-advocates.

#### TWO PART SERIES:

##### Morning Sessions (9 AM - 10:30 AM):

- ☞ Wed, Feb 21: RCY Overview/Child Rights
- ☞ Wed, Feb 28: Encouraging self-advocacy

##### Eve Sessions (6:30 PM - 8:00 PM):

- ☞ Wed, Feb 21: RCY Overview/Child Rights
- ☞ Wed, Feb 28: Encouraging self-advocacy

Please note that there are 2 sessions!

#### TO REGISTER:

Email: [soksupport@okfosterparents.ca](mailto:soksupport@okfosterparents.ca)

Include your name, email address, area you are from, if you are a Foster Parent or Social Worker, and which time you would like to attend on each day Feb 21 and Feb 28.

Questions? Please email Marsha at:

[soksupport@okfosterparents.ca](mailto:soksupport@okfosterparents.ca)

or call: 250-462-6907

Please see attached poster for more details.

## Monthly Book Corner: WHAT TO SAY TO KIDS WHEN NOTHING SEEMS TO WORK

### A Practical Guide for Parents and Caregivers

**I don't want to! You love my sister more... I'm not talking to you...**

By Adele Lafrance, PhD and Asley Miller, MD. (2020) **What to Say to Kids When Nothing Seems to Work** offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5–12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress.

With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you.

Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, *What to Say to Kids When Nothing Seems to Work* is an accessible resource for efficiently navigating the twists, turns, and sometimes total chaos of life with kids.

**Reviews:** "Read this book so that you can learn to read your children, responding not to their words, manner, or behaviour, but to the hidden emotional messages they are sending you. Parenting wisdom for those who want to connect with their children on the heart level."

- **Gabor Maté M.D.**, co-author, *Hold On To Your Kids: Why Parents Need to Matter More Than Peers*

"What to Say to Kids When Nothing Seems to Work is exactly the guide that frazzled and over-extended parents need for handling tough moments with kids. This book allows us to analyze our own behavior and to see things from a kid's perspective, avoiding the knee-jerk response all of us parents later regret. Today's parents are often stretched very thin and running on empty, and this book can be a great help." - **John Gottman**, author of *The Seven Principles for Making Marriage Work*

#### BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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### WELCOME TO FED CONNECTS!

Fed Connects is a virtual space where the Fed Family can come together, share their experiences, stay well and learn new things!

WORKSHOPS • LIVE EVENTS • DISCUSSIONS • INFO SHARING  
AND LOTS MORE!

BY COMING TOGETHER, WE'RE NOT ALONE

Have a youth in care? Be sure to check out our website or Facebook page!

### 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](http://www.icsfp.info)



### 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.