

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



October is Foster Family Month.
We appreciate all you do and take
time to celebrate you!!

NEW MINI-WORKSHOP
SERIES DESIGNED FOR
NEW AND POTENTIAL
CAREGIVERS
Starting Monday, Oct 27
9:00 am (PST)
Zoom ID: 878 8822 2406
See Poster for more details.

IN PERSON

KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays
9:00am - 11:00am
At the Loft
(2nd Floor of grey building)

VIRTUAL FOSTER PARENT DROP-IN

Mondays
9:00am - 11:00am (PST)
Zoom ID: 878 8822 2406

WEST KOOTENAY FOSTER PARENT DROP-IN

CANCELLED
THIS WEEK ONLY
Zoom ID: 938 608 7674

AUDIO BOOK CLUB

Wednesdays
10:00-12 Noon OR 6:30-8:30 pm (PST)
Zoom ID: 832 4280 1289
BOOK BY MEL ROBBINS
LET THEM



CHILDREN AND SCREENS GUIDE FOR EARLY CHILD DEVELOPMENT AND MEDIA USE: INFANTS AND CHILDREN AGES 0-5

The first 5 years of a child's life are a magical time of rapid development that is foundational for their later cognitive, social, physical, and behavioral health. As families worldwide navigate the integration of digital technologies and media into daily life, researchers and clinicians continue to investigate the impacts of screen use on all facets of development, from infancy through late adolescence. Children and Screens has summarized insights from current research and experts in the field to help parents and caregivers of infants and very young children learn how to build a foundation of healthy brain, neural, and social development — and help families determine how they can intentionally and most beneficially incorporate media use into their child's life."

CHILDMIND INSTITUTE

EARLY SIGNS OF BIPOLAR DISORDER IN TEENS: CATCHING THE DISORDER BEFORE FULL ONSET IMPROVES OUTCOMES

"Recognizing the early warning signs of bipolar disorder — known as the prodrome — in teenagers can help families intervene before a full-blown episode occurs.

Symptoms like sleep changes, energy shifts, irritability, and racing thoughts, while subtle, can signal the emergence of bipolar disorder, especially in teens with a family history. Early treatment, usually including therapy to reduce stress and regulate sleep, can delay or lessen the severity of bipolar disorder, offering kids a better long-term outlook."

[Read the full article at
CHILDMIND INSTITUTE](#)

SOCIAL THINKING™

LET'S SOLVE IT!

Step-by-Step Social Problem Solving with Kids

3-book Teaching Set by Michelle Garcia Winner & Pamela Crooke Let's Solve It! Step-by-Step Social Problem Solving with Kids, 3-book Teaching Set, gives educators, therapists, parents, and caregivers a structured, visual, step-by-step way to teach kids about social problem solving through illustrated stories and problem-solving templates.

Storybooks for Teaching Problem Solving Illustrated stories are a mainstay for young children and provide both visual and narrative clues for basic problem-solving development. Storybooks enhance understanding of basic concepts, encourage engagement, and build critical thinking skills. They are also the foundation for building literacy skills, inferencing, and expose learners to perspective taking, specifically thoughts and feelings, through the words and actions of the story characters.

While its importance is often overlooked, the role of self-regulatory social problem solving is a cornerstone of academic and career success. By working through the templates together after reading each story, students benefit by having a clear, step-by-step systematic way to make sense of problems in context. The templates explore problem solving by asking questions that engage self-awareness, situational awareness, interpretation of what is happening, understanding of a person's options to decide what to do or say or not do or say, and then responding in that manner that encourages their desired outcome. Ultimately, students learn how we are all part of socially responsive community; that what we all do and say impacts those around us.

Join Michelle and Pam on Nov 6 from 3:30-4:00pm (PST) as they celebrate the release [Register for Free](#).

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

Program Coordinator: Kari Bepple

kbepple@interiorcommunityservices.bc.ca

Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

rbonthoux@interiorcommunityservices.bc.ca

Jessica Galbraith (250) 819-5819

jgalbraith@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674

jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603

tfournier@interiorcommunityservices.bc.ca

James Weir (250) 426-6013

jweir@interiorcommunityservices.bc.ca



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



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.