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STFC – SUPPORTING FOSTER FAMILIES

THANK YOU TO ALL OUR FOSTER  
PARENTS AND FOSTER FAMILIES!

# WEEKLY *Communiqué*

## IN PERSON

### KAMLOOPS

**Foster Parent Drop-In**

**Wednesday**

**9:00am - 10:00am (PST)**

**Followed by:**

### AUDIO BOOK CLUB

**Raising Kids with Big Baffling  
Behaviours**

**Wednesdays**

**10am-12Noon (PST)**

**The Loft - 290 Maple St.**

**(2nd Floor of grey building)**

## VIRTUAL

### AUDIO BOOK CLUB

**Raising Kids with Big Baffling  
Behaviours**

**Wednesdays**

**10am-12Noon (PST)**

**ZOOM ID: 832 428 01289**

### WEST KOOTENAY

**Foster Parent Drop-In**

**Fridays**

**11:00am - 12noon (PST)**

**Zoom ID: 250 608 7674**

## THE BAFFLING BEHAVIOUR SHOW PODCAST 4 PART SERIES ON OPPOSITION WITH ROBYN GOBBEL

“Oppositionality seems like it’s woven into almost all baffling behaviors. I think it makes sense, then, to do a really deep-dive into:

- The neuroscience of opposition
- Strategies to invite the nervous system into connection mode and to decrease the opposition
- an exploration of what to do when offering connection only INCREASES the opposition

### 4 Part Series on Opposition - This Week on the Podcast

Part 1 of a 4-part series on oppositional behavior kicks off (on Monday, Oct 14) on The Baffling Behavior Show. This series originally aired last October, so whether you are new to the Baffling Behavior Show or you feel like you could use a refresher in dealing with oppositional behavior, you’ll want to pop in those earbuds or read through the transcript. You can listen to this week’s episode of The Baffling Behavior Show in any podcast app, including Apple and Spotify. You can also listen on my website by [CLICKING HERE](#). You can read the transcript here, too.” (Session 1 is 47 minutes)

## FREE WORKSHOP VOICES FROM THE NEST WEDNESDAY, NOVEMBER 6 9:30AM TO 12PM

Enhancing the Fostering Experience for Parents Who Foster

Do you and your children share the family nest with foster children? And what impact being part of a foster family will have on you? This learning opportunity Vicki will provide a bird’s eye view of three adapted family structures foster parents have used as a guide for balancing the complex and often competing needs of all foster family members. In addition, many practical tips on ways to enhance your child’s fostering experience and ensure their voices are heard will be discussed.

To find out more and to register, visit: [VOICES FROM THE NEST](#)

**GoNoodle®**

## Brain Breaks: Energizing Activities for Kids' Focus and Fun

"The idea behind GoNoodle® is simple: be a force of joy, health, and self-discovery for kids and the adults who love them. We power the good energy of kids where they are today: online, IRL at schools and home, and in the metaverse and beyond grounding them in the joy of being silly, mindful, and curious.

We are rooted in technology, being globally diverse, and we tap into the wisdom and authenticity adults have. We seek to bring lessons around personal and community wellness, mental and physical health, and bring those lessons to elementary school kids in ways that are native, fun, exploratory, and highlight their unique, natural epicness. We seek to fuel a generation of happy, healthy kids that know themselves and make positive impacts on the world. There is no better future worth investing in."

Values:

- Put good in, give good out.
- Be curious. Get messy. Never stop playing.
- Meaningful change begins with diversity and inclusion.
- Speak the truth, even if your voice shakes.
- Disagree and commit.
- Who you are makes you powerful.

GoNoodle Video Apps are available for FREE!

- Apple App Store
- Google Play
- Available on Roku Players
- Available on Amazon App Store

There is lots to check out including: Topics; Channels; Activities & Routines; Skills & Knowledge; Games

To check out GoNoodle visit:

<https://www.gonoodle.com/>

## MONTHLY BOOK CORNER

### THE BREAKTHROUGH YEARS: A NEW SCIENTIFIC FRAMEWORK FOR RAISING THRIVING TEENS

by **Ellen Galinsky (2024)** "Blending cutting-edge research with engaging storytelling, *The Breakthrough Years* offers readers a paradigm-shifting comprehensive understanding of adolescence. "Just wait until they're a teenager!"

Many parents of newborns have heard this warning about the stressful phase that's to come. But what if it doesn't have to be that way? Child development expert Ellen Galinsky challenges widely held assumptions about adolescents and offers new ways for parents and others to better understand and interact with them in a way that helps them thrive.

By combining the latest research on cognitive neuroscience with an unprecedented and extensive set of studies of young people nine through nineteen and their families, Galinsky reveals, among other things, that adolescents don't want to separate completely from their parents but seek a different type of relationship; that they want to be helpers rather than be helped; and that social media can become a positive influence for teens.

Galinsky's Shared Solutions framework and Possibilities Mindset show you how to turn daily conflicts into opportunities for problem-solving where both teens and parents feel listened to and respected; how to encourage positive risk-taking in your child like standing up for themselves, making new friends, and helping their communities; and how to promote five essential executive function-based skills that can help them succeed now and in the future.

*The Breakthrough Years* recasts adolescence as a time of possibility for teens and adults, offering breakthrough opportunities for connection.

Available on Amazon and other book / retail stores.

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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**Interior  
Community  
Services**  
*Enriching Lives, Strengthening Communities*

### 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*