

# Advisor



Fall 2024

**50** years  
1974-2024

Families Helping Families

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Foster Family Appreciation Month

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SFFA Fall Training Course Schedule

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Foster Families Appreciation Banquets

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Transitioning to a New School

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Damage Compensation

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Youth Suicide Prevention

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Motivating Kids to Be Active

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2-Minute Recipes

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[www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)

# Advisor

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## OUR MISSION

The Saskatchewan Foster Families Association exists to support and encourage Foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth across the province.

## BOARD OF DIRECTORS

Kevin Harris, Board Chair, Regina  
Tim Adams, Director, Moose Jaw  
John Quong, Director, Regina  
Kallie Wood, Director, Moose Jaw  
Jim Madill, Director, Regina  
Janet Michaylow, Director, Regina  
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# Message from the Chairman of the Board

I can't believe that summer is over and we are back into fall routines and schedules. I am very excited for our 2024 conference Sept 26-28th, Building for our Future. At the time of writing this the conference has yet to take place. All indicators promise to be an amazing event.

This past year's AGM the board of directors presented the SFFA's response and commitment to the Truth and Reconciliation Call to Actions. I thought that it would be good reiterate this once again.

The Saskatchewan Foster Families Association (SFFA) acknowledges the legacy of residential schools and is committed to reconciliation. As such, we take action on the Truth and Reconciliation Commission Calls to Action relevant to Child Welfare, through learning and service efforts throughout the province.

The Saskatchewan Foster Families Association commitment:

- We commit to building and strengthening mutually respectful relationships with Indigenous communities, Child and Family Service Agencies and the Ministry of Social Services in response to the Calls to Action.
- We support Jordan's Principle, which ensures



child-first where First Nations children can access the products, services, and supports they need, when they need them.

- We commit to learning and providing culturally appropriate education to our caregivers and staff.
- We commit to supporting Indigenous children having healthy homes, opportunities for education and connections to their culture.

As more First Nation's work through their jurisdiction (Bill C-92) over child and family services the board felt it was timely for the SFFA to find ways to support and help where we can and to state what our commitment to reconciliation is.

Bill C-92: An Act respecting First Nations, Inuit and Métis children, youth and families

*"It recognizes a simple truth: one size does not fit all when it comes to Indigenous child and family services. Under Bill C-92, Indigenous communities and groups will be free to develop policies and laws based on their particular histories, cultures, and circumstances. Free to move at their own pace to implement and enforce these policies and laws.*

*Through the Act, national principles such as the best interests of the child, cultural continuity, and substantive equality have been established to help guide the provision of Indigenous child and family services. The Act also enables Indigenous groups and communities to transition toward exercising partial or full jurisdiction over child and family services at a pace that they choose."*

[Bill C-92: An Act respecting First Nations, Inuit and Métis children, youth and families receives Royal Assent - Canada.ca]

Have a great fall and hope to see you in the upcoming October Foster Family appreciation month activities.

*Kevin Harris*

Kevin Harris  
Board Chair



## Foster Family APPRECIATION MONTH

October is National Foster Family Appreciation month. This is when foster families across the country are recognized for their ongoing commitment to some of the most amazing children in our communities, our foster children. Each year, events take place in recognition of foster families.



## Turkey Gratitude Jar

Lay out the supplies, offer just a bit of assistance, and watch as your kids' imaginations take flight. This gratitude mason jar craft will bring out the best in them—and it could be given as a gift, should you choose to part with their masterpieces!

**What you need:**

- 4 oz mason jar (or other re-usable jar of choice)
- candy of choice
- glue gun/double-sided tape and regular glue for kids
- scissors
- googly eyes (or opt to use other available material)
- construction paper in colors of choice

**Directions:**

1. Fill a mason jar with your candy of choice.
2. Cut approximately 4 inch long feathers out of construction paper.
3. Cut out 1-inch triangles for beaks.
4. Write the recipient notes on each feather, such as things about them that you are thankful for.
5. Glue the eyes and beak onto the mason jar. Either glue or use double-sided tape to attach the feathers to the back.

# Fall Training Course Schedule

Please watch your emails to register for the below courses being offered to Foster Parents this fall. For more information, please contact Tessa at 306-975-1528.

**SEPTEMBER**

**Working with Schools**

This course explores building an effective, positive educational environment for children:

- roles and responsibilities
- entering a new school
- working with the school staff
- special education
- parent advocacy

**OCTOBER**

**Building Trust, Motivating Change**

This class explores how to engage teens in behavior change by using the techniques of motivational interviewing (MI), including:

- building trust
- the components of MI
- change talk

**NOVEMBER**

**Child Safety & Supervision**

This course presents strategies for safe and appropriate supervision:

- pre-placement interviewing
- safety plan development
- in-home observations and adjustments
- being a childcare team member





# Thank You *Foster Parents*



Families Helping Families

who do so much for kids each and every day.

And thank you to the rest of our supporting network of caregiver advocates and social work professionals, who all collaborate together to create healthy homes and brighter futures for children in care.



# October

is FOSTER FAMILIES MONTH

The SFFA is celebrating Foster Families Month in a number of ways including our recognition dinners across the province.

I hope I have the chance to visit with you at one of these events.

We will also be celebrating with gift cards again this year. Keep an eye on your mailbox for more details.

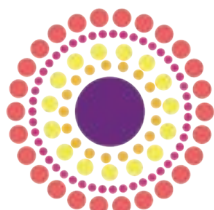
Deb Davies,  
Executive Director,  
Saskatchewan Foster Families Association



## Foster Families **Appreciation Banquets**

The Saskatchewan Foster Families Association invite you to attend this year's Foster Families Appreciation Banquet.

Please RSVP to [rsvp@sffa.sk.ca](mailto:rsvp@sffa.sk.ca) or (306) 975-1591 with the location, number attending and any dietary restrictions. This is a family-friendly event.



October 3<sup>rd</sup> Regina/Moose Jaw

October 7<sup>th</sup> Saskatoon

October 8<sup>th</sup> Yorkton

October 9<sup>th</sup> Weyburn/Estevan

October 10<sup>th</sup> Swift Current

October 10<sup>th</sup> Fort Qu'Appelle

October 16<sup>th</sup> Melfort/Nipawin

October 17<sup>th</sup> Prince Albert

October 22<sup>nd</sup> Meadow Lake

October 23<sup>rd</sup> Lloydminster

October 24<sup>th</sup> North Battleford

# Transitioning to a New School

## UNDERSTANDING HOW TO HELP YOUR FOSTER CHILD ADJUST



**N**EW HOME. NEW FAMILY. NEW FRIENDS... AND NOW, A NEW SCHOOL. If you've ever been the new kid in class, you know how daunting and overwhelming this feeling can be. When it comes to supporting your foster child, helping them adjust to a new school is one of the most important roles you have. Creating a positive school transition starts with understanding some of the unique challenges they face.



### Common Struggles Foster Children Experience When Starting a New School:

#### Lack of Consistency

By the time a child in care arrives at your home, they've experienced enough transitions to last a lifetime.

This lack of consistency disrupts their education in a few ways; including:

- Creating gaps in their understanding of concepts, curriculum, and other educational milestones.
- Losing their educational support system.
- Delaying getting the special education services needed.

Constant interruptions can also affect career opportunities later in life.

#### Emotional Changes

Your foster child carries emotional baggage from their past trauma, loss, and neglect. Add in a new school and this is a recipe for a child to feel unable to cope.

This emotional adjustment impacts a child's educational experience in the following areas:

- Lacking trust in their teachers and classmates.
- Fearing they won't meet expectations.
- Developing a sense of hyper-vigilance, which makes it hard to concentrate on studies.

Stress and anxiety affect a child's ability to learn and create new relationships.



## Unfamiliarity with School Systems

Every school has its own set of rules, norms, and expectations. Getting to know what's expected at each new school is exhausting for a child in care.

A new school interrupts a child's learning in a few ways; including:

- Feeling confused and disoriented with their new environment. Making it hard to concentrate on learning.
- Failing to get the extra educational support needed.
- Lacking advocacy when it comes to addressing their social, emotional, and learning struggles.

Get involved when your child starts a new school so you also understand the expectations.

## Coping With Change

Constant change and uncertainty impact a foster child's well-being. This makes it difficult for them to adapt to new environments, connect with peers, and trust people.

This compromises their ability to learn in some areas; including:

- Having trouble concentrating in the classroom.
- Withdrawing from classroom activities, discussions, and assignments.
- Regressing in their learning where they don't perform as well as they should.

Providing your child with emotional support, a consistent schedule, and the right tools is the best way to help them navigate these changes.

## Social Isolation

Often a child experiencing the foster care system struggles when connecting with their peers. This could be a result of them feeling different or fearful of rejection.

Social isolation impacts a child's ability to learn in a few ways; including:

- Decreasing self-confidence and doubting their ability to succeed in school.
- Participating less in classroom discussions and avoiding asking questions.
- Missing out on learning opportunities outside of the classroom. Such as lunchtime conversations, extracurricular activities, and group projects.

Friendships give your foster child emotional support, motivation, and encouragement. These all contribute to a positive learning experience.

## Stigma and Discrimination

A child experiencing the foster care system can feel mistreated or misunderstood by their peers. Misconceptions about their situation can make them feel discriminated against or left out.

Not only does it affect a child's self-esteem and well-being, but it also impacts their learning in the following ways:

- Avoiding school altogether by skipping classes or not participating in extracurricular events.
- Causing them to question the value of their education, which hinders their goals.
- Responding to others with aggression, defiance, or withdrawal.

Be proactive when it comes to addressing the stigma your child faces. Talk with school administrators and counselors and share specific concerns you have.

## Lack of Advocacy

With all the changes a child in care faces, they may not have had a consistent caregiver working with the school on their behalf. As a result, their needs might have fallen between the cracks.

Without the right kind of advocacy, a child's learning is affected in a few ways; including:

- Delaying getting services for learning disabilities or academic support.
- Triggering feelings of abandonment and trauma. Making it challenging for them to focus on learning.
- Experiencing long-term educational setbacks with continuing education and other opportunities.

One of the most important roles you have is being a foster child's educational advocate. This means getting them the support and resources they need.

# 13 WAYS TO HELP YOUR CHILD IN CARE ADJUST TO THEIR NEW SCHOOL



It's one thing to care for your child's emotional needs. It's a whole other thing when it comes to caring for their academic needs. These tips can help mitigate the transition for your child.

## 1. Prepare and Communicate

Talk to your child about the upcoming school change as early as possible. Let them ask you any questions and do your best to find answers. Open communication reduces your child's anxiety and stress. And clears up any uncertainties.

## 2. Visit the School

Talk to the school administrators and plan a day when you both can visit the school before their first day. Walk around the campus. Meet a few of the teachers and staff and connect with the school counselor. Make sure your child knows where they go to catch their bus or get picked up.

## 3. Connect With Their Teachers

Share relevant and appropriate information with your child's teacher. Give a brief overview of their

background, interests, and school history. Share any special needs your child has. Chatting with their teacher lets them provide the right kind of resources on the first day.

## 4. Advocate for Your Child

As mentioned, a child experiencing the foster care system needs a reliable advocate. Especially when it comes to their educational needs. Attend all parent-teacher conferences and meetings. Stay in communication with the school's administrative staff and counselors. Follow up with them even if they don't stay in communication with you.

## 5. Establish a Routine

Adjustment happens quicker when you have a consistent routine. Starting this before they begin school gets them into practice. This includes regular meal times, a predictable morning and evening routine, and a time for after-school activities. Consistency provides a sense of stability during a stressful transition.

In our "FOSTER CORNER" we would like to highlight anything from foster inspired stories to artwork submitted by foster parents on behalf of children in their homes. If you have a foster story, poem, artwork or some other foster related experience or information to share with our readers, please send it in! All communication or submissions for "Foster Corner" can be sent by email to [keanna@sffa.sk.ca](mailto:keanna@sffa.sk.ca)





## 6. Provide Emotional Support

No matter how your foster child feels about starting a new school is okay. Validating their emotions tells them you're on their side and care about their well-being. Practice actively listening to your child rather than being quick to offer advice.

## 7. Encourage Peer Relationships

Encourage your foster child to take part in extracurricular activities and social events. This could be joining a sports team or getting involved in a club. If your child is younger, organize playdates or other outings with their classmates. Finding ways you can get your child involved with their peers increases their self-confidence and esteem.

## 8. Track Their Academic Progress

Stay on top of your child's learning and progression. Make sure they're turning in assignments on time and notice any gaps in their learning. Find a tutor or other learning resources to help your child stay on track.

## 9. Provide Homework Support

It's not surprising if your foster child struggles with staying on top of their homework. Creating healthy study habits takes time. Your support is much needed. Find a quiet, distraction-free space for them to do their homework. Reach out to their teacher if you feel your child needs extra time to complete projects.

## 10. Celebrate All Achievements

Acknowledge and celebrate every milestone your child reaches – no matter how big or small. This can be as simple as going out to ice cream, earning extra privileges, or any other appropriate reward. Celebrating your child's success boosts their confidence. And increases their motivation to continue learning.

## 11. Involve Your Child With Decisions

Letting your foster child make decisions about their education gives them a sense of ownership. It also encourages personal responsibility. Get them involved in picking out school supplies, finding new clothes, or deciding on extracurricular activities to partake in. Empower them and boost their self-confidence by letting them make age-appropriate choices.

## 12. Encourage Self-Advocacy

The greatest gift you can give a child experiencing the foster care system is to be their own advocate. Teach your child how to communicate their needs, feelings, and concerns. Both with teachers and peers. This builds your child's ability to solve problems, communicate respectfully, and develop a sense of self-efficacy.

## 13. Address Bullying or Other Social Challenges

Create a safe place for your child to talk to you about issues with their peers. Start the conversation by asking how they're doing with classmates. Share your own experiences if possible. Validate their feelings. Come up with appropriate strategies or responses to any negative peer interactions.

Get the support you need as a Foster Parent. With each new placement, it's important to remember each child is unique. Their needs and responses to change vary. Being patient, empathetic, and understanding is the best support you can give a child in care. Foster parenting brings so much reward, but it's also filled with plenty of unknowns. Even experienced parents find themselves struggling when caring for a foster child's complex needs. Being an advocate for a child in care doesn't mean you have all the answers. But it does mean you find the people who do.

Source: <https://citymin.org/transitioning-to-a-new-school-help-your-foster-child-adjust-with-these-tips/>



## Let's stay connected...

We regularly send out e-mails to our foster parents. To be added to our contact list and receive the latest news, please send your e-mail address to [keanna@sffa.sk.ca](mailto:keanna@sffa.sk.ca)



## Art Contest for a T-Shirt Design

The Evermore Centre is holding an artwork contest for children and youth of all ages! The chosen design receives a \$100 Amazon gift card and will be printed on the front of the t-shirt for our *ahkameyimowin* (Resiliency) Feast & Round Dance, that will be held on November 22nd. Submission deadline is October 15th.

The theme for the artwork is “kamamak” Grow into your Wings. Fly butterfly... Fly!

### INSTRUCTIONS:

- Download and print out the template by visiting online <https://evermorecentre.ca/?s=t-shirt+contest>
- Design your own t-shirt! Be creative!
- Scan your design and email it to [admin@evermorecentre.ca](mailto:admin@evermorecentre.ca) or mail to 527 Main Street, Saskatoon, SK S7N 0C2



### Budgeting: Control your money

**Date: Tuesday Sept. 17th, 6:30-8:00PM**

Learn methods to track expenses, and put together a budget. Understand the differences between needs and wants and how it affects your spending habits. This program welcomes young adults (16-30 years) who have joined their families in non-traditional ways (ie. thru adoption, kinship care, foster care, psi agreements), as well as those that have aged out of care. This free workshop is in person and online at The Evermore Centre in Saskatoon and facilitated by Foundations Learning & Skills SK.



### Intercountry Adoption Webinar

**Date: Sept. 18th, 12:00-1:00PM**

Join us over the lunch hour with a Ministry of Social Services Intercountry Adoption worker to gain an understanding on basics International Adoption. Prospective adoptive parents or anyone curious about process are encouraged attend! Join us over the lunch hour with a Ministry of Social Services Intercountry Adoption worker to gain an understanding on basics International Adoption. Prospective adoptive parents or anyone curious about process are encouraged attend!

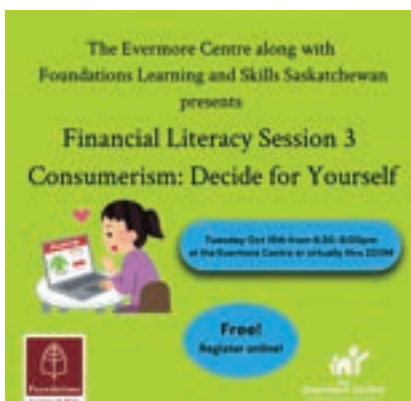
# FALL PROGRAMING & EVENTS



## **Banking: Be a smart bank customer**

**Date: Tuesday Oct. 1st, 6:30-8:00PM**

Learn about about the Canadian banking system and understand the different types of financial products available & how to select the right account for you. Learn how to use these products safely and efficiently. This program welcomes young adults (16-30 years) who have joined their families in non-traditional ways (ie. thru adoption, kinship care, foster care, psi agreements), as well as those that have aged out of care. This free workshop is in person and online at The Evermore Centre in Saskatoon and facilitated by Foundations Learning & Skills SK.



## **Consumerism: Decide for yourself**

**Date: Tuesday, Oct. 15th 6:30-8:00 PM**

Become more aware of the impact consumerism, advertising and social media has on our spending. Learn about alternatives to consumerism and how to make informed decisions about purchases. This program welcomes young adults (16-30 years) who have joined their families in non-traditional ways (ie. thru adoption, kinship care, foster care, psi agreements), as well as those that have aged out of care. This free workshop is in person and online at The Evermore Centre in Saskatoon and facilitated by Foundations Learning & Skills SK.



## **peyakôskân Family Gathering: Melfort**

**Date: Saturday Oct. 19th, 10:30AM-3:00PM**

Please join us for a day for the entire family, filled with learning and fun activities! The morning session will divide the parents/caregivers into one group and the children into another, allowing for open discussion and learning for each. Lunch will be provided to socialize and connect with other families. After lunch, we will have a session on supporting Indigenous culture and then conclude with an Indigenous craft – fun for all ages!



## **Intergrated Heart/Mind Approach**

**Date: Tuesday's Oct. 22nd, Nov. 19th, Dec. 10th, 6:30-8:30PM**

Join us for one, or all 3 nights to focus on understanding relationship trauma & the invisible impacts on the key issues of loss, grief, shame and identity. How children use behavioral & emotional indicators as forms of communication. Coaching for the hard stuff. Problem solving scenarios and role plays by presenter to integrate understanding and approaches. Presented thru Zoom by Dianne Mathes, R.S.W. & is an Adult Adoptee from Ontario.





### Credit/Debt Repayment: Take charge of it

**Date: Tuesday Oct. 29th, 6:30-8:00PM**

Learn about the many different types of credit products and how to use them wisely. Learn strategies to build credit or pay down your debt and get resources as to where you can turn for help. This program welcomes young adults (16-30 years) who have joined their families in non-traditional ways (ie. thru adoption, kinship care, foster care, psi agreements) , as well as those that have aged out of care. This free workshop is in person and online at The Evermore Centre in Saskatoon and facilitated by Foundations Learning & Skills SK.



### Learn about Pow Wows

**Date: TBD - see Evermore Centre's website for updates**

**6:30-8:00PM at The Evermore Centre  
& Friday Nov. 1st at Sasktel Centre**

Have you ever wanted to attend a Pow Wow, but were worried about everything you didn't know? Come out for a fun educational evening of learning about Pow Wows and what to expect and have your questions answered. On Friday November 1st come alone or with your family, as we will be going as a group to the FSIN Cultural Celebration & Pow Wow.



### Assets: Build your future

**Date: Tuesday November 12th, 6:30-8:00PM**

Identify, strengthen and leverage the assets you already have. You will be surprised how many valuable qualities and assets that you currently have! This program welcomes young adults (16-30 years) who have joined their families in non-traditional ways (ie. thru adoption, kinship care, foster care, psi agreements) as well as those that have aged out of care. This free workshop is in person and online at The Evermore Centre in Saskatoon and facilitated by Foundations Learning & Skills SK.



### ahkameyimowin (Resiliency) Feast and Round Dance

**Date: Friday Nov. 22nd, 5:00PM-midnight at Cosmo Civic Centre, Saskatoon, SK**

An inclusive event in partnership with SK Youth in Care & Custody Network that brings together diverse communities to celebrate the power of family, unity, and resilience. Rooted in the tradition of Round Dances observed by many Indigenous cultures, this intercultural gathering creates a sense of belonging, understanding, and shared humanity among participants from all walks of life. The event provides an opportunity for families to build meaningful connections, forge new friendships, and develop support networks that extend beyond the event itself, nurturing ongoing community bonds.



# DAMAGE COMPENSATION



**W**hen a child in care causes damage to a Foster Parent's property, compensation may be provided by the Ministry when the Foster Family is not eligible for compensation through their personal insurance or the Saskatchewan Foster Families Association (SFFA) insurance rider.

Compensation may be provided for actual loss or to cover the Foster Home's cost of insurance deductibles or increased insurance premiums as a result of making a claim on their personal insurance policy.

It is mandatory that Foster Parents carry sufficient insurance to cover the value of their property such as home insurance or tenant insurance. On home insurance foster children are covered under unnamed insurers. Yet, on many home insurance policies it is mandatory to self disclose that the damages were caused by a foster child.

## **FOLLOWING STEPS NEEDED TO INITIATE A DAMAGE CLAIM:**

1. Inform your Child and Caregiver Support worker and/or Childcare worker when damages occur in the home
2. Call the SFFA to complete an intake form and provide:
  - Dates damages occurred
  - Description of the damages
  - Name(s) and number of foster children in the home
  - Name of your Child and Caregiver Support Worker and the Childcare Worker
  - Copy of your home insurance
  - Pictures of the damages
  - Two quotes for repair and installation costs

## **IMPORTANT NOTES:**

Submitting multiple damages in one claim makes it more difficult to process, such as submitting damages that have accumulated throughout the years. Therefore, when damage happens notify an MSS worker and start an intake form with SFFA as soon as you are able. This is also important as compensation requests must be submitted within two years from the date the damage was incurred or acknowledged. If electronics are damaged do not throw them away, the serial number will be needed, and the item will be recovered.



# YOUTH SUICIDE Prevention

**Anyone having suicide thoughts needs to tell someone right away. Things can only get better.**



## UNDERSTANDING SUICIDE

The teen years are a crucial time of transition, often accompanied by feelings of stress. The possible sources of stress may include personal relationships, social status, schoolwork, or worries about the future, family conflict or breakdown.

More often than not, young people who attempt suicide are experiencing depression, other mental illnesses such as anxiety disorder, or substance abuse problems.

## RISK FACTORS

If a person is very depressed, it's hard for them to see that their problems are temporary or that solutions exist. The depression can be so deep and intense that the person can't imagine life could ever be any different from how it feels at that moment.

**Other risk factors associated with suicide include:**

- Experiencing a significant personal loss or crisis.
- Living with past or present trauma or abuse.
- Feeling isolated from others.
- Minority sexual orientation (gay, lesbian, bisexual or trans- gendered).
- Exposure to suicide in the media or through personal relations.
- Living under chronically stressful social conditions, such as extreme poverty or homelessness.
- Prior suicide attempts.
- A history of mental disorders, including bipolar disorder and schizophrenia, or substance abuse.
- A family history of suicide.
- Access to lethal means, such as guns or medications.



## WARNING SIGNS

Since risk of suicide is strongly related to depression, they share a number of warning signs:

- Talking about feelings of hopelessness or no future;
- Talking about feelings of helplessness, or being trapped with no way out;
- Talking about feelings of being a burden to others;
- Having trouble concentrating and issues at school or work;
- Frequent complaints of physical symptoms like headaches or stomach aches;
- Eating or sleeping much more or much less than usual;
- Withdrawing from usual activities and relationships with friends and family;
- Engaging in risky, reckless or self-destructive behaviors like drug use or cutting;
- Acting anxious or angry, experiencing extreme mood swings;
- Talking about 'going away,' giving away possessions to others;
- Talking about death, suicide or wanting to die;
- Threatening to hurt or kill oneself; and
- Actively researching ways to die.

There may or may not be warning signs that a person is going to attempt suicide. But if there are any signals, you need to take them seriously.

**“ Youth in many Aboriginal communities where rates of suicide are much higher than the general population are at an increased risk. The reasons for this are complex and longstanding.”**

## HOW YOU CAN HELP

- Know the signs and signals.
- If you have concerns, ask if they are thinking about suicide. It's a myth that talking about suicide will give someone ideas. It won't. If anything, it will show them they are not alone, that you care, and you want to know how to help.
- Always listen carefully. Take concerns seriously and let them do most of the talking.
- Do not pass judgment.
- Avoid simplistic advice like 'cheer up.' Instead, let them know they're important and you want them to live.
- Let them know you are there for them. They are most likely feeling alone, alienated and unwanted.
- Ask how you can help. Trust is very important so only promise things you can actually do, but make sure they know you will help them get help.
- You can't do it all, but you can help them get the help they need.
- Call a crisis line.

Kids Help Phone | 1-800-668-6868 | <http://www.kidshelpphone.ca>

Source: [https://www.sffa.sk.ca/\\_media\\_downloads/Youth%20Suicide.pdf](https://www.sffa.sk.ca/_media_downloads/Youth%20Suicide.pdf)



## MOTIVATING KIDS TO BE ACTIVE

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. And climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be harder for kids to get enough daily activity. This can be due to:

- more demands at school
- a feeling among some kids that they aren't good at sports
- a lack of active role models
- busy working families

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their chances to be active might be limited.

Still, parents can teach a love of

physical activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

### What Are Some Benefits of Being Active?

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- healthy weight
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Physically active kids also are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age.

### What Motivates Kids?

So there's a lot to gain from regular physical activity, but how

do you encourage kids to do it? The three keys are:

#### Choosing the right activities

**for a child's age:** If you don't, the child may be bored or frustrated.

#### Giving kids plenty of

**opportunity to be active:** Kids need parents to make activity easy by providing equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots.

**Keeping the focus on fun:** Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

## Age-Appropriate Activities

The best way for kids to get physical activity is by incorporating physical activity into their daily routine. Toddlers and preschoolers should play actively several times a day. Children 6 to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school, and participation in classes or organized sports.

## Age-Based Advice

**Preschoolers:** Preschoolers need play and exercise that helps them continue to develop important motor skills — kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a trike or bike with training wheels, or running obstacle courses.

Although some sports leagues may be open to kids as young as 4, organized team sports are not recommended until they're a little older. Preschoolers can't understand complex rules and often lack the attention span, skills, and coordination needed to play sports. Instead of playing on a team, they can work on fundamental skills.

**School-age:** With school-age kids spending more time in front of screens, the challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to martial arts, biking, hiking, and playing outside.

As kids get older, differences in ability and personality become

more apparent. Commitment and interest level often go along with ability, which is why it's important to find an activity that's right for your child. Schedules start getting busy during these years, but don't forget to set aside some time for free play.

**“Physically active kids also are more likely to be motivated, focused, and successful in school.”**

**Teens:** Teens have many choices when it comes to being active — from school sports to after-school interests, such as yoga or skateboarding. It's a good idea to have an exercise plan since it often has to be sandwiched between school and other commitments.

Do what you can to make it easy for your teen to exercise by providing transportation and the necessary gear or equipment (including workout clothes). In some cases, the right clothes and shoes might help a shy teen feel comfortable biking or going to the gym.

## Kids' Fitness Personalities

In addition to a child's age, it's important to consider their fitness personality. Personality traits, genetics, and athletic ability combine to influence kids' attitudes toward sports and other physical activities, especially as they get older:

- 1. The nonathlete:** This child may lack athletic ability, interest in physical activity, or both.
- 2. The casual athlete:** This child is interested in being active but isn't a star player and is at risk of getting discouraged in a competitive athletic environment.
- 3. The athlete:** This child has athletic ability, is committed to a sport or activity, and likely to ramp up practice time and intensity of competition.

If you understand the concepts of temperament and fitness types, you'll be better able to help your kids find the right activities and get enough exercise — and find enjoyment in physical activity. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants.

The athlete, for instance, will want to be on the basketball team, while the casual athlete may just enjoy shooting hoops at the playground or in the driveway. The nonathlete is likely to need a parent's help and encouragement to get and stay physically active. That's why it's important to encourage kids to remain active even though they aren't top performers.

Whatever their fitness personality, all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise. Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.

Source: <https://kidshealth.org/>



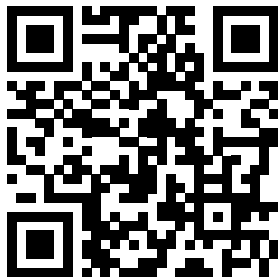
# Sask Drug Alert

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## 2 minute Recipes

Easy Breakfast Ideas for even the Busiest Mornings

### PEANUT BUTTER BANANA WRAP

#### INGREDIENTS:

- 1 whole wheat tortilla
- 2 tablespoons peanut butter
- 1 banana
- Optional: honey or cinnamon*

#### DIRECTIONS:

Spread the peanut butter evenly over the tortilla. Place the banana on one edge of the tortilla and roll it up. Slice into bite-sized pieces and drizzle with honey or sprinkle with cinnamon if desired. These recipes are perfect for a quick and nutritious meal or snack. Enjoy!



### GREEK YOGURT PARFAIT

#### INGREDIENTS:

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries
- Optional: Honey to drizzle*

#### DIRECTIONS:

Layer the Greek yogurt, granola, and mixed berries in a bowl or glass. Drizzle with honey if desired.



### AVOCADO TOAST

#### INGREDIENTS:

- 1 ripe avocado
- 2 slices of whole grain bread
- Salt and pepper to taste
- Optional: cherry tomatoes, red pepper flakes, or a drizzle of olive oil*

#### DIRECTIONS:

Toast the bread slices. Mash the avocado in a bowl and spread it on the toasted bread. Season with salt and pepper, and add any optional toppings.



### MICROWAVE SCRAMBLED EGGS

#### INGREDIENTS:

- 2 eggs
- 2 tablespoons milk
- Salt and pepper to taste
- Optional: shredded cheese, chopped vegetables, or herbs*

#### DIRECTIONS:

Crack the eggs into a microwave-safe bowl and add the milk. Whisk until well combined. Microwave on high for 30 seconds, then stir. Microwave for another 30 seconds to 1 minute, until the eggs are set. Season with salt and pepper, and add any optional toppings.



A pair of black headphones is on the left, and a stack of books is on the right, with the top one open. The background is a soft, warm light.

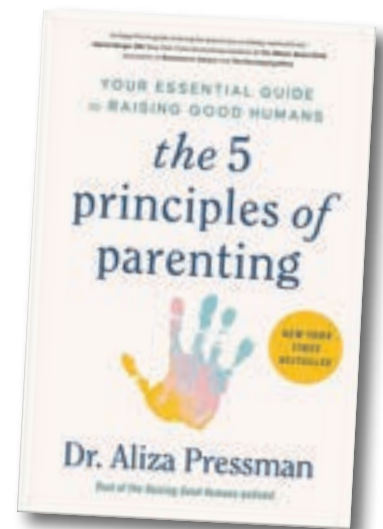
# goodreads

## The 5 Principles of Parenting: Your Essential Guide to Raising Good Humans

NEW YORK TIMES BESTSELLER

*Let go of perfect and become a transformative, positive influence in a child's life while creating your own definition of success from developmental psychologist and podcaster Dr. Aliza Pressman.*

In the age of high-pressure parenting, when so many of us feel like we've got to get everything exactly right the first time, Dr. Aliza Pressman is the compassionate, reassuring expert we all need—and the one whose advice we can all use. Already beloved by listeners of hit podcast, Raising Good Humans, Dr. Pressman distills it all with a handful of strategies every parent can use to get things right often enough: Relationship, Reflection, Regulation, Rules, and Repair. *The 5 Principles of Parenting* doesn't presume to tell you how to parent with "my way is right" advice because the science is clear: There's no one "right" way to raise good humans. No matter how you were raised, how your coparent behaves, or how your kids have been parented up until now, you can start using *The 5 Principles of Parenting* to chart a manageable course for raising good humans that's aligned with your own values and with your children's unique temperaments. Whether you're in the trenches with a toddler or a tween (because spoiler alert: the tantrums of childhood mirror the tantrums of adolescence), it's never too late to learn to use these 5 principles to reparent yourself and help your kids build the resilience they need to thrive. Through practice and normalizing imperfection, along the way you'll discover the person you're ultimately raising is yourself. By becoming more intentional people, we become better parents. By becoming better parents, we become better people.



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