

April 2011

Happy easter

Foster Parent Express

News, information and support for Vancouver Coastal foster families and other caregivers



Family Services
of Greater Vancouver

Parent Child Visits

Brainwave Feedback

Exploring Motivations to Adopt

Helping Your Anxious Child

New Relief Guidelines

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our fostering community

Family Spotlight



Our family spotlight this edition recognizes a family providing care under an "Out of Care" living arrangement. This is another placement option within the residential continuum.

Often family and friends want to help when parents are having challenges and are temporarily unable to care for their child or children. MCFD can support this option when it is appropriate with an 'Agreement with a Child's Kin and others' or through the Extended Family Program. The **Extended Family Program** was introduced last April and reflects expanded supports and more flexible time frames and replaces the previous Child in the Home of Relative Program.

These agreements enable financial and other services to be offered to support an out of home living arrangement when an extended family

member or other significant person in a child's life can care for the child if the parents are unable to, without the child coming into foster care.

Julia and Jim (not their real names) entered into an Out of Care Agreement a couple of years ago. They did not have any biological children and were in a good place emotionally, financially and physically to be able to care for a child. When family members were unable to temporarily care for their 2 year old daughter, Jim and Julia wanted to help.

Julia shared that the most challenging thing about being an extended family placement is dealing with all the people involved. That can include family members, and the many professionals involved (i.e. therapist, lawyers, social workers, etc.) The meetings required to keep communication clear is time-consuming and has its own challenges. The other difficulty they have experienced is finding time for themselves as a family, a couple, and as individuals because of the above needs.

For Julia and Jim the most rewarding thing has been watching the little one in their care as she progresses from being a very quiet, cranky toddler to a boisterous (and sometimes cranky) little girl! They delight in watching her grow!

Julia and Jim have found what supports them most in the work they do as foster parents is their fabulous support worker. (I promise I didn't coerce her into making that statement!) They also find that having supportive family and friends is so important.

Julia and Jim attend the FASD Vancouver Support Group and Julia attends the monthly Foster Parent Community Kitchen. They agree

that these groups have been very helpful in providing information and the opportunity to listen and learn from the different foster parent experiences.

Jim and Julia have completed part of the online foster parent training that is available to all caregivers and found it useful and very informative. An education, training or group that they would like to see available to foster parents is a boot camp for navigating the MCFD system, the court system, and what services they can access as first timers or as veterans.

Jim and Julia conclude that as tough as the drama has been, "they've persisted through the periods where they felt like they were being slighted, attacked, and undermined because if you took a child in your care, that is the most important person in the room not the other drama queens/kings."

Jim and Julia note that it is important to make time for a hobby: "It's like a holiday for the brain and it steadies the emotional rudder in you."

Thank you to Julia and Jim and the many others that extend their hearts and homes to children and parents that need their support. "It takes a community to raise a child".

Mary Miller is a Family Support Worker with Family Services of Greater Vancouver and has been providing support to Out of Care Homes for the past 4 years. Please contact your social worker if you are a relative or foster parent and could benefit from having a family support worker visit your home. This is a free service available through the Ministry of Child and Family Development and is available to all caregivers. ■

IFCO 2011 is Coming to Canada!

IFCO

2011 World Conference

*Fostering Hope ...
Together, we can
make a difference*



IFCO 2011—International Foster Care Organisation
XVII Biennial World Conference—July 10th to 15th
Victoria, British Columbia, Canada

And You're ALL Invited!

XVII Biennial
2011 IFCO World Conference
Victoria, British Columbia, Canada
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Theme: Fostering Hope ...
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<http://www.ifco2011.com>
[email to info@ifco2011.com](mailto:info@ifco2011.com)

**International Foster Care Organisation Conference
July 10 - 15 | Victoria Conference Centre, Victoria, BC, Canada**

Winners of Foster Parent Support Services Survey



Thank you to everyone who completed the foster parents support survey – we had 98 responses in total. The lucky winners of two ipod nanos are

Keitha and Linden.

Congratulations to you both!

from Foster Parenting to Adoption

The work that foster parents do for our children and our communities is truly paralleled by none. Supporting children and families through their most difficult and vulnerable times challenges caregivers to grow and stretch in, sometimes, unimaginable ways. In some cases, the objective in fostering is to support the entire family to strive towards health and independence. In some cases, caregivers provide respite for families with high needs children in need of support. Sometimes children come into care with little or no connection to family and look to their foster families to learn about belonging and attachment. Sometimes when this connection occurs and the children have no other family, a miracle happens and a new family is born.

The following is an account of a foster parent who has decided to apply to adopt the children in her care.

Beginning more than seven years ago with a passion to foster infants, Alicia set out on her fostering journey. To her delight, Alicia got a call for her first baby two years later. She didn't realize at the time that this baby marked the beginning of a connection that would change her family forever. There were other children who came and later left to be with family but this little boy was special. Soon after and straight from the hospital arrived a second beautiful baby boy. This boy, birth brother to the first boy renewed a sense of joy to the family that would continue to grow throughout the years.

Over the subsequent months and years, Alicia worked diligently to connect these two First Nations brothers with their cultural roots and has sought out the support and confidence of the community. This proved to be particularly valuable as, over time, it became apparent that both of these brothers had been prenatally affected by alcohol, creating challenges that will follow these boys throughout their lives. As this relationship between the brothers, caregiver family and First Nations community has evolved, a deeper connection and familial commitment was born.

Alicia, who is also a birth mom to a teenage daughter, decided they wanted to give these boys a forever home. Alicia said, "when I look at them, I just know this is where they belong...I mean look at him (Alicia is pointing to the younger brother with tears welling up in her eyes) How can I let him go"? With love in their hearts, the family embarked on the journey to adopt. "I told the social worker I wanted to adopt the boys", and so began the process. Having completed the application, training and the home study, Alicia is waiting to hear their report as well as the decision from the band". In the meantime, Alicia continues to keep her family going in congruence with her new found First Nations community. "I love keeping the boys in touch with their cultural heritage"

Alicia compliments the Adoptive Families Association explaining that "they were very helpful in this process" as well as described

how surprised she was to discover all of the supports available to adoptive families. Anticipating the costs and requirements of caring for these boys with special needs, the decision to adopt became even easier as she learned about available supports. With these, as well as those of the First Nations community, this new forever family stepped forward without hesitation.

When asked what message she would send to foster parents considering adoption she shared with absolute joy in her voice and a tear in her eye:

"Every child needs a place where they feel they belong. Getting here was hard enough for them, and they don't need any more trauma."

Thanks goes out to Alicia for sharing her personal story with all of us. We are inspired by your ability to create family and community for these boys and enrich the lives of you and your daughter along the way. ■

Names have been changed for privacy reasons.

Written by Jocelyn Barratt, Hollyburn Family Services

FOSTERING EARLY DEVELOPMENT Training Dates 2011

Dates	Location	Time
Saturdays- April 2 & April 9	Developmental Disabilities Association Fostering Early Development 3455 Kaslo Street Vancouver, BC V5M3H4	9:00am - 4:00pm Lunch provided
Tuesdays- April 5 & April 12	Vancouver Aboriginal Centre & Family Services, 3284 East Broadway Vancouver, BC V5M1Z8	9:00am - 4:00pm Lunch provided
Wednesdays- May 18 & May 25	Garratt Wellness Centre 7504 Chelsea Place Richmond, BC V7C3S9	9:00am - 4:00pm Lunch provided
Saturdays- June 02 & June 09	Developmental Disabilities Association Fostering Early Development 3455 Kaslo Street Vancouver, BC V5M3H4	9:00am - 4:00pm Lunch provided

Two days of training will include:

- Ages & Stages Questionnaire (ASQ-3) • Ages & Stages Questionnaire Social-Emotional (ASQ-SE) • Brain Development • The Impact of trauma on development • Attachment • Strategies to support children's development in the home

For foster parents, guardian workers and resource workers with MCFD & VACFSS
Caring for children under the age of 6 years.

COSTS: There is NO COST for training. Child Care COSTS COVERED BY MCFD or VACFSS.
COFFEE AND LUNCH PROVIDED (with the exception of Monday night training)

Please call to register: Georgette Cabrilo 604-301-2819

Taco - Huron Style



Ingredients:

For the taco meat:

- ▶ 1 lb ground bison, pork, chicken or beef
- ▶ 1 onion, diced
- ▶ 3 cloves garlic, minced
- ▶ 15 oz pinto beans, drained
- ▶ 10 oz canned diced tomato with green chile
- ▶ 4 oz canned fire-roasted diced Hatch green chiles
- ▶ 1 tablespoon hot Mexican-style chili powder
- ▶ 2 teaspoons minced fresh basil
- ▶ 1 1/2 teaspoon paprika
- ▶ 1/2 teaspoon ground jalapeno

For the fry bread:

- ▶ 2 cups water
- ▶ 2 packages dry yeast
- ▶ 4 tablespoons butter
- ▶ 2 tablespoons sugar
- ▶ 1 teaspoon salt
- ▶ 5 1/2 cups flour

To serve:

- ▶ shredded sharp cheddar
- ▶ shredded iceberg lettuce
- ▶ diced tomatoes
- ▶ optional: sour cream and avocado

Directions:

For the fry bread: Whisk the flour and yeast together in a large bowl. Place the sugar, salt, water and butter in a small sauce pan and heat until almost boiling. Allow to cool slightly. Pour over the flour and yeast and mix with a dough hook until a smooth, not too sticky ball of dough forms. If the dough is very sticky, slowly mix in additional flour. Cover and allow to rise 1 hour.

Meanwhile, prepare the meat. Sauté the meat, onions and garlic in a large skillet until the onions just soften. Add the remaining ingredients. Stir until most of the liquid evaporates, stirring occasionally.

Heat about 2 inches of canola oil in a deep frying pan or skillet. Divide dough into about 15 pieces. On a clean, floured surface, roll dough into discs about 1/4 inch thick circles about 6 inches in diameter. Fry until golden brown on each side. Drain both sides on paper towel lined plates. If they puff up a lot during frying, press with a paper towel to deflate.

Tribal Affiliation: Raven from The Great Huron Nation

visit www.fosterhub.ca

Fire Meat



Ingredients:

- ▶ 1/2 cup soy sauce
- ▶ 1 tablespoon sesame oil
- ▶ 2 tablespoons brown sugar
- ▶ 3 cloves garlic, crushed
- ▶ 1 large red onion, chopped
- ▶ Ground black pepper to taste
- ▶ 1 teaspoon red pepper flakes
- ▶ 2 tablespoons sesame seeds
- ▶ 2 leeks, chopped
- ▶ 1 small carrot, chopped
- ▶ 1 pound beef round steak, sliced paper thin

Directions:

For a great tasting beef dish from Asia, fire meat is delicious and easy to prepare. It originates from China, offering a refreshing change from standard fare recipes.

1. In a large bowl, mix together the soy sauce, sesame oil, brown sugar, garlic, and red onion. Stir in the black pepper, red pepper flakes, sesame seeds, leeks and carrot. Mix in the meat by hand to ensure even coating. Cover and let marinate for at least 2 hours or overnight.
2. Brush the bottom half of a wok with cooking oil, and heat over medium-high heat. Put in all of the meat and marinade at once, and cook stirring constantly. The meat will be cooked after just a few minutes. Remove from heat and serve with rice or noodles. For Korean style fire meat, roll the meat mixture up in a leaf of red lettuce.

Enjoy!

Success with Brainwave Feedback (Neurofeedback)

Richmond based foster parent, Lee, has parented many babies and youth, but has cared for 15 year old Shelly (name has been changed) for over 5 years. When Shelly was first placed with Lee, she was labelled as FAS and ADHD, and like many children, was heavily medicated (which is no longer the case; in fact she takes no medication).

Shelly has always struggled with anxiety: Lee describes a time, not long ago, that a visit to the dentist had to be visual only, and for a cleaning consisted of the hygienist "brushing her teeth" - as Shelly was too fearful and anxious to allow anything more. At the doctor's for a vaccination, it required 4 people to hold her still, another example of her severe anxiety. Shelly's anxiety has also impacted her ability to make and maintain friendships.

One August day in 2009, however, Lee's friend told her about a drug-free treatment her own daughter was receiving to help her overcome certain barriers, called brainwave biofeedback, and suggested that this may be something that could help Shelly overcome her anxiety.

Working in conjunction with a Psychologist at Swingle & Associates, Shelly received brainwave Neurofeedback treatments one time per week for a 6 month period. Within this time a significant change was seen in Shelly, explained Lee. She presented as more confident, held her head up high, and was able to engage better with others, losing her "shyness". Lee has also seen major improvements with visits to both her Doctor and Dentist; Shelly is no longer fearful of the dentist, and is even now talking about wanting braces! The last time Shelly needed a vaccination, she asked to go into the clinic alone to have it done!

Lee is amazed at the progress Shelly has made and credits it to the neurofeedback therapy she has received. She wanted to share her experience with other foster parents who may also parent children like Shelly. Biofeedback is something that has significantly improved this young girl's life, without medication, and in a short time. Shelly continues to attend therapy sessions and continues to see results. ■



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Stroll historic Gas Town • Shop on Burrard • Relax**

Hollyburn Family Services is pleased to offer a fully-equipped, one bedroom, downtown respite apartment to foster parents. The apartment is situated in Vancouver's West End. The apartment includes: Queen bed, TV, DVD player, all bedding and cooking facilities.

For booking call Bernie at 1-877-926-1185

Fragile Lives, Fragmented Systems: Strengthening Supports for Vulnerable Infants

is an aggregate review of 21 infant deaths. Files were reviewed in detail, information collectively studied and trends identified and analyzed to determine what needs to be addressed in broader public policy to improve the child-serving system.

The major finding of this report is that vulnerable infants throughout B.C. are at risk because of a patchwork of services that exist across the health and child-serving systems. This means that some of the most fragile families are not receiving the help they need. The report recommends that government step in immediately to fix this problem and create seamless coordination across the health and child-serving systems.

The report identifies inconsistencies in when and how supports are given to struggling families to reduce risks and threats to the safety of young people. These supports include prenatal and postnatal education and home visits, risk assessments and ensuring families have safe-sleeping information.

The report notes that all of these infants lived in serious poverty and died in unsafe sleep arrangements. The risk of sleep-related infant deaths is reduced when known risk factors, including poverty and inadequate housing, are addressed. A key recommendation in the

report calls on the Premier's Office to take the lead in developing a child poverty plan, as many other Canadian jurisdictions have, with demonstrated progress by June of this year.

Also recommended in the report is that government develop provincially coordinated standards for postnatal public health nursing in the province. Currently, regional health authorities offer a variety of programs that vary and are not available everywhere in B.C.

We know that public health nurses play a very valuable role in helping to assess families with risks and vulnerabilities and also as part of a support team that can help coordinate services, share information and help identify opportunities to improve the safety of infants. That's why the report recommends that government move quickly to implement a targeted home-visiting program by public health nurses. Programs that identify potentially vulnerable mothers early, begin providing support and information in the prenatal period, and continue after birth have demonstrated effectiveness in improving prenatal outcomes and child health.

These 21 families struggled with challenges like deep poverty, mental health issues, addictions and inadequate housing. Systems that intersected in their lives failed to respond to risks to their infants' well-being. Clearly, in order to have the best possible chances for all of our children, we require a more seamless system. Until we have such

a system in place, we can't and shouldn't assume that vulnerable infants are safe and that unnecessary infant deaths are being prevented in B.C.

There has been great interest in *Fragile Lives, Fragmented Systems*, from child-serving organizations and the public I will continue to encourage government to act on the recommendations that will help lead to the creation of a seamless and coordinated system of supports for vulnerable infants and their families.

If you are interested in the complete report I encourage you to read it on the RCY website at www.rcybc.ca, under the "Resources/RCY Reports" tab.

As always, I am grateful for your work and involvement with children and youth in the province. Looking ahead, I wish you all the best as spring arrives. If my office can assist you in any way I encourage you to contact us at **1-800-476-3933** or by email at rcy@rcybc.ca ■

Sincerely,

Mary Ellen Turpel-Lafond
B.C.'s Representative for Children and Youth



REPRESENTATIVE FOR
CHILDREN AND YOUTH



TWO SPIRITS interweaves the tragic story of a mother's loss of her son with a revealing look at the largely unknown history of a time when the world wasn't simply divided into male and

female and many Native American cultures held places of honor for people of integrated genders.

Fred Martinez was nádleehí, a male-bodied person with a feminine nature, a special gift according to his ancient Navajo culture. He was one of the youngest hate-crime victims in modern history when he was brutally murdered at sixteen by a young man who bragged to friends that he had "bug-smashed a fag." TWO SPIRITS explores the life and death of a boy who was also a girl and the essentially spiritual nature of gender and sexuality. The film makes the case that in the twenty-first century we need to return to traditional values. ■



Richmond Family Place is a non-profit multi-service family resource program established in 1979 and is open to ALL families in Richmond. Programs are provided at our main site 8660 Ash Street and many other locations throughout Richmond.



We hope to see you soon!

We provide a welcoming atmosphere in our Play and Learn drop-in programs - A place for you and your child to interact together away from the pressures and responsibilities of home and work!

Our Family Support Workers are there to help you make connections with other families and to offer information, resources and referrals based on your questions and concerns. We also offer opportunities for families to access workshops and discussion groups on issues affecting parents such as child development, parent-child interaction and personal growth.

For more information contact 604 278-4336 or www.richmondfamilyplace.ca



Rainy days are bound to happen and being prepared is the only way to dodge the notorious “I’m bored” that comes from the mouths of most housebound kids. Rainy days present the perfect scenario for family bonding and can bring out the creativity in just about anyone. Check out this list of 6 fun things to do with your kids on rainy days, and add your own favorites as you go along.

Mix it up

- Venture onto the Internet to find a recipe for homemade play dough. Once the dough has cooled to a safe temperature, have the kids help mix in some food coloring to create the desired colors, and encourage them to let their imaginations soar!

Grab a book

- Reading is a particularly fun and powerful way to reinforce the bond between caregiver and child. So what are you waiting for? Pick a few of your favorites from home, or make a trip to the local library and dive right in!

Creative in the kitchen

- Kids love to cook and bake, and the experience can be both educational and fun. Have the kids choose their favorite kid friendly recipe and don’t be afraid to get a little bit messy as you guide them (hand over hand if necessary) through each of the steps.

Act it out

- Do the kids have a favorite movie or story that they’re always asking to watch or read? Why not have them create their own version? They can dress up, make props from things around the house, and set up a stage where they can perform their show for their audience.

Dancing in the rain

- Have everyone bundle up in warm clothes, pull on their raincoats, and climb into their rain boots. As long as everyone is warm and dry, a rainy day is a great day to go for a walk. Let the kids jump around in the puddles, make mud pies, and catch raindrops on their tongues. They’ll get dirty, and there will likely be an extra load of laundry to do, but the joy and satisfaction you’ll find in their little faces will more than make up for it.■

Submitted by Alison Pillar,
Hollyburn Family Services

The Federation of BC Youth In Care Networks: Advocate, Connect, Empower

“Youth in and from Care Wanted!”

The Federation of BC Youth In Care Networks offers youth in and from care ages 14-24 from across BC many meaningful opportunities to develop skills, access educational opportunities, connect with peers, have their ideas heard, and build on their network of supportive people. FBCYICN membership is free and members are encouraged to be involved at any level—be it simply staying in touch or taking on significant leadership roles. Examples of other opportunities at FBCYICN include: attend 3 weekend-long camps per year where youth participate in skill-building workshops and consultations with other youth in and from care from across the province (Steering Committee Meetings); participate in provincial, national and international conferences; contribute to our provincial magazine Power Pages; participate in local youth in care networks in their community; and receive bursaries toward post-secondary education.

Foster parents of BC, we rely on allies like YOU to connect youth in and from care to these amazing opportunities. Young people can only access them if they know about us and get in touch!

Here are some upcoming opportunities for youth in and from care to get involved with us:

Submissions to Power Pages magazine, Summer Edition #32!

What: Our provincial magazine — featuring articles, reports, stories, poetry, art and photography from BC youth in care as well as relevant updates and opportunities from service providers — distributed to more than 5000 young people, service providers and caregivers across the province; youth contributors receive an honorarium for each submission up to a total of \$50/edition.

Submission Deadline: April 8, 2011

June Steering Committee Meeting!

What: Weekend gatherings for youth in and from care to participate and lead workshops, consultations and events; it’s an opportunity to meet other youth in care from across the province, share experiences and have fun!

Where: Zajac Ranch camp, Mission BC

When: June 3-5, 2011

Application Deadline: May 6, 2011

E-mail: info@fbcyicn.ca

Phone: toll free 1-800-565-8055

On Facebook: search “Federation of BC Youth In Care Networks”

Website: www.fbcyicn.ca

Thank you

We would like to send a special thank you to **Obsession Bikes** for their amazing donation of 25 bikes to children and youth in care through their Tykes and Bikes Program.

Check them out at www.obsessionbikes.com

OBSESSION:

BIKES

BIKES FOR TYKES



Parent-Child Visits

Managing the Challenges, Reaping the Rewards

After she entered foster care, Donisha learned she would have regular visits with her family. She says that to her:

That word 'visitation' was like a rainbow suddenly appearing out of a dull sky ... just knowing I could be reunited with my family made me overjoyed.

Donisha's reaction is easy to understand. It can be wonderful to spend time with someone you love after a separation.

Yet visits can also be extremely difficult for everyone involved. If you are a foster and kinship care provider, you know this well. When a visit occurs, it is sometimes accompanied by visit-related upheaval in the child's emotions and behaviour, complex scheduling and logistics, and other challenges.

Luckily, there are things you can do to make parent-child visits easier for yourself and the children in your care. First, however, it helps to understand why visits are so important.



Understanding the Rewards

Yes, they sometimes make us sweat with uncertainty and cause us temporary discomfort, but research and experience clearly show that parent-child visits can make a positive difference in children's lives. Regular visits can:

- **Maintain parent-child attachment**
- **Calm children's separation fears**
- **Empower birth parents**
- **Encourage birth parents to face reality**
- **Allow birth parents to learn and practice new skills and behaviours**
- **Help child welfare agencies and the courts assess and document parents' progress**
- **Help children and foster parents see the parents realistically**
(Hess et al., 1992; Cantos & Gries, 1997)

Research also tells us that how frequently parents and children see each other makes a big difference. Children who are visited often by their birth parents are more likely to be reunited and spend less time in foster care (White, et al., 1996; Mech, 1985).

Frequent visits also affect children's well-being. Children visited frequently by their parents may be:

- **Less likely to have emotional outbursts, tension, and conflict**
- **Less likely to be referred for psychiatric services**
- **Less likely to engage in delinquent or antisocial acts such as vandalism, stealing, and running away**

- **More likely to be seen as likeable by teachers and peers**
(White et al., 1996; Cantos & Gries, 1997)

One study showed that children visited at least once every two weeks had fewer behavioral problems and exhibited less anxiety and depression than children visited infrequently or not at all (White, et al., 1996).

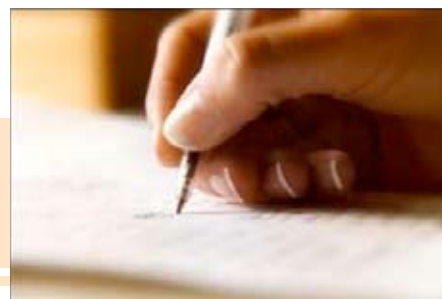
By helping improve children's behavioral, emotional, cognitive, and social functioning, visits can help make foster care placements happier and more stable, which is a good thing for children and foster parents. ■

Reprinted with permission from Fostering Perspectives Vol. 15, No. 1, November 2010

Do you need help preparing reports and records? ¿Necesita ayuda para escribir informes para el MCFD?

There is support available to help you prepare monthly reports to social workers. If you would like support with this, please contact or hfiddes@fsgv.ca by calling 604.618.9723

Existe apoyo disponible para ayudarle a preparar los informes mensuales a los trabajadores sociales. Si desea ayuda, póngase en contacto con hfiddes@fsgv.ca o llame al 604.618.9723





There are no foolproof ways to guarantee that visits between children and their birth parents will be successful. But knowing about behaviours you might see and taking a few steps to prepare a child and facilitate the visit should help.

Before-visit symptoms

Children can be affected by knowing that a visit with their birth parents is approaching. Here are some of the symptoms you might see in your child before the visit:

- Nightmares and sleep disturbances.
- Unrealistic expectations about how the visit will go.
- Anxiety.

After-visit symptoms

Children can experience a variety of feelings after visiting with their birth parents. They also might behave in ways that are difficult to cope with. Feelings and behaviours you might see from your child after a visit include:

- Nightmares and sleep disturbances.
- Crying, sometimes excessively.
- Sadness.
- Disappointment.

- Acting out, such as stomping feet, displaying antisocial behaviour, and ignoring family members.
- Anger.
- Ambivalence.
- Withdrawal.
- Anxiety.

Preparing for the visit

It is important to do what you can to prepare the children for a visit with birth parents. Here are some suggestions:

- Make the necessary changes in your family's schedule to accommodate the visit.
- Work with the birth parents to plan and schedule visits.
- Keep the child informed of planned visits.
- Have some special before-visit rituals to comfort the child, such as arranging special clothes or fixing the child's hair in a particular way.
- Be realistic with the child about which family members will and will not be at the visits—for example, mom only, mom and dad, grandparents, etc.
- Be open about which non-family members will be at the visit. These might include a social worker, other caseworkers, yourself, etc.
- Provide extra emotional support to your child before the visit.
- Find out what the child would like to do at the visit and try to arrange the activity. If his or her idea is not realistic, work with him or her to come up with a more practical plan.
- Talk about any items—toys, books, etc.—they would like to take to the visit.

Facilitating visits

You always should try your best to make visits between children and their birth parents go smoothly. Here are a few steps you can take that might help:

- Try to have the visit take place in your home or in the birth parents' home rather than in an agency office.
- Volunteer to provide transportation to and from visits.
- Help birth parents by being a model of appropriate parenting behaviour.
- Reinforce the birth parents' confidence in their parenting skills when they show positive change.
- Respect the birth parents and treat them fairly.
- When appropriate or necessary, observe visits.
- Be careful when talking about the birth parents. Try to be positive.

After-visit support

There may be some circumstances that occur that need attention after the visit. Here are some suggestions for handling the period after the visit.

- Talk to the child and about how the visit went.
- Let the child talk about how he or she feels about the visit and parents.
- Encourage questions about the visit or the foster situation. Answer them as honestly as possible.
- Reassure the children about any issues they might be concerned about.
- Ask your child what kinds of activities he or she would like to do at the next visit.
- Explain that you understand it can be difficult to visit parents for a little while and then have to leave them again.
- If possible, let the child know when the next visit is scheduled.
- Spend additional time nurturing the child and showing extra affection. Do this regardless of how the visit went, but especially when a visit does not go well.
- If the child is consistently unhappy or distressed after visits, report this to the social worker.

When a visit is cancelled

A cancelled visit can be hard on a child. Here are ways to support the child when that happens:

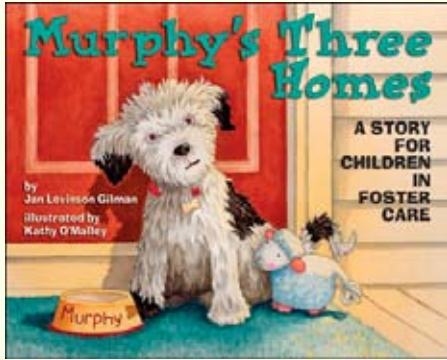
- Provide additional comforting when visits are canceled, for whatever reason.
- When telling the child about a canceled visit, do not blame. Simply explain that the parent made certain choices, the social worker had to reschedule, etc.
- Assure the child that he or she is not the reason the visit was canceled, he or she did not do anything wrong, and he or she is still loved.
- Try to do the activity with the child that was planned with the parents, if possible.
- Spend extra time with the child.

When to seek professional help

Changes in a child's behavior after a visit do not necessarily mean the visit hurt the child. The change might, for example, mean the child has a secure attachment with the parent and that he or she is upset about having to leave the parent again. However, if the behavior changes are severe or overly disruptive to the foster family, professional help may be necessary, and the situation should be brought to the attention of the child's social worker.

From "Changes in Children's Behavior Before and After Parent Visits," from the University of Pittsburgh Office of Child Development. Although this article is targeted mainly to foster parents of children age five and under, many of these suggestions are relevant to all children in foster care. ■

A Story for Children in Foster Care



By: Jan Levinson Gilman, PhD • Illustrator by: Kathy O'Malley • Age range 3-8

People tell me I'm no different than any other Tibetan Terrier, but somehow I must be different because I've had three homes.

Being a pup in foster care is awfully confusing. What's Murphy do when he's taken away from his family and placed in a new home, with new people, new pets, and...new EVERYTHING?!

As he moves from one house to another, Murphy begins to understand all his sad and angry feelings and finds ways to cope. Eventually, he discovers what it means to be a "good luck" dog as he jumps and barks his way into a comfortable spot in his new home.

An extensive Note to Parents, written by author Jan Levinson Gilman, PhD, discusses the emotional experience of children who are in foster care, and provides caregivers with information on how to help kids cope with the difficulties of being placed in multiple homes.

If you would like to borrow these books from our lending library, or are looking for other subjects, please contact: hfdides@fsgv.ca

imagine the possibilities!

Pat Hanbury • Program Manager • The Centre for Specialized Learning



www.specializedlearningcentre.org • Phone: (604) 444-3773 - Fax: • (604) 431 -9248 • e-mail: pat@dsrcf.org

The **Centre for Specialized Learning** is proud to offer our brand new one-to-one reading programs for students with developmental disabilities of all ages. This pilot program will begin in April and the first block of sessions will run for 12 weeks until June 2011. We will be offering this program at the following 4 levels:

- Early Foundations - For ages 3-6
- Success Builders - For ages 7-12
- Launch Pad - For high school students
- Read On! - For adults

There are LIMITED spots available so please register early

For more information about these programs, including schedule and cost, please visit the CSL website at www.specializedlearningcentre.org

If you would like to register for any of these levels or have questions please contact Hina Mahmood at the CSL at 604-444-0333.

We are also announcing our Reading & Communication Group Programs for fall 2011.

- Reading and Communication Program will now be offered on Tuesday & Thursday mornings ONLY (9am - 12pm)

- Reading and Communication Plus Program will continue with its Monday & Wednesday schedule (9am - 3pm)

- Transitions Program will now be offered 4 days a week - Monday & Wednesday or Tuesday & Thursdays class options (9am-3pm)

We will soon be sending out information on our upcoming Summer Programs which will include:

- Chat Pack (Teen Social Language Group) -- Tentative date: May-June 2011

- Language Express - Tentative date: July 2011

- Summer School Program - Tentative date: July-August 2011

- Music In Motion -- Late August 2011

For more information on these upcoming programs please keep checking our CSL website or give us a call.

Stand Together 2011

Multi-Faceted Training for Caregiving Professionals

April 29 & 30, Richmond, BC

- The Tags In My Shirt Are Driving Me Crazy! Training on Sensory Integration Dysfunction With Julie Gelo
- If The Eyes Have No Tears, The Soul Has No Rainbow. How to Make Our Rainbows Shine! With Julie Gelo
- Area of Influences With Christ Burt, M.A.
- WELLNESS ROOM

REGISTER AT: <http://2011standtogether.eventbrite.com/>

For more info contact: lrose@hollyburn.ca or jocelyn@hollyburn.ca

New Findings on Exploring Motivations to Adopt

The National Survey of Adoption Parents (NSAP) is the first national survey on adopted children from different types of adoption. The NSAP also provides a variety of information on the characteristics and well-being of adopted children and their adopted families. The NSAP was funded by the U.S. Department of Health and Human Services (DHHS) and the Assistant Secretary for Planning and Evaluation (ASPE) and the DHHS Administration for Children and Families. The Survey was carried out by the Centre for Disease Control and Prevention (CDC) and the National Centre for Health Statistics (NCHS).

The Survey's Structure

The National Survey of Adoption Parents was a randomized digital-dial telephone survey. The Survey targeted households with children under 18 years of age who lived with their adopted parents; questions were catered to the parents and primarily focused on their adopted child(ren)'s health and overall development. The NSAP was administered from April 2007 to July 2008 and allowed for the collection of information from a total of 2,089 participants.

Because the NSAP is a national survey, researchers were allowed to access its content and conduct their own studies. In response to various inquiries from researchers who took advantage of this opportunity, The Adoption Quarterly, a scholarly academic research journal, presented an entire issue on studies that recycled the NSAP data. The purpose of this article is to focus on one study that used the NSAP in order to better understand why parents choose to adopt.

Exploring Motivations to Adopt

Karin Malm and Kate Welti from Child Trends, a non-profit, nonpartisan child development research center, analysed the results from the NSAP to better understand why parents adopt as well as motivations for choosing specific adoption types: private adoption, international adoption and adoption from foster care. Malm and Welti (2010) only examined 57% of the NSAP original sample, and analysed their data through a series of statistical formulas in order to compare motivation types for adoption.

Previous Research Motivations

Previous research has scantily linked a family's inability to produce children as a conventional motive for seeking adoption efforts; for example, in 2000, Leslie Hollingsworth, Ph.D., from the University of Michigan, School of Social Work, compared and studied a sample of women and concluded that women who sought treatment for infertility were five times more likely to seek adoption. In addition, a previous study in 1996 by Marianne Barry, Ph.D., currently at the University of Kansas, School of Social Welfare concluded that more than half of their sample (69% of adopted parents) decided to adopt because they were unable to have biological children.

Other studies have noted that parents' desiring to help a child in need actively pursue adoption efforts. In 2003, Tyzoon Tyebjee, Ph.D, from the Leavey School of Business at Santa Carla University, found that parents wanting to provide a positive family experience for a child, willing to make a difference in a child's life, and knowing that there are a great number of children in need, were considerably motivated to not only foster children but to adopt as well - especially with respect to international adoption. In addition, Professor Tyebjee also reported that 'religious/spiritual' beliefs were also associated to wanting to adopt as well.

The David Thomas Foundation for Adoption (DTFA), an agency dedicated to help facilitate foster-to-adoption opportunities, conducted an Attitude to Adoption Survey in 2007. The DTFA discovered from the survey that people are more likely to adopt a child subsequently knowing that a friend(s) or family member(s) was adopted. In correlation with the foster care system, more than half of the parents surveyed reported that they considered adopting a child from foster care because of some degree of exposure to the foster care system.

Another interesting finding is from The U.S. Department of Health and Human Services (DHHS). In 2009, the DHHS studied adopted families and noted that parents who were adopted were, in turn, more likely to adopt. This finding indicates that a direct experiential relationship with adoption can motivate parents to expand their family through adoption.

Current Findings on Motivations to Adopt

Malm and Welti's (2010) findings are somewhat parallel to previous research results on motivations for adoption. For example, according to their study, 80% of parents explored adoption efforts in order to provide a permanent home for a child, and 78% of parents reported that they considered adoption because of unsuccessful efforts

to produce biological children. However, in efforts to expand our understanding on this topic, Malm and Welti (2010) noted that infertile couples, preferred to explore private adoption means than international and foster care efforts. They further noted that infertile couples reported to be more satisfied with their adoption decisions when compared to non-infertile couples. Furthermore, Malm and Welti (2010) indicated that infertile couples are more resilient in their parenting skills, and therefore, are predisposed to be more satisfied with their adoption experience than non-infertile adoption parents.

This interesting finding tells us that resiliency is a fundamental skill for adoption parents which in turn can contribute to successful adoption outcomes.

Adoption from Foster Care

The research findings on motivations for adopting children from foster care were particularly interesting when compared to other adoption types, i.e., international and private. "Wanting an infant" was reported to be the main reason for parents - who choose private and international adoption - to adopt. However, with respect to the foster care system, Malm and Welti (2010) found that parents seeking adoption explored the foster care system because it was inexpensive and less-strenuous when compared to other adoption approaches.

In addition, 45% of the sample who choose international and private adoption efforts queried the foster care system first before looking at other adoption methods. These findings indicate that a good number of prospective parents have considered the foster care system for adoption before exploring other adoption types. Conversely, Malm and Welti (2010) noted that only 37% percent of parents considered adopting from the foster care system for the second time: adopting a second child. This tells us that although the foster care system is a popular and conventional method for adoption, it is not vigorously utilized and maintains poor retention for parents pursuing adoption for a second time.

What Does This Mean?

The aim of this research study was designed to produce findings that can help improve adoption recruitment efforts by gaining a better understanding on parent's motivations to adopt. Although Malm and Welti (2010) found that most of their sample embraced international and private means when adopting a child, the foster care system continues to be the popular approach for adoption it is not vigorously utilized and maintains poor retention for parents

pursuing adoption a second time.

In order to improve adoption efforts from foster care, it is essential for parents to establish a "parent-child relationship" as a foster parent before actively pursuing adoption. This recommendation is supported by evidence as Malm and Welti (2010) discovered that 91% of parents who fostered their child before adoption, returned to the foster care system to adopt a second child. Finally, this study brought to light that factors such as one's willingness to provide a good home for a vulnerable child, prior exposure to adoption, and conditions of infertility, are currently the leading factors that motivate parents to expand their family through adoption. ■

Written and submitted by Daniel Sheriff, MSW, Vancouver Youth Resources, MCFD

If you would like more information on the Nation Survey of Adoption Parents, please visit:

<http://www.tandf.co.uk/journals/WADO>.

<http://www.cdc.gov/nchs/slait/nsapsn.htm>

<http://aspe.hhs.gov/hsp/09/NSAP/index.shtml>

<http://www.norc.org/projects/national+survey+of+adoptive+parents.htm>

Reference:

Bramlett, M. D., & Radel, L.F. (2010). The National Survey of Adopted Parents: An Introduction to the Special Issue of Adoption Quarterly. *Adoption Quarterly*, 13(3-4), 147-156.

Berry, M., Barth, R.P., & Needell, B. (1996). Preparation, support, and satisfaction of adoptive families in agency and independent adoptions. *Child and Adolescent Social Work Journal*, 13(2), 157-183.

Childs Trends: Research to improve children's lives. Retrieved from

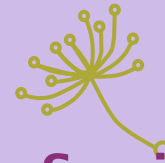
<http://www.childtrends.org/>

David Thomas Foundation for Adoption.

Mission and Values. Retrieved from <http://www.davethomasfoundation.org/Home>

New Procedures for Relief Caregivers

There have been recent changes to the process for approving relief providers for foster parents. The goal is to ensure that relief providers meet family care standards and have adequate information regarding children in their care. Please speak with your RSW about these new important changes.



Family Services of Greater Vancouver

Licensed Adoption Agency

At Family Services of Greater Vancouver Licensed Adoption Agency we strive to provide the best possible service to our adoptive and birth parents by ensuring that the primary principle in all services offered by the Licensed Adoption Agency is in the best interests of the child. From free information sessions to individuals considering adoption to unique education programs that help adoptive parents journey through the world of adoption and provide a solid knowledge base through our support services during the wait, placement and post-placement phase, our agency offers a continuum of support and services to each and every client.

We also offer a wide range of counselling and support services to birth parents planning for a pregnancy or that have a new born baby. We also assist birth parents throughout the process of developing an adoption plan for their baby. All services to birth parents are free.

Years ago adoptions were 'closed' and records sealed. Today many birth parents and adoptive parents are seeking more flexibility and are considering varying degrees of openness, from sharing letters and pictures to exchanging identifying information. Parties to the adoption choose the level of openness that is right for them. Family Services of Greater Vancouver Licensed Adoption Agency assists in exploring the options and developing appropriate agreements.

For more information on our services please visit us at

www.fsgv.ca or call 1.866 58ADOPT

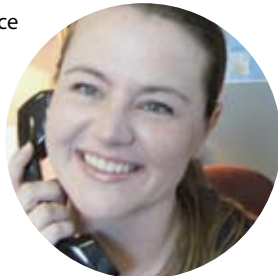
Fosterhub.ca



The Foster Hub is a new website that provides a space for information to be shared that is relevant to your fostering world. It is specific to your region and is full of current and up-to-date information. Check it out!

Louise Walker Membership Services

Louise is the friendly voice you hear on the other end of the toll free Fosterline. Louise is BCFFPA's new Membership Services and Development Coordinator. Louise has a diverse background including documentary production and counselling mothers suffering from postpartum depression. Her upbeat nature and compassionate approach make Louise a great addition to the BCFFPA team.



Lea Ann Bryant Office Manager

Lea has been with BCFFPA for over 3 years providing information, support and advocacy to foster parents throughout the province. In addition to ensuring that foster parents receive the support they require, Lea Ann manages the day-to-day finances of the Federation as well as event planning and travel arrangements.



Jayne Wilson Executive Director

In the summer of 2010, Jayne Wilson returned to BCFFPA as Executive Director after a 2+ year absence. Jayne has a diversified background including counselling support, program development and non-profit management. Jayne is committed to supporting BC's foster parents through increased capacity and ensuring accessibility of BCFFPA's services.



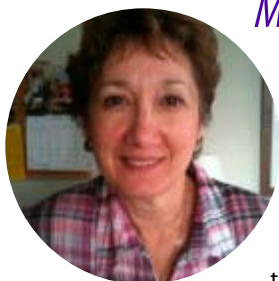
Connexus Family and Children Services

Wendi Irwin South Vancouver Youth Centre (SVYC)

Wendi joined the position of Foster Parent Support and FASD Key worker with Connexus and South Vancouver Youth Centre in January 2011, though she has worked with Connexus in various capacities for 11 years.

Through the Foster Parent Support Program and FASD Key Worker Program Wendi provides in home support to foster parents who care for youth with FASD, behavior challenges, and mental health concerns and supports in case management with clinical consultation from a Registered Psychologist.


Originally from S'toon Sask, Wendi lived in Esquimalt with Naval Reserves for 2 years and moved to Vancouver in 1991. She is a Mom of two daughters, ages 12 and 9 year, who are both competitive hip hop and tap dancers with a Christian Dance Group. Wendi currently sits on the Board of Directors for PraiseTEAM, a non-profit Christian Dance Group from Surrey BC.



Mary Miller RSW, Foster Family Support Worker is RETIRING! Her dedication and passion for working with caregivers of children and youth will certainly be missed. Mary has been a Social Worker for over 25 years and has worked with Family Services of Greater Vancouver for 17. Mary has worked with young parents in The Colts Program, as well as within the Adoptions and Family Preservation Programs. We

would like to wish Mary all the best on her upcoming life adventures, which will certainly take her to far away, and warm places. We know we will also be keen to draw on Mary's expertise in the future so we all hope she will not disappear too far, or for too long.

Congratulations Mary!

Children & youth in care may feel isolated, powerless and voiceless and may benefit from the friendship and support of others who know what it is like. Anyone between the ages of 14 and 24 who is, or has been in care can join.

Call 604.527.7762

The F.O.R.C.E.

Families Organized for Recognition and Care Equality
Society for Kids' Mental Health

Upcoming Dates: April 13th • May 11th • June 8th
Time: 7pm-8pm Host location: BC Children's Hospital

As families, we've been there.



'in the know' is a monthly networking and information sharing session that will provide a topic expert on what parent/caregivers really want to know. This will offer an opportunity to share so that everyone is 'in the know'

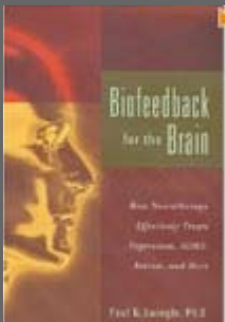
To register for any 3 of the options, e-mail: forceintheknow@gmail.com
For more information visit our website at <http://www.forcesociety.com>

3 options for participating:

- Community Group Viewing (mail forceintheknow@gmail.com for community listings)
- Conference call in (1-888#)
- Individual viewing through home internet – for parents & caregivers
- ('in the know' recorded sessions will be available to professionals and those who could not attend, via a link on the FORCE website 3 days after the session)

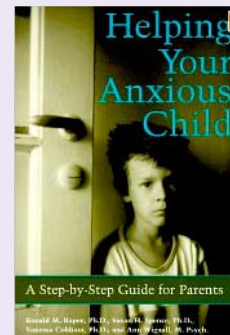
Book review

Biofeedback for the Brain



Neurofeedback is a cutting-edge, drug-free therapeutic technique used by over a thousand licensed therapists in North America to treat a range of conditions from attention deficit and hyperactivity disorders to epilepsy, stroke, anxiety, migraine, and depression. First popularized in the 1970s, this naturalistic method is based on the idea that we can control our brain activity and that, through training, the brain can learn to modify its own electrical patterns for more efficient processing or to overcome various states of dysfunction.

In "Biofeedback for the Brain", Dr. Paul G. Swingle describes in clear and coherent language how these procedures work. With numerous actual case examples, readers follow the progress of clients from the initial 'brain map' that shows the location and severity of the neurological abnormalities to the various stages of treatment. Conditions often considered untreatable by conventional health practitioners respond positively to neurotherapeutic techniques, and Swingle describes many of these remarkable recoveries. Other chapters explain the use of neurotherapy for a variety of surprising purposes, including performance training for elite athletes, of which the most famous example is the Italian soccer team who considered the technique to be their 'secret weapon' in attaining a World Cup victory. Despite wide-ranging success stories and extensive validating scientific research, many health care practitioners remain skeptical of neurofeedback and the procedures are still not well known by the public or conventional health care providers. This book provides a thorough, definitive, and highly readable presentation of this remarkable health care alternative that offers millions of individuals a chance for healing.



All kids get scared, but some fears can escalate into paranoid with long-term ramifications. This step-by-step guide tackles the why, how, and what now of anxiety disorders. Written in everyday language, it describes in detail strategies and techniques parents can combine into a comprehensive self-help program for managing a child's worry while building confidence and self-control.

This revised and expanded edition of the best-selling *Helping Your Anxious Child* offers parents the most up-to-date, **proven-effective techniques for helping children overcome anxiety.**

If you would like to borrow these books from our lending library, or are looking for other subjects, please contact: hfdides@fsgv.ca



Thinking of becoming a Foster Parent?

Upcoming Information Sessions

April 14, May 17 (10am), June 15, July 14, August 16, September 14, October 13, November 15, December 7

Except for May's session, they are all from 7pm – 9pm. They are for people living in Vancouver, North Shore and Richmond.

Phone: **604.775.2169** to register for an upcoming information session. Please call the info / recruitment line to register first.

North Vancouver

Morning Tea

This is a monthly support group that runs on the North Shore and is open to all North Vancouver caregivers. This group of caregivers are very active in their communities and support one another. They are always looking to connect with new members and expand their networks. Typically this group meets on Wednesday mornings and is hosted at one of the member's homes or at a local child-friendly restaurant. Please contact Jocelyn Barratt at (778)322.4387 or jbarratt@hollyburn.ca for further details or to put your name on an e-mail list for this group.

Richmond

Foster Parent Community Kitchen

Join other caregivers in the kitchen once a month! We make enough of everything for everyone to take home to their families! No cost and lots of fun to be had! Contact Mary Miller at (604)618.4093 to RSVP or for more information. Child-minding available and FREE! Richmond, Garratt Wellness Center, from 9:30am-12:30pm.

Vancouver

The Vancouver Foster Care Club (under 12 caregivers), Tuesday of every month from 10am-12 noon.

Providing support to develop strong, well-informed foster parents.

Contact: Marylou Bancud on (604)215.5578

Memory Keepers

This is an opportunity to get creative with your Life Book scrap booking and engage with other foster parents. Once a month we all get together to work on Life Books for children in our care. Life Books are such an important key for children in care to be able to look back on places they have been and people who have been family to them over the years. We provide supplies and snacks, you only need to bring photos and keepsakes. Children are welcome to attend and use our play area—we invite you to join us! We typically meet Monday mornings. Please contact Jocelyn Barratt at (778)322.4387 or jbarratt@hollyburn.ca for further details or to put your name on an e-mail list for this group.

FASD Support and Education – Hollyburn

This group is one of the newest and fastest growing groups at Hollyburn. We use this time once a month to explore educational topics related to FASD and also to consult with FASD key worker Brenda Rasi and other caregivers about specific challenges being faced in your home. This group is open

to all who are involved in the care of foster children. We also have a children's program that runs simultaneously where children have an opportunity to practice social skills in a supported environment through crafts, games and other activities. This group typically runs Tuesday nights. Please contact Jocelyn Barratt at (778)322.4387 or jbarratt@hollyburn.ca for further details or to put your name on an e-mail list for this group.

Adolescent Caregivers

When: Once a month, Tuesday mornings, 10:30am-12:30pm.

Where: Federation of Aboriginal Foster Parents (FAFP), 3455 Kaslo St, Vancouver.

A support and education based group for caregivers working with adolescents. Each session focuses on an area of concern beginning with an educational speaker and followed by an open discussion period. Please contact Jocelyn Barratt to RSVP or for further information.

(778)322.4387 or jbarratt@hollyburn.ca

Gran's Group

This monthly support group is meant for all caregivers who are caring for another family member's child. This group has an educational/support component that focuses both on general issues that come up as well as system questions that pertain to this group specifically. This group typically meets on Mondays and there is a lunch provided. Please contact Myrt Merrells at (604)968.9593 for further details.

Parents of Youth with Disabilities

Open to all caregivers working with youth 14+ with disabilities. First Wednesday of each month (except January). Pacific Spirit Community Health Centre, 2110 West 43rd Avenue @ West Blvd. Contact Yuko McCulloch for more information (604)222.2258 or yukomcculloch@telus.net

ADHD Parenting Program (Ages 3-10)

When: Spring, Fall & Winter
Where: Family and Community Enhancement Services (FACES), 2750 East Hastings St, Vancouver.

A group for parents of children age 3-10 years who have been diagnosed with ADHD. Please contact Ryan Santin or Kathy Sheppard to RSVP or for further information. (604)675.3896 or Ryan.Santin@vch.ca or Kathy.Sheppard@vch.ca

Male Caregiver's Parenting Series

When: Please inquire.
Where: Hollyburn Foster Support Office, #202-2735 East Hastings St, Vancouver.
Alistair Moes, B.A. facilitates a six week training program for male caregivers that includes,

but is not limited to: how to work effectively with the complex topic of anger. People attending this series of workshops will gain a deeper understanding of how the body and the brain interact as emotions arise, and of how we can benefit from relating to them in a healthy manner. Participants will gain the ability to respond to another's anger with more understanding, and with different strategies to work constructively with this complex emotion. Please contact Jocelyn Barratt to RSVP or for further information.

(778)322.4387 or jbarratt@hollyburn.ca

Grandparents Raising Grandchildren Support Circle, Parent Support Services of BC

All grandparents welcome. Every Monday 7pm-9pm at Mount Pleasant Neighbourhood House.

ADHD Parenting Program (Ages 11-15) When: Fall and Spring. Where: Family and Community Enhancement Services (FACES), 2750 East Hastings St, Vancouver. A group of parents of youth age 11-15 years who have been diagnosed with ADHD. Please contact Claudia Smith or Kathy Sheppard to RSVP or for further information. (604)675.3896, Claudia.Smith@vch.ca or Kathy.Sheppard@vch.ca

Connect Parent Program

When: Spring, Fall & Winter. Where: Family and Community Enhancement Services (FACES), 2750 East Hastings St, Vancouver. A nine week program for the parents of teens and pre-teens that focuses on attachment principles. Please contact Kathy Sheppard to RSVP or for further information. (604)675.3896 or Kathy.Sheppard@vch.ca

Safe Babies

Location: 3284 E. Broadway, Vancouver
When: Last Thursday of every month.
A learning opportunity and support group for foster parent's caring for babies in foster care. Contact Charlotte Nelson: charlotte.nelson@gov.bc.ca Phone: (604)660.5682

Jocelyn Barratt is currently supporting all of the Hollyburn Foster Family Support Services Support Groups. Please feel free to contact Jocelyn Barratt at (778)322.4387 or jbarratt@hollyburn.ca for further details or to put your name on an e-mail list for any of the groups.

FASD Support and Education – Connexus

When: April 7th, running every other Thursday
Where: 4912 Fraser St (corner of Fraser and 33rd) Dinner and childminding provided. Contact - Shannon Maga Family Support Counselor, FASD Key Worker Connexus Family & Children Services. Office: (604)325.2004 ext. 215 or Cell: (604)725.2788

Christmas in review

Christmas came early last year to all of the MCFD and VACFSS families who attended the Foster Family Christmas Party on Sunday, December 19th at the Burnaby Firefighters Banquet & Conference Centre.

Upon arriving at the hall, the children joyfully gathered at the craft tables where they decorated special Christmas ornaments and designed their own picture frames.

A delicious brunch of croissants, fresh fruit, scrambled eggs, bacon, and waffles with whip cream and berries was served to the hungry crowd of 225 people with plenty of coffee, tea, and juice to wash it all down.

After brunch, parents sat back to enjoy the Christmas tunes being played by the live band while children wiggled in their seats in anticipation of Santa's arrival. It wasn't long before the jolly man himself arrived and the children lined up to share their wish lists, snap a few pictures,

and collect their goodies from Santa. With tummies full, presents opened, and crafts packed away safely, the happy families slowly said their goodbyes and made their way home.

A big thank you to all of the wonderful people who helped make the Foster Family Christmas Party such a hit this year including The Synergy Foundation, who were responsible for the donation of over 200 gifts thanks to the Just Singing Around Foundation, Mark Fortin and his band, the Burnaby Firefighter's Banquet & Conference Centre, and all of the wonderful volunteers who donated their time. We look forward to seeing you all out at next year's Christmas Party! ■



Training

April 2011

CPI – Non Violent Crisis Intervention focuses on prevention and offers proven strategies for safely defusing anxious, hostile, or violent behavior at the earliest possible stage. Location: FAFP, 3455 Kaslo Street, Vancouver, BC Date and Time: April 6th, 2011 9:00 am - 4:00 pm, Lunch provided

Memory Keepers: Creating lifebooks for children and youth in care/scrapbooking.

Location: FAFP, 3455 Kaslo Street, Vancouver, BC Date and Time: April 20th, 2011 9:30 am - 2:30 pm, Lunch provided

May 2011

Cyberspace: Youth Work Frontier Issues specifically addressed will include: high risk youth activities online (cyberbullying, sexting, luring, privacy concerns and access to dysfunctional material). Location: FAFP 3455 Kaslo Street, Vancouver, BC Date and Time: May 4th, 2011 10:00 am - 2:00 pm, Lunch included

Inclusive Care – Working with Birth Families

Inclusive fostering is the relationships between a child in care, the birth family and the foster family. Birth parents and foster parents and children work together to ensure that everyone is safe. Although birth parents may not always provide full time care for their children, the connection between them is never broken. Location: FAFP – 3455 Kaslo Street, Vancouver, BC Dated and Time: May 18th, 2011 9:30 am - 2:30 pm, Lunch included

June 2011

Drummaking/Storytelling (Max 15) Location: FAFP – 3455 Kaslo Street, Vancouver Date and Time: June 1st, 2011 9:30 am - 3:00 pm, Lunch included

Memory Keepers -Creating lifebooks for children and youth in care/scrapbooking.

Location: FAFP – 3455 Kaslo Street, Vancouver Date and Time: June 15th, 2011 9:30 am - 2:30 pm, Lunch included



“There are two things we should give our children: one is roots and the other is wings.”

Hodding Carter, (Borrowed from the Reverend Henry Ward Beecher.)

Support Contact Information

BC Federation of Foster Parent Associations

Tel: 1-800-663-9999
Local (604) 664.0124
Website: www.bcfofosterparents.ca

Children's Help Line

Available 24/7
310.1234 (no area code needed)

Connexus Children & Family Services

Phone: (604) 325.2004
Fax: (604) 325.2012
E-mail: info@connexusbc.com
Website: www.connexusbc.ca

Family Services of Greater Vancouver

Tel: (604) 279.7100
Email: rffss@fsgv.ca
Website: www.fsgv.ca

Ministry for Children & Family Development (MCFD)

Switchboard: (604) 660.5676
After-Hours Line (604) 660.4927

Federation of Aboriginal Foster Parents

Tel: (604) 291.7091
Fax: (604) 291.7098
Email: info@fafp.ca
Website: www.fafp.ca

Foundations (FACES), Vancouver Coastal Health

Tel: (604) 675.3896

Hollyburn Family Services

Support Line 1.877.926.1185 (24/7)
Email: info@hollyburn.ca
Website: www.hollyburn.ca/fostercare

Vancouver Aboriginal Child & Family Services (VACFSS)

Guardianship & Resource Team
Tel: (604) 872.6723
Website: www.vacfss.com

2011 Annual Foster Family Summer Barbeque



COME CELEBRATE SUMMER IN STYLE

Please join Foster Parent Support Services at the Annual Foster Family BBQ
Play in the park, swim in the pool or bring your own games.

WHERE:

New Brighton Park (south end of the 2nd Narrows Bridge off McGill Street)

WHEN: Saturday June 4th

TIME: 11am to 2pm



PLEASE BRING A DISH TO SHARE and RSVP BY CALLING 1-877-926-1185 BY MAY 27TH



Living with FASD - Drawing Hope

is a collection of five comics produced by The Healthy Aboriginal Network, based on stories told by members of the Whitecrow Village community. The stories are about struggling in school, the importance of friendships and receiving support from friends and family.

For more information go to <http://www.thehealthyaboriginal.net> or for a copy of the comic book please contact hfiddes@fsgv.ca



This newsletter is brought to you by Hollyburn Family Services, Family Services of Greater Vancouver, VACFSS & MCFD.

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