



**INTERIOR
COMMUNITY
SERVICES**
...ENRICHING LIVES

In collaboration with:



and



**cariboo chilcotin
child development
centre association**

investing in kids

PRESENT:

ANDREA CHATWIN

**A TWO DAY EVENT IN
THE CARIBOO**

Monday and Tuesday,

Feb 25 and 26

DAY 1 – 108 MILE RANCH

DAY 2 – WILLIAMS LAKE



A Child's Song

Workshops are available as stand alone or in combination with each other.

Cariboo Christian Life Fellowship (next to Mile 108 Elementary)

Cariboo Bethel Church (833 Western Ave)

Andrea Chatwin, MA, CCC is the Founder and Clinical Director of A Child's Song. She specializes in effective responding to attachment and trauma, particularly focusing on children who have had caregiver loss and placement disruptions. Andrea has extensive experience in early childhood mental health and has worked overseas in orphanages studying the effects of abuse, neglect and developmental trauma on children of various ages. She is an adoptive parent herself and therefore experienced firsthand the unique challenges of parenting through adoption. Andrea is a keynote speaker and workshop facilitator addressing parents, professionals and policy makers.



COST:

ONE DAY: \$30

TWO DAYS: \$50

HALF DAY: \$20

(LUNCH INCLUDED

with one or two day registrations)

**CERTIFICATES WILL BE AVAILABLE
UPON REQUEST**

REGISTRATION DEADLINE:

FEB 15, 2019

FOR MORE INFORMATION

PLEASE CONTACT

MARNA FORSYTH

250-609-2017 (CELL)

OR EMAIL:

mforsyth@interiorcommunityservices.bc.ca



**Hearing, understanding
and joining in to sing a
child's song is the
ultimate form of
connection between
parent and child.'**

Andrea Chatwin

REGISTRATION

Name:			
Agency (if applicable):			
Email Address:			
Phone Number:			
Day one (Feb 25) registration:	Both sessions <input type="checkbox"/>	Morning session only <input type="checkbox"/>	Afternoon session only <input type="checkbox"/>
Day two (Feb 26) registration:	Both sessions <input type="checkbox"/>	Morning session only <input type="checkbox"/>	Afternoon session only <input type="checkbox"/>
Total paid:			
Diet restrictions:			

Please send the completed form to:

Marna Forsyth

Interior Community Services

Box 418, 108 Mile Ranch, BC V0K 2Z0

Email: mforsyth@interiorcommunityservices.bc.ca

OR

forms and payment may be dropped off:

In 100 Mile House:

1. *MCFD Office*

#4 - 170 Cedar Avenue

2. *Cariboo Family Enrichment Centre*

#1- 486 Birch Avenue

In Williams Lake

1. *MCFD Office*

2nd Floor, 280 Mackenzie Avenue

2. *Cariboo Chilcotin*

Child Development Centre

690 2nd Avenue N

Please make cheques payable to:

INTERIOR COMMUNITY SERVICES

For further information please contact

Marna Forsyth at:

Phone/ Text: **(250) 609-2017**

Or email:

mforsyth@interiorcommunityservices.bc.ca

A Child's Song took its name from an ancient African Proverb. There is a tribe in Africa where the birth date of a child is counted not from when they are born, nor from when they are conceived but from the day that the child is a thought in its mother's mind. And when a woman decides that she will have a child, she goes off and sits under a tree, by herself, and listens until she can hear the song of the child who wants to come. After she's heard the song of this child, she comes back to the man who will be the child's father and teaches it to him.

When the mother is pregnant, the mother teaches that child's song to the midwives and the old women of the village, so that when the child is born, the old women and the people around her sing the child's song to welcome it. As the child grows up, the other villagers are taught the child's song. If the child falls, or hurts its knee, someone picks it up and sings the song. Or perhaps the child does something wonderful, or goes through the rites of puberty. As a way of honouring this person, the people of the village sing his or her song. It goes this way through their life. In marriage, the songs are sung, together. And finally, when this child is lying in bed, ready to die, all the villagers know his or her song, and they sing for the last time --the song to that person.



DAY ONE (MONDAY, FEB 25)

Cariboo Christian Life Fellowship, 108 Mile Ranch

MORNING (9:00 AM – NOON)

AFTERNOON (1:00 – 4:00 PM)

TRANSITIONING CHILDREN: BEST PRACTICES

The purpose of this presentation is to explore current trends in transitioning young children from foster care to adoption, and then, to provide guiding principles that support more effective, research-based ways to support the transition. Through the use of case studies, video clips, and visual representations, participants will develop a deeper understanding of children’s needs during transition. The guidelines that have been developed are based on both the experience of working with foster and adoptive families and on current research in neurobiology, infant mental health, and trauma.

Participants will be given an opportunity to use the guidelines in a structured activity that will enhance their decision making skills. At the end of the presentation, participants will take away new information that will assist them in understanding the needs of children and caregivers in the transition process from foster care to adoption. They will also take with them a set of guiding principles to inform their decision making during each transition they support.

THE BRAIN ARCHITECTURE GAME

A Child's Song team is pleased to facilitate The Brain Architecture Game with groups of parents, social workers, counsellors, teachers and school staff as well as other service providers who require an understanding of how a child's early experiences may impact later development. This is an experiential activity that builds understanding of the powerful role of experiences on early brain development– what promotes it, what derails it, with what consequences for society. The goal is to build a brain that is as tall as possible, which represents functionality, and as sturdy as possible, which represents the ability to withstand stresses. After the initial period of early childhood brain development, weights must be hung from the structure of the brain when life hands out stressors. Will the foundation withstand these weights, or will it collapse?

Afterward, groups use the notes in their Life Journals to discuss the experiences that strengthened, or weakened, the architecture of their developing brains.

**DAY
TWO**
Tuesday, Feb
26



Cariboo Bethel Church, **WILLIAMS LAKE**

MORNING (9:00 AM – NOON)

UNDERSTANDING AND MANAGING DIFFICULT BEHAVIOURS

The behaviors children who have experienced trauma exhibit can be difficult. These behaviours have developed in response to their previous environments and are therefore quite adaptive in nature. When the child is moved into a safe environment they often continue these behaviors unnecessarily and it can be very frustrating for foster parents.

This workshop looks at the various reasons why children have developed the behaviors they exhibit and what the need behind the behavior is. The facilitator will also help foster parents to explore possible responses to behaviors that ensure they do not activate the child's fear system, but at the same time set firm limits, to ensure the child's safety and wellbeing.

AFTERNOON (1:00 – 4:00 PM)

SETTLING THE ALARM SYSTEM THROUGH PLAY AND SENSORY

Children with early histories of trauma and attachment disruptions are chronically dysregulated and this makes them difficult to understand. Caregivers and professionals need strategies that will calm the nervous system of the child and make it possible to build trust and connection.

This workshop looks at the use of play and sensory interventions that help to keep kids regulated and calm. Specific strategies and interventions will be offered that will help caregivers to meet the child's real need, rather than just responding to behaviours. A specific parent child play is described and demonstrated so that caregivers can immediately implement this tool. Sensory interventions that meet the needs of stressed kids are discussed and specific strategies offered so that caregivers will leave with new tools and ideas.