

VOL. 6 ISSUE 33 | AUGUST 18, 2025

WEEKLY *Communiqué*

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)

WEST

KOOTENAY

FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

VIRTUAL

FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am(PST)

Zoom ID: 878 8822 2406

AUDIO

BOOK CLUB

POSTPONED FOR
THE SUMMER

FREE WEBINAR FROM CHILDREN AND SCREENS

WHAT TO DO ABOUT

SCREENS IN SCHOOLS:

PHONES, TABLETS AND FOCUS IN THE CLASSROOM

WEDNESDAY, AUGUST 20 12:30 PM (PST)

School phone bans. One-to-one devices. Class-time screen use. These hot-button issues are sparking debate around the country as educators and parents grapple with how device use during school time impacts students. But what do we know about the effectiveness of phone bans, and what do experts recommend for device use in the classroom?

Join Children and Screens for a timely #AskTheExperts webinar kicking off the Fall 2025 season, "What To Do About Screens in Schools? Phones, Tablets, and Focus in the Classroom" on Wed., August 20 from 12:30pm - 2:00pm (PST). A panel of teachers, administrators, and other education experts will:

- Discuss the nuanced issues surrounding phone bans and classroom devices;
- Offer practical guidance on how to balance school screen time to support learning, development, and well-being; and
- Equip parents with answers and insights to better support their child's use of devices at school.

Learn from the experts, access hands-on resources, and join our live Q&A!"

**Can't make the time? Register and they will
send you the link to the recording!**

ELEVATING PLAY THROUGH SOCIAL THINKINGTM:

CULTIVATING POSITIVE SELF-CONCEPT AND ACADEMIC SUCCESS

Working with little ones? Register for this free 60-minute webinar as we explore a new set of extension activities for 4-7 year olds based on the [We Thinkers! Curriculum](#).

"The most profound gifts are those given from the heart. Foster parents give these gifts every day." – Unknown



CENTRE ON THE DEVELOPING CHILD AT HARVARD UNIVERSITY

NEW PODCAST: WHY SLEEP MATTERS IN EARLY CHILDHOOD DEVELOPMENT

"Sleep plays many roles in shaping young children's development and health, from building brain architecture to supporting emotional regulation.

In a new episode of our Brain Architects podcast, Lindsey Burghardt, MD, MPH, FAAP, Chief Science Officer at the Center on the Developing Child, talks with **Rebecca Spencer, PhD**, a sleep scientist at the University of Massachusetts Amherst, about why sleep is so critical during early childhood.

Dr. Spencer offers a deeper understanding of how promoting good sleep supports children's learning, health, and resilience. From the importance of naps to nighttime routines, this conversation has helpful insights for caregivers, educators, and policymakers.

CRISIS AND TRAUMA RESOURCE INSTITUTE

TOP 10 DE-ESCALATION TIPS FOR HUMAN SERVICES PROFESSIONALS

These 10 de-escalation tips, tailored to human services roles, provide strategies and techniques to help you safely respond to every type of behavior in the workplace. Download now for:

- Nonverbal communication strategies
- Tips for empathic listening
- Techniques to effectively set limits
- Links to bonus resources
- And more!

Check out their booklet on:

HOW TO SET LIMITS

UPCOMING FALL TRAINING

SEPTEMBER 22 & 29

GRIEF AND LOSS FOR CAREGIVERS - with Sarah Day

OCTOBER 22

CAREGIVERS AND THE COURT PROCESS - with MCFD lawyers

STARTING SEPT 15

CIRCLE OF SECURITY PARENTING FOR FOSTER PARENTS - with Amy Ris

Be sure to check out more training by visiting:

CLN

Connect with us... **SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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Enriching Lives. Strengthening Communities

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