

# Advisor

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## Upcoming SFFA Conference

The First Week of a Foster Care Placement

Travel Guidelines for Children in Care

Identifying Common Insect Bites & Stings

Bicycle, In-Line Skating, Skateboard & Scooter Safety

Water Safety Tips for Caregivers

### ALSO IN THIS ISSUE

Saskatchewan Pow Wows

Backyard Birding Craft

Post Secondary Funding



SASKATCHEWAN  
FOSTER FAMILIES

[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.

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# Save THE date

2026

Join us for the  
SASKATCHEWAN FOSTER FAMILIES ASSOCIATION

# Conference

October 2 & 3

## Because of You...

our theme will focus on self-care — something caregivers often put last while caring for everyone else.

We are looking forward to bringing people together again for learning, connection, and encouragement.



## GUEST SPEAKERS

**Jayne Schooler** currently serves as an adoption and foster care trainer for the Schooler Institute, a project she and David worked on together until his passing two years ago. She is the author/co-author of nine books in the foster and adoptive field, including their newest book, *Caring for Kids from Hard Places: Working with Children and Teens with a Traumatic Past*. She is one of the primary authors of the *Back2Back Trauma Competent Caregiving* training series and trains internationally. She is the mom of two adult children, grandmom to four and great-grandmom to two.



**Denise Goodman** has been a child welfare professional for over 48 years. She began her career working with emotionally disturbed teens in a residential treatment facility and has held varied positions in Child Welfare including a foster parent of teens. In addition, as an independent consultant, Denise conducts workshops and provides consultation throughout the United States and Canada on topics related to foster care, adoption and kinship care. She works with local, state and Tribal jurisdictions. Denise earned MSSA from Case Western Reserve University in Cleveland and her PhD in social work from The Ohio State University. She has written many curricula for staff and resource parents, co-authored a section of *The Field Guide to Child Welfare* and published numerous articles and tools on foster care/adoption issues including the *Icebreaker Toolkit*, *Resource Family Guide*, *Child Specific Recruitment Tool*, *Recruiting 4 Free* and *Step by Step Guide for Targeted Recruitment*.



SASKATCHEWAN  
FOSTER FAMILIES

We will be sending out more details via email as well as registration information in the coming weeks. You may also check for more details at [www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)



# CONFLICT RESOLUTION

When there are disagreements between the Foster Parents and the Ministry, Foster Parents are entitled to “Due Process” which means that they must be given a clear statement of the Ministry’s decisions, an opportunity to respond, an assurance that their response will be given objective and fair consideration, and a clear statement of the final decision.

Foster Parents have the right to bring forward any decision for review by a Supervisor, Manager and /or Director, regarding any matter pertaining to their fostering experience or a child placed in their home.

## CONFLICT RESOLUTION PROCEDURE

1. Meet with your Child and Caregiver Support Worker to go over concerns. Following the meeting, if the Foster Parent believes the matter has not been resolved they may contact the SFFA Advocate or the Child and Caregiver Support Workers Supervisor.
2. SFFA Advocate or Supervisor will arrange a meeting with all parties in an effort to come to a mutually satisfactory resolution.
3. If there is not a satisfactory resolution, the Foster Parents may request to meet with the Director.
4. Following the meeting, the Director will arrive at a decision and advise the Foster Parents in writing of the decision. The decision of the Director, is final, with the exception of a decision to close a Foster Home. This decision may be formally appealed.

At any point in the conflict resolution process, the Foster Parents and/or the Ministry, may request the involvement of Saskatchewan Justice to provide dispute resolution services in an effort to satisfactorily resolve the disagreement.

# POST-SECONDARY EDUCATION FUNDING

In Saskatchewan, foster families receive ongoing financial support from the Ministry of Social Services to cover the costs of caring for a child, including their basic needs. This support can be supplemented by additional funding for activities like sports, music lessons, or cultural activities, and is based on the individual child's needs as outlined in their case plan. Post-secondary education funding for children in care is primarily managed through the Government of Saskatchewan and may include bursaries and scholarships specifically for youth from care.

## Provincial Programs:

The Government of Saskatchewan offers bursaries and scholarships for youth in care to access post-secondary education.

## University-Specific Bursaries:

Universities like the University of Saskatchewan and the University of Regina offer specific bursaries for youth from care. For example, the University of Saskatchewan's Saskatchewan Youth From Care Bursary can cover tuition, fees, books, accommodation, and a stipend. Check University websites. Universities that offer bursaries or scholarships for youth from care



will have specific application processes outlined on their websites.

## Tuition Waivers:

Some provinces, including Saskatchewan, offer tuition waivers for youth who grew up in care, making it easier for them to access post-secondary education.

## Other Funding Sources:

Organizations like the *Belonging Network* and *Youth in Care Canada* also offer bursaries and scholarships for youth from care.

## How to Access Funding:

Contact the Ministry of Social Services. Foster parents should consult with the Ministry of Social Services for information on available funding and how to apply.



Advocacy on behalf of children and youth receiving services from a provincial ministry, agency of the government, or publicly-funded health entity.

Email: [contact@saskadvocate.ca](mailto:contact@saskadvocate.ca)

Toll Free: 1.800.322.7221 | Phone: 1.306.933.6700

## SASKATCHEWAN FOSTER FAMILIES ASSOCIATION

# AGM

Saturday, June 13<sup>th</sup>  
10:30am (CST)

2026

The Meeting will be hosted virtually through *Microsoft Teams*.

If you are interested in attending the Annual General Meeting, please send your request to [rsvp@sffa.sk.ca](mailto:rsvp@sffa.sk.ca)



# Care Needs Assessment

## PRIDE Levels of Pay - Phase Two

### Care Needs Assessments must be completed within 30 days of the identified need.

If a child's needs are complex, a panel assessment may help to:

- review special needs supports;
- ensure appropriate matching; and,
- better equip families through mandatory training and case specific support.

The caseworker should be prepared to present specific details of the child's needs, examples for each issue and all available assessments.

### Care Needs Assessment Panel Process

1. The caseworker, Child and Caregiver Support Worker and the foster family should work together to ensure the information is fully captured in the Out of Home Care Child Placement and Extended Family Care Request.
2. Seek approval from the service delivery supervisor and manager, then send to SS CFS Provincial Levels of Pay Assessment Team at [cfsprovinciallevelsofpaypanel@gov.sk.ca](mailto:cfsprovinciallevelsofpaypanel@gov.sk.ca).
3. The foster family should receive a copy of the information being presented to the panel.
4. The caseworker, Child and Caregiver Support Worker and supervisor will attend the panel and present the child's care needs.
5. The panel will complete the assessment by designating the appropriate level of care.
6. The Provincial Levels of Pay Assessment Panel will notify the caseworker of the decision by email within three business days, and send a decision letter to the foster family within five business days.
7. The Child and Caregiver Support Worker will then work with the foster family on next steps and training.

**Assessments initiated by a foster parent are a priority.**

# Information to Include in the Out of Home Care Referral



## Health

- formal diagnosis, including prognosis of the condition
- recent hospital visits or hospitalizations
- medical professionals (e.g.: home care, nursing, physicians, etc.)
- medical devices used for vital bodily functions (e.g.: ventilator, dialysis)
- clear information outlining needs, including level of intervention required



## Sexual Behaviour

- risks to self or others (e.g.: police involvement)
- required supervision and monitoring (e.g.: aggression, intrusiveness)



## Other

- sexual orientation and gender identity supports
- intensive supports to recover from trauma
- victim of sexual exploitation or human trafficking



## Mental Health and Addictions

- formal diagnosis, including prognosis of the condition
- recent hospital visits or hospitalizations
- suicidal ideations or suicide attempts
- treatment recommendations from professionals
- participation in formal programming (e.g.: treatment centre, detox, support groups)



## Behavioural Challenges

- which environments behaviours are seen (e.g.: home, school, community)
- concerns with school attendance, including the number of suspensions/expulsions
- existing safety plans
- level of aggression (e.g.: SORs or incident reports, including impact level)
- young offender involvement
- absences from approved placements

**Tip:**  
**Include frequency, duration, severity and impact of behaviour on daily life.**

# Things to keep in mind for the *First Week* of a Foster Care Placement



**T**here is probably so much going through your mind as you prepare for the start of a foster care placement. Whether you have the whole day to prepare or just a couple of hours after receiving the call, the questions run through your mind:

- *What do I need to be prepared for?*
- *Do I have what I need?*

- *What will they be like?*
- *Is my family ready for this?*
- *How can we best be a loving and supportive presence for them?*

There's really no way to be fully prepared. In fact, the name of the game often is getting as comfortable as you can with the not-knowing and the flexibility needed as everyone is adjusting

to a new normal. Even so, the first week of a foster care placement can be tough, and there are some practical things that may help during this initial period with the child(ren) placed in your home.

Hopefully the following tips will not only help you on the practical side, but will also help you intentionally prepare your heart and mind.



information you have the first week as well. It's not uncommon to not have any access to some information you need in the first week of a placement. Be sure to ask for placement paperwork or any information during the initial placement, but then be flexible enough to recognize that you might not know a whole lot for a little while.

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### As much as you can, let go of expectations

Even if we try not to, it's so easy to have a picture in our heads of what we imagine it's going to be like when a child is placed in our home. (It's usually a pretty neat and tidy picture, too.) Try to let go of as much of that picture as you can, particularly for this first week. This isn't because it's going to be a bad experience, but this is to give you room not to get stuck in disappointment.

You will probably have to adjust some of the rhythms your family is used to. You may have to change some of the things you had planned. The child(ren) may not like the things you imagined they would like. It may take more time than you anticipated to connect with them. It may take longer than you anticipated to set-up daycare or to figure out their transportation to school.

Letting go of as many expectations as you can as you're getting started will allow you to carry a steadiness as you get started on your foster care journey.

### Be flexible

You may feel like you've heard this a lot, and it's true. It's important to have a ton of grace for the whole house as you all adjust to a new normal. Be patient as it will likely take time to find your footing as a household.

Beyond that, it's important to be flexible with the amount of

### Clear your schedule as much as possible

This isn't always possible, and that's okay. However, if it's possible for you and your work, try to clear your schedule for a good portion of the first week. (Even if the child goes to school.)

There are so many different things happening that first week as you're making extra trips to the store, making phone calls, scheduling a visit, taking time to connect with the child, etc. It will feel valuable to you to have as much space in your schedule as you can get to limit some of that stress of figuring out some of the details.

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### Choose connection

This child's greatest need is to be safe and to feel safe in your home—a complete stranger's home. Like I mentioned above, there are plenty of things that need to be done—like lining up daycare and making all the appointments—but don't miss the moments of connection in those first few days.

Listen. Observe. Be present. Get to know this child. Get to know their likes, dislikes, preferences, and favorites as much as you can.

This time is often called the "honeymoon period" as everyone in the home is getting used to each other. Don't let that title persuade you that the opportunity for connection during this time isn't real. This is the time to really lay a foundation of trust for however long that child will be in your home.

## Accept and ask for help

Community is so important in foster care! When people reach out to help, try to accept the help as much as possible. Whether they're offering to bring dinner, a bed you can use, clothes, or anything else, the support of those around you goes such a long way. (And it's a really good reminder that you're not alone.)

Want a pro tip? In this area, it can be helpful to ask for someone else to help you with asking for help. Seriously! You may receive some offers of support, or questions like "What do you need?," and it can honestly be overwhelming to know what you need at first. It's okay to also say to a close friend: "Can you help me figure out what I need? Lots of people have reached out wanting to help but I'm feeling overwhelmed with the best way to direct them."

On your own or with a friend, you can take inventory of what you have now that the child is in your home, to help you make a list of items that you need the most.

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## Begin making the calls you need to make

I mentioned this above, but on the practical side, it is important during this first week to begin making calls to set up daycare, school, or any other of the regularly scheduled programming that may be necessary. (From an expectation perspective, it's valuable to know ahead of time that this will typically all be your responsibility as the foster parent.)

If the child is able to stay at the school they went to before, it is valuable to keep teachers or administration in the general loop of information, so they can be an effective part of the overall team in continuing to support the child in your care. Daycares sometimes have a waiting period, or it can be tough to find one with openings at certain times of the year, so the earlier you can get that process started, the better.

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## Make food as easy as possible

Especially during the first week, as you're figuring out what a child likes and dislikes, work to remain flexible. They may love a nice homecooked meal, or they may prefer something more simple. For some children, mealtime can even be pretty overwhelming.

This may not work for every family, but one member of our team almost always says yes to food-related requests during the first week. Foods that may not be the most healthy are almost always a yes for that first week to build up safety and trust.

Putting out a "yes" bin is another valuable recommendation, especially for children who have experienced food insecurity. This bin can have food that can always be seen and that is allowed to be grabbed at anytime without needing special permission. If the child in your care is older, it can be valuable to bring them to the store with you so they can see and pick out the snacks or foods that they like the most. Before there is trust in place, asking a child what they want

you to get at the store may not be received openly. (That can be overwhelming if they haven't had that choice before.)

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## Ask if there is a parent or previous caregiver you could contact

This may not always be possible that first week, but when it's possible and safe, it can be valuable to schedule a phone call, or some alternative mode of communication with biological family or a previous care giver to help them know that the child is safe and doing okay and to help you get to know their likes, dislikes, or routines.

As a foster parent, your first responsibility is to the safety and care of the child in your care. This is a good time to remember, however, that the goal of this placement is reunification. Whether you are able to speak to their biological family early in the case or not, being a champion for them is so important.

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## Create a system for documentation

In the craziness of the first week of a new placement, it can be easy to forget this one, which is why I wanted to be sure to mention it. It's important to keep general documentation throughout the placement, including medical appointments, behaviors or incidents in the home or at school, milestones and celebrations, what a child says, etc.

Solid documentation allows you to partner with your agency

worker in getting the child what they need, and supports the worker's own documentation. Beyond that, in the event that the case goes on for a long time, it can be really tough to remember some of the events and challenges that were experienced in months or years prior. Having them written down is really valuable.

Whether you keep a notebook,

a printed file folder, a note on your phone, or anything else that works for you, this first week is a great time to implement that system so you don't forget to document information during those early days.

### Trust

Here's the most important part of this list. Above all else, remember to stay optimistic. As you

enter into this journey, and the unknown that inherently comes with it, you can rest knowing that you are doing important work. In the moments that you feel overwhelmed, lean into your heart, and remember what made you want to foster. Trust in yourself...knowing you've got this!

Source reference: <https://theforgotteninitiative.org/first-week-foster-care-placement/>

## Travel Guidelines for Children in Care

The Ministry of Social Services may pay travel costs above the Basic Maintenance rates for a child in care. These will include but are not limited to reasons such as if the purpose of the visit is to access medical care, facilitate visits with the child's family or significant others, attend events that are beneficial to the child or where travel is required in the event of an emergency such as the serious illness or death of a family member or significant others. The means of transportation should be the most economical or reasonable given the circumstances. Travel costs can be claimed using the Child and Family services expense form.

For out of province travel, permission from the child's parents must be given if the child is in voluntary care. Parents of children who are temporary or long-term wards should also be consulted whenever possible. A letter of permission and medical consent must be signed by the

Regional Director through the Ministry of Social Services for the child to travel out of the province.

For international travel, a passport must be obtained for any child traveling outside of Canada. The application for the passport should be completed by the foster parent in consultation with the child's caseworker.

In addition, the Ministry of Social Services may pay travel costs above the Basic Maintenance rates to enable a child to take a special holiday with their foster family.

Requests for special holidays may be considered once per child per calendar year. Upon returning from the trip, the caregiver will submit all receipts to the caseworker within 60 days.

Caregivers must provide a written request two months prior to the departure date of the planned special holiday in order to allow


sufficient time for the Ministry to complete the approval process.

The request should include:


- Destination
- Mode of Transportation
- Length of Holiday
- Number of Individuals Travelling
- Type of Lodging
- Planned Activities




# Identifying Common Insect Bites & Stings




**Mosquito**




**Small Itchy Raised Wheal, Mild Redness**  
Common bite. Intense itching slight swelling.




**Ant**




**Red Swollen Spot, Optional Small Pustule**  
Sharp pain at bite. Fire ants may cause pustules.




**Bed Bug**




**Multiple Small Red Bumps in a Line or Cluster**  
Bites usually in rows. Itchy, often on exposed skin during sleep.




**Tick**




**Optional Delayed Bullseye**  
Remove tick carefully. Watch for rash, fever. Bullseye may develop.




**Flea**




**Tiny Itchy Red Bumps, Usually Grouped**  
Small, itchy, red spots. Frequently on lower legs.




**Bee**



**Red Swollen Area with Possible Stinger Icon**  
Painful swollen area. Stinger may be left behind. Remove gently.



**Wasp**



**Red Swollen Area No Stinger Shown**  
Painful, swollen area. Wasps can sting multiple times.



**Spider**



**Mild Redness Only, No Necrosis**  
Most spider bites cause minor reactions. Serious bites are rare.

## Signs of Allergic Reaction

Bite appearance alone cannot identify the insect. Diagnosis depends on exposure, timing, symptoms, and pattern.

Signs of a more severe allergic reaction may include:

- hives all over the body
- swollen tongue, lips, or eyes
- trouble swallowing
- wheezing/coughing
- vomiting
- slurred speech

If any of these symptoms occur, call 911 or go to the closest emergency room.

*This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.*



## Treating Insect Stings & Bites

If your child is not experiencing an allergic reaction, the bite or sting can likely be treated at home:

- clean site with soap and water
- apply an antibiotic cream
- apply ice to the site (using a barrier, so the ice isn't directly in contact with the skin)
- antihistamine cream to the site if itching occurs
- age-appropriate dose of tylenol or antihistamine for pain and itching

Most symptoms resolve within a few days. However, if swelling, redness, or pain worsens—or your child experiences a fever, rash, or fatigue—call the doctor.

Source: <https://www.prevention.com>

# Saskatchewan Pow Wow Schedule

Canoe Lake Cree First Nation Traditional Powwow	June 12-14, 2026
Humboldt Partnership Powwow, Humboldt SK	June 18, 2026
Mini Traditional Powwow, Regina SK	June 18, 2026
National Indigenous Peoples Day, North Battleford WDM	June 18, 2026
Cote First Nation Powwow	July 9-10 2026
Ahtahkakoop Traditional Powwow	June 19-21, 2026
Red Pheasant Cree Nation Pow Wow	June 30-July 1, 2026
Tatanga Day, Traditional Pow Wow	July 1, 2026
Mosquito Grizzly Bear Head Lean Man First Nation	July 3-5, 2026
George Gordon First Nation Competition Powwow	July 7-9, 2026
White Bear First Nations Pow Wow	July 10-12, 2026
Sweetgrass First Nation Traditional Powwow 2026	July 14 & 15
Back to Batoche Days	July 16-19, 2026
Onion Lake Cree Nation Powwow	July 17-19, 2026
Peepeekisis Cree Nation Powwow	July 17-19, 2026
One Arrow First Nation Powwow	July 18-19, 2026
Big River First Nation Powwow	July 21-23 2026
Kawacatoose First Nation Powwow	July 21-23, 2026
Zagimē Anishinabēk First Nation Powwow	July 23-25, 2026
Thunderchild First Nation Powwow	July 24-26, 2026
Keeseekoose First Nation Traditional Powwow	July 24-26, 2026
Yellowquill First Nation Powwow	July 29-31, 2026
Sturgeon Lake First Nation Powwow	July 31-August 2, 2026
Muskoday First Nation Powwow	July 31-August 2, 2026
Oceanman Nakoda Nation Powwow	August 4-6, 2026
Waterhen Lake First Nation Traditional Powwow	August 7-9, 2026
Cowessess First Nation Traditional Powwow	August 11-13, 2026
Piapot First Nation Traditional Powwow	August 14-16 2026
Kahkewistahaw First Nation Powwow	August 14-16, 2026
Muscowpetung Saulteaux Nation Traditional Powwow	August 18-20, 2026
Little Pine First Nation Powwow	August 18-20, 2026
Ochapowace Nation Powwow	August 21-23, 2026
Beardy's & Okemasis Annual Powwow	August 21-23, 2026
Whitecap Dakota Nation Competition Powwow	August 25-27, 2026
Big Island Lake Cree Nation Traditional Powwow	August 28-30, 2026
Flying Dust First Nation Traditional Powwow	September 4th-6th, 2026
Moosomin First Nation Competition Powwow	September 11-13, 2026
Northern Lights Casino Powwow, Prince Albert, SK	October 9-11, 2026

*All dates, places and schedules may be subject to change. Attending a pow wow is a welcoming, cultural celebration, but it is also a sacred space. To know more about proper etiquette for each event, please contact the organizer's directly, or visit their website for more information.*

# Bicycle, In-Line Skating, Skateboard & Scooter Safety

## The Importance of Wearing a Helmet

Bikes, in-line skating, skateboarding, and scooters are a great form of exercise. But without protective gear, they can be dangerous. The most common injury sustained with these activities is a head injury. Head injuries are the leading cause of death and disability in these types of crashes. Wearing a helmet can reduce the risk of death or injury. It can also reduce the severity of the injury in a crash. Helmets that fit correctly and are fastened correctly, should not move around on the head.

Teaching your children bike, in-line skating, skateboarding, and scooter safety could save lives. It is important for parents to model good behavior by always wearing a helmet yourself when taking part in these activities. Many children (and adults) resist wearing a helmet. Point out that athletes wear helmets for their protection. Try to include your child when buying a helmet so they can help with the choice.



## Scooters

Manual (push) scooters have been around since the 1950s. Today's scooters, including electric scooters, have quickly risen in popularity. And they are the cause of more and more emergency room visits. The most common injuries are breaks (fractures) or dislocations to the arm or hand. These are followed by cuts, bruises, strains, and sprains. Almost half of all injuries tend to happen to the arm or hand. The rest tend to happen to the leg or foot. There have also been deaths directly related to scooter accidents.

Based on effective injury prevention for other related activities, these tips may help to prevent scooter-related injuries:

- Wear an approved helmet that meets safety standards.
- Use knee and elbow pads.
- Ride scooters on smooth, paved surfaces without traffic. Don't ride on streets and surfaces with water, sand, gravel, or dirt.
- Don't ride scooters at night.
- Don't text while riding. Don't use earbuds while riding.

Riding a scooter requires balance and coordination. Children younger than 8 years old shouldn't ride a scooter. According to the American Academy of Pediatrics, children younger than age 16 shouldn't ride motorized or electric scooters.

## Skateboards

Skateboards are very popular among children and youth. The American Academy of Pediatrics states that children younger than age 5 should not skateboard at all. They also state that children ages 6 to 10 should skateboard only with adult supervision.

Skateboards should never be used on surface streets. Even experienced skateboarders can fall, so learning how to fall safely can help reduce the risk of severe injuries:

- When losing your balance, crouch down on the skateboard so you have a shorter distance to fall.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall. This prevents your arms from absorbing all the force.
- Try to relax, rather than staying stiff when falling.

Other safety precautions to take when skateboarding:

- Wear protective gear, such as helmets, padding for wrists, elbows and knees, and closed-toe, slip-resistant shoes.
- Check the skateboard often for wear and tear.
- Only allow one person per skateboard.
- Don't hang onto bikes, cars, or other vehicles while skateboarding.
- Carefully practice tricks in designated skateboarding areas.
- Don't skateboard in the street.

## Preventing Bike Injuries

- You can't control a bike that is too large. You should be able to straddle the bike and stand with both feet flat on the ground.
- Younger children may need to ride a bike with training wheels.
- A child must be able to stop the bike by using the brakes.
- Everyone needs to learn the proper hand signals for left turns, right turns, and stopping. Make sure you understand and observe all traffic signals and signs. Children who aren't yet coordinated enough to use hand signals and still maintain control of their bike should not ride in the street.
- Children under 12 years of age should ride on sidewalks.
- When riding on the street, children should be single file, in a straight line near the curb. They should be alert for car doors opening into traffic lanes. Both children and adults should ride with traffic, not against it.
- Children shouldn't ride a bike at dusk or at night. This is when most fatal accidents happen.
- The bike must have safety reflectors. All bikes should have reflectors on the front, rear, and wheel spokes.



## In-Line Skates

In-line skating is another popular sport on wheels for many people. But even experienced in-line skaters can crash and sustain injuries. Here are some basic safety recommendations:

- Always wear protective gear, such as elbow and knee pads, gloves, helmets, and wrist guards.
- Buy durable skates with the correct ankle support. Check them regularly for wear and tear, and make sure the wheels are tightened.
- Practice stopping correctly without losing balance.
- Always skate on the right side of sidewalks and other paths—not on the street.
- Pass on the left and warn others that you are passing, and obey all traffic rules.
- Look for and avoid uneven pavement or other surface problems.

*This information is not intended as a substitute for professional advice. Source: <https://www.nationwidechildrens.org>*



# Water Safety

for Caregivers of  
Children and Youth

**S**pending time in and around water is a great activity for families, children and youth. However, DROWNING is the SECOND leading cause of injury-related DEATH for children ages 14 and under. The majority of drownings and non-fatal drownings for infants occur in bath tubs. For toddlers, the majority occur in residential swimming pools, while older children and youth are more likely to drown in lakes, rivers and oceans. Drowning can occur in as little as TEN SECONDS and can occur in just INCHES of water. Research on water safety shows that implementing a layered approach to water safety is the best way to prevent drownings. Water safety always starts with the caregiver as the first and most important component.

## Water Safety Tips:

- Constant and active supervision should be maintained when any child is in or around water.
- Children should not be permitted to play in areas where there is any body/container of water, including swimming pools, ponds, dug outs, wading pools, tubs, pails, sinks or toilets without supervision.
- Make sure you give 100% of your attention when supervising. Put cell phones, magazines and BBQ duties aside. Find another adult to take over if you need to turn away for any reason.
- Watch the face – especially the eyes. Many victims don't call, wave or signal for help because they can't keep their head or arms above water.
- Caregivers should be familiar with the child/youth's swimming abilities and provide the appropriate level of supervision. For infants, 1:1 adult to child supervision should be provided. For toddlers and preschoolers arm's length/touch supervision should be provided.
- At the pool, the lake or the beach, young children and children who can't swim should wear a PFD.
- Never rely on inflatable cushions, air mattresses, water toys, etc., for the support of non-swimmers.
- Restrict access to the pool or other bodies of water when not in use. Use multiple barriers or strategies to restrict access
- Empty and turn over wading pools and other containers of water when not in use.
- Keep hot tubs covered and locked when not in use.
- Away from home, swim in designated swimming areas, where possible.
- Water conditions in locations such as lakes and rivers can change rapidly. Be familiar with water conditions and be satisfied the area is safe.
- Provide children and youth with a water safety plan that includes water safety instructions (boundaries, depth of water, condition of the water bottom, the appropriate use of PFDS, etc.).
- Any child under the age of five should not be left alone at bath time. The caregiver should supervise the child at all times and ensure everything that is needed for bathing is gathered prior to the bath. Bath tubs should be emptied while not in use.

[https://www.saskfosterfamilies.ca/\\_\\_media\\_downloads/Water-Safety.pdf](https://www.saskfosterfamilies.ca/__media_downloads/Water-Safety.pdf)

# PRICELESS FACTS ABOUT MONEY

by Mellody Hobson (Author), Caitlin Stevens (Illustrator)

**P**riceless Facts about Money introduces your young learner to essential money concepts through facts and real-world connections. This guide helps you explore these financial fundamentals while building their understanding of how money works in our everyday lives.

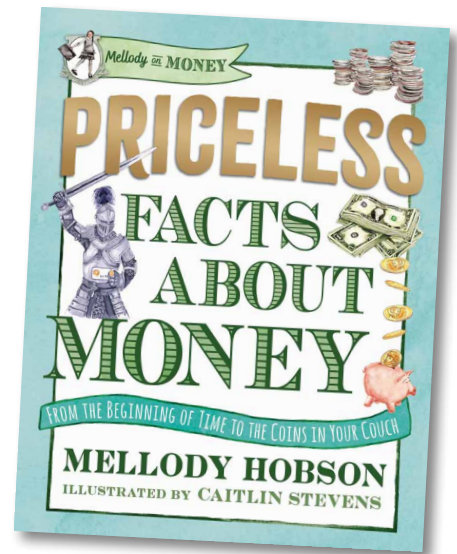
An instant New York Times bestseller! Mellody Hobson, barrier-breaking pioneer in the world of finance, demystifies money for kids with a look at some wild and weird facts about what makes the world go round.

What is the meaning of all those symbols on US bills (and why are they so hard to counterfeit)? What's with people calling money "bacon" or "cheddar" or

"smackeroonies"? With savvy and wit, financial expert Mellody Hobson sheds a friendly light on a daunting subject, from the meteorites that created the first mineral deposits to the ancient Maya who used chocolate as currency to the beginnings of the banking system itself. Readers learn about bartering, profit and loss, the origins of credit, ATMs, and even fun facts about money around the world.

In her first children's book, Mellody Hobson brings excitement to the realm of financial literacy and gives kids the tools they need to navigate money now and in the future.

Featuring energetic artwork by debut illustrator Caitlin Stevens, amusing skits starring a cat and



bunny who converse in money idioms, and inserts depicting the author and her business partner as kids just learning how money works, *Priceless Facts about Money* is an inviting, entertaining, and richly educational resource for every child.

Language: English  
Hardcover: 80 pages  
ISBN-10: 1536224715  
8 - 12 years



*Every so often you come across a book that can make a difference in people's lives. Teaching today's youth about financial health is critically important, and Mellody draws upon her own experiences to share valuable life lessons for all of us.*

- Jamie Dimon, Chairman & CEO,  
JPMorgan Chase and Co.

*There is no greater gift than a financial education to help young people learn that money can be a tool to help their dreams come true. And there is no better teacher than Mellody, whose passion for financial literacy has inspired so many already!*

- Reese Witherspoon, actress, producer,  
and entrepreneur



Mellody Hobson is co-CEO and president of Ariel Investments, the first African American-owned mutual fund company in the United States. She is Lead Independent Director of Starbucks Corporation and serves on the board of directors at JPMorgan Chase & Co. Princeton University, her alma mater, is building a new residential college in her name—the first to be named after a Black woman. Time magazine listed her as one of the 100 Most Influential People. She is married to filmmaker George Lucas, and this book was inspired by their young daughter.

# Backyard Birding

*Birdwatching, or birding, is a hobby anyone can enjoy. While heading to a nature preserve or park can be a fun outing, there is no need to leave the comfort of your own home to spot some beautiful feathered friends. Discover how, with a little preparation and a lot of patience, you can become an expert birdwatcher.*

## Create an oasis for birds

The first step in attracting birds to your backyard is to create an enticing environment. Consider adding plants and flowers that are native to your location, and try mixing different types of plants throughout your landscaping. Add tall grasses behind your shorter perennials or plant a fruit tree that flowers in the spring time. Birds who naturally migrate to your region will be looking for familiar plants to nibble at and trees to nest in. Another bird friendly tip is to delay your fall flower bed cleanup until the spring. This provides food for birds who spend the winter months in your neighborhood.

## Boost your bird IQ

Make sure you are well equipped to spot and recognize the birds in your yard. It's a good idea to have a bird identification book that is

specific to your region. Browse through the book in your spare time and keep it handy. It is also useful to keep a pair of binoculars nearby as you look for birds. This way, you'll be able to identify and admire your visitors close-up without disturbing them.

## Take note of your visitors

Consider keeping a log or Journal of the birds you see in your backyard. Keep track of each month and make a note of the new birds you see what type of food do they prefer? Do they arrive in flocks during the migration or are there a few who seem to be regulars? This is also a great way to prepare for next year. If you know when specific birds typically arrive, you can be ready with their favourite food. However, you prepare for backyard birding, make sure you take some time to enjoy the sites and sounds of your feathered friends. All your preparation, their cheerful chirping will be music to your ears.

## Up your feeder game

If you want to attract different types of birds, you'll have to provide them with different types of food. Don't be afraid to try a variety of feeders throughout your yard. A deck patio is a great place to put up a hummingbird feeder. Once hummingbirds get comfortable with your feeder, they won't be shy about flying near you to reach the nectar. Try putting out a dish of grape jelly for Orioles and cat birds. Don't forget to hang suet cakes as well; woodpeckers along with many other birds flock to suet feeders, in all seasons.

However, there are a few safety guidelines to keep your feathered friends healthy and happy.

- Only use vegetable shortening in bird feeders when temperatures stay below 10°C. Warm weather can cause the shortening to melt or spoil, thus harmful to birds.
- Do not use honey in any bird feeder, it can harbor mold and bacteria that are fatal to birds.



- If allergies amongst family members is a concern, use seed butter, or coconut oil instead of peanut butter.
- Always remove cardboard tubes when finished. They're biodegradable but should still be removed and recycled once birds have finished eating.

### Bird feeder craft for kids

Your local wild birds will love this Toilet Paper Roll Bird Feeder—a simple, kid-friendly craft that takes just 15 minutes to make! This eco-friendly project reuses materials you already have at home and provides much-needed nutrition for backyard birds.

Supplies Needed for Toilet Paper Roll Bird Feeder Craft:

- Cardboard tubes
- Vegetable shortening
- Butter knives or popsicle sticks
- Birdseed
- Hemp twine

Instructions:

STEP 1: Spread the shortening. Use a popsicle stick or butter knife to spread vegetable shortening on a clean toilet paper roll. This helps make the roll water-resistant.



STEP 2: Add the birdseed. Roll the toilet paper roll on a plate filled with birdseed until it's fully coated.

STEP 3: Add twine (optional). If desired, thread a loop of hemp twine through the toilet paper roll for hanging.

STEP 4: Hang the toilet paper roll bird feeder on a bush or slide it onto a sturdy branch and birds will be quick to find it.



### DIY binoculars

A fun way to help zoom into the world of birds or any other nature observation moment, are these simple homemade binoculars. Two toilet paper rolls (or one paper towel roll cut in half). Tape or glue. String or ribbon (long enough to go over your head). Markers, crayons, and coloured duct tape to decorate your snazzy bins.

Instructions:

- Gather your materials.
- Decorate your toilet paper rolls as much or as little as you like.
- Tape the rolls together.
- Cut a small hole in one end of both tubes; attach the string.
- Take your binoculars outside or point them out the window and see what you can see. You might just be surprised at what you will notice with your very own pair of binoculars!



## **FOSTER FAMILY TOOLKIT**

**Education, advocacy, and a place to turn for advice...**

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- much, much more.

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**<https://www.saskfosterfamilies.ca/resources-for-foster-parents/tool-kit-resources>**

We all have the capacity to be a **superhero**.  
In order to become one, you just have to find your  
**unique power** or **ability** and exploit it  
for the **greater good**. The cape and mask are  
optional accessories, but a **kind heart** is essential.

– Robert Clancy

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