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QUEER TERMINOLOGY: A TO Q.....2

STFC – SUPPORTING FOSTER FAMILIES

## IN PERSON

### KAMLOOPS

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

### WILLIAMS LAKE

**Music in the Park**  
**Thursdays through to Aug 22**  
**6:00 pm (PST)**  
 Boitanio Park

### WILLIAMS LAKE

**Fun in the Park**  
**Tuesday, July 9 & 23**  
**10:00 am – 12Noon (PST)**  
 Kiwanis Park

### 100 MILE HOUSE

**Fun in the Park**  
**Thursday, July 11 & 25**  
**10:00 am – 12Noon (PST)**  
 Centennial Park

## VIRTUAL

### WEST KOOTENAY

**Foster Parent Drop-In**  
**Fridays**  
**11:00am**  
*Cancelled for July 12 only*  
 1-800-663-7674

# WEEKLY Communiqué

**EFFECTIVE JULY 1, 2024**

### MAINTENANCE RATES INCREASED

| Age of Child or Youth | Monthly Rate |
|-----------------------|--------------|
| Age 0 - 11            | \$1,531.70   |
| Age 12 - 19           | \$1,711.50   |

To find out more visit: <https://www2.gov.bc.ca/gov/content/family-social-supports/fostering/currentfostercaregivers/foster-caregiverpayments>

### HAVE YOU REGISTERED? PROVINCIAL SUPPORT AGENCIES CAREGIVER LEARNING NETWORK

This site has training opportunities for caregivers and professionals across BC. Be sure to register and check the box to receive news. You will then receive all upcoming trainings and workshops such as Safe Babies training, Business Side of Fostering and **Myles Himmelreich** coming on Sept 10! Not sure how to register? Check out the tutorial at: <https://learn.fpsss.com/how-to-register/>

Having trouble registering? The **CLMS101 workshop** will be held on:

|                    |                          |
|--------------------|--------------------------|
| Wednesday, July 10 | 10:00am – 10:45 am (PST) |
| Monday, July 15    | 6:00pm – 6:45 pm (PST)   |
| Tuesday, July 23   | 1:00pm – 1:45 pm (PST)   |
| Wednesday, July 31 | 10:00am – 10:45 am (PST) |

To register, visit: <https://learn.fpsss.com/training/caregiver-learning-management-system-clms-101-2/>

### INSTITUTE OF CHILD PSYCHOLOGY FREE WEBINAR SUCCESSFUL PLAY SPACES AT HOME

**July 25 9:00am (PST)**

For this 1 Hour webinar you will hear from Mariana Caruzo, an expert in play-based education. She will share the most essential elements to create a successful play environment. Learn how to foster high-quality and independent play, promote play at home, and make play the first choice for children. This session will provide practical tips and insights to transform your approach to play, ensuring enriching and engaging experiences for children.

To register visit: [https://icpwebinars.com/registration-63?mc\\_cid=789fc0d68f&mc\\_eid=6957f7f9c8h](https://icpwebinars.com/registration-63?mc_cid=789fc0d68f&mc_eid=6957f7f9c8h)

# CHILD MIND INSTITUTE

## HOW TO HELP CHILDREN CALM DOWN:

### Techniques for helping kids regulate their emotions and avoid explosive behavior

“Many children have difficulty regulating their emotions. Tantrums, outbursts, whining, defiance, fighting: these are all behaviors you see when kids experience powerful feelings they can’t control. While some kids have learned to act out because it gets them what they want - attention or time on the iPad - other kids have trouble staying calm because they are unusually sensitive.

The good news is that learning to calm down instead of acting out is a skill that can be taught.

- ↳ What is dysregulation?
- ↳ Rethinking emotions
- ↳ Model managing difficult feelings
- ↳ Validate your child’s feelings
- ↳ Active ignoring
- ↳ Positive attention
- ↳ Clear expectations
- ↳ Give options
- ↳ Coping ahead
- ↳ Problem solving
- ↳ Five special minutes a day

Through this article / video you will learn:

- ↳ How can parents help kids calm down?
- ↳ How can kids learn to understand their feelings better?
- ↳ How can you make it easier for kids to behave?”

Be sure to check out their many other videos too! To watch the video, read the article and for more info, please visit: <https://childmind.org/article/how-to-help-children-calm-down/>

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.

“There are those who see the need and respond. Those people are my heroes.” Fred Rogers