

fosterlineBC

BC Federation of Foster Parent Associations

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The BCFFPA is a provincial organization for foster parents, run by foster parents. We are a registered Society aiming to bring foster parents, social workers and others together in order to continuously improve the standard of care for BC's children in care. BCFFPA provides education, training and professional development as well as advocacy, support and assistance for the foster parents of BC.

**FosterlineBC** is a quarterly publication.

**Submissions**—Forward articles, personal stories or ideas to the BCFFPA office. Materials may be edited for length and suitability.

**Advertising**—Please contact the BCFFPA office for advertising opportunities, sizes and rates.

## President's Report

Hello everyone,

I hope that all that attended, are fully recovered from the AGM. What a great time! Thank you to all who came—partners, ministry and caregivers—and to those of you that donated your baskets, gifts and time, you continue to make these events better and better. I am always amazed at the generosity year after year.

Huge thank you again to our office staff for their consistently AMAZING wonderful job. The commitment on their behalf is so appreciated and often goes unnoticed. It is what continues to allow this board and organization to grow. They are the back bone to our continued success.

I would like to publicly thank our past presidents for coming and attending a meeting and giving their thoughts on future direction of BCFFPA. Singularly their knowledge is tremendous and collectively they are a powerhouse.

With the AGM behind us and a long 16 months before the next one (due to the change in our Bylaws) we are rolling up our sleeves to take on the challenges laid before us. With Jayne at the helm of the office we are now taking on the monumental task MCFD has entrusted us with—to convene a committee of stakeholders to revise the outdated caregiver education program and create a new training for resource workers.

I truly believe we have a strong team working with us at MCFD provincial office. We continue to hear the message of their genuine belief in the importance of foster parents. With our partners we will work hard to put that message out to our communities.

As we move into the summer months we want to remind you of Summer Safety for you and your families. I would also like to encourage you to try something new this summer, teach your kids to love life and enjoy it.

Foster parents are amazing. You continue to be my heroes. I look forward to meeting with more of you as we move along.

Russell Pohl  
President

### Our Mission

The BCFFPA represents and supports all Foster Parents to provide quality in-home foster care in British Columbia

### Our Vision

Supporting children and youth to reach their full potential through excellence in foster care

### Our Belief

Resilient Foster Parents = Empowered Children and Youth

## Notes from the Office

"Best AGM EVER," is the general message we've received from the surveys sent out following the event. It was certainly packed with activities and meetings with lots to do and see—not to mention many new people to meet! A big shout out to those who were attending for the first time.

MCFD Deputy Minister, Mark Sieben, received BCFFPA's Honorary Associate Award this year for his long and dedicated service to BC's foster parents. Melanie Filiatrault, a former BCFFPA president and one of the first foster caregivers to interact with the Deputy as a new worker, presented the award which was followed by a lovely acceptance speech.

Upon our return from Whistler, we immediately launched a trio of high priority projects that are under the governance of the Residential Redesign. It's been a very long time coming, but the foster community will finally have a new caregiver education program in a year or so! We won't have our usual summer slow-down this year as our deadlines are tight and there is a lot of work to be done.

Our financial standing from last year's audit showed a small surplus for the first time in many years. All the cost saving measures of our move to a new location and arranging for more affordable streamlined services has paid off, leaving additional funds for our services to foster parents.

We were excited about one change to our Bylaws accepted by our membership at the AGM. In the future our AGMs will be held in early October in conjunction with Foster Family Month. In recent years we have frequently been up against graduation schedules and other seasonal events that kept foster parents from attending. We hope to see you in October 2016!

Congratulations to Tamara Smith who remains in her role as Vice President for another term!

Wishing you all an abundance of family time and great weather over the summer months!

Jayne Wilson  
Executive Director

Participants at BCFFPA's Whistler  
Annual General Meeting in May.





## Message for BC's Foster Parents from the Representative for Children and Youth, Mary Ellen Turpel Lafond

As another school year winds down, I hope you're enjoying the season as much as I am. Thank you for the chance to bring you up to date with the activities in my Office.

On June 18, I released a joint report with Provincial Health Officer Dr. Perry Kendall called *Growing Up in B.C. – 2015 (GUIBC)* that asks "How are our children doing right now?" The report is a follow-up to a similar report issued in 2010. The results paint a picture of the struggles vulnerable children and youth continue to face in six key areas, including poverty, education, health concerns, safety, risky behaviours and maintaining connections to families and communities.

While there were some positive results, overall the report reveals there has been little improvement in child well-being since the first *GUIBC* in 2010, and shows that serious gaps remain for vulnerable children and youth. These children start out behind and stay behind.

What we also found was that governments are contributing to the problem by failing to collect and make available the reliable data needed to create an accurate picture in all areas. For example, at the provincial level, changes made by the Ministry of Children and Family Development to its information management system resulted in long periods when data was not available and prevented up-to-date comparisons to 2010 findings. And the federal government's decision to discontinue the mandatory long-form census also created obstacles.

Earlier in June, the Truth and Reconciliation Commission released its findings, fittingly coinciding with B.C.'s Child and Youth in Care Week. As in other provinces, in B.C. Aboriginal children are vastly over-represented in government care, and too often are failed by the systems that exist to support them – child welfare, health, and education. I have observed all too frequently the failure of professionals to follow through appropriately with Aboriginal children, suggesting a resignation to the status quo which is entirely unacceptable. I applaud the work of the TRC and I fully support its call for improvements to child welfare, health care and education.

The TRC's recommendations rang all the more true as they came out two weeks after I released a report detailing one of the most troubling investigations my Office has ever conducted. *Paige's Story: Abuse, Indifference and a Young Life Discarded* painfully documents the life and death of Paige, a 19-year-old Aboriginal girl living in Vancouver's Downtown Eastside.

Paige was a bright young girl who, during her short life, did not receive the care and protection she needed and deserved. A drug overdose in April 2013 was the direct cause of death for Paige, but it was actually years of abuse and neglect and an indifferent social

care system that led to her demise. Her death was the result of a collective failure to act by multiple organizations and individuals who should have helped her, and worse, her passing went without any scrutiny.

In my report, I made several recommendations to the province, including the need to take immediate steps to address persistent professional indifference shown to Aboriginal children and youth and to the Attorney General to review the reasons for a lack of enforcement of the duty of all British Columbians to report child abuse. It is my hope that Paige's Story will result in change.

The report has received – and in fact continues to receive – significant media coverage; however, we are still waiting for significant action from the province to address my recommendations.

In April, my Office co-sponsored a forum on adoption with the Directors Forum of 23 First Nations, Métis and Aboriginal Child and Service Agencies, and the British Columbia Ministry of Children and Family Development focused on making improvements to permanency planning and adoptions for First Nations, Métis and Aboriginal children in care in B.C. In particular, we want to see adoption rates rise, and discussed at the Forum specific measures to be taken to meet this goal. We had a great turnout and a report detailing the forum's outcomes is now available on our website (<https://www.rcybc.ca/aforumforchange>).

You can also find both the previously mentioned reports on our website ([www.rcybc.ca](http://www.rcybc.ca)). Or follow us on social media – Facebook at B.C.'s Representative for Children and Youth, or Twitter at @rcybc and @rcybcyouth

Sincerely,

Mary Ellen Turpel-Lafond  
Representative for Children and Youth



**The Representative for Children and Youth and her team are a Voice for Kids in BC**

The Representative for Children and Youth supports children, youth and families who need help in dealing with the child-serving system.



Adoptive Families Association of BC and the Ministry of Children and Families are delighted to announce the launch of a new innovative and interactive website **AGEDOUT.com**, which provides youth in and from care information about services and supports along with valuable life lessons.

- ➡ Designed for youth!
- ➡ Gives youth and young adults the tools they need for aging out of care.
- ➡ Developed with input from former youth in care in BC.

### How AGEDOUT.com can help your work with young people!

- Use it as a practice tool to connect young people with the information and services they need to thrive.
- Sit down with a youth and show them the site and help them set up a profile.
- Work through a QUEST with a youth or young adult – this will generate great planning conversations.
- Make sure all of the youth and young adults that you work with have an **AGEDOUT.com** business card and know about the site.
- Make a notation in a youth's care plan that they have completed Quest's specific to Health, Education or Personal Life.
- Provides life skills information in a variety of ways that meet a variety of learning needs for the young people that you are working with
- Through this site you will be able to assist former youth in care, to achieve self-efficacy and interdependence and feel empowered to contribute to society.
- It is a single point of contact for youth in and from care to find resources in their communities that meet their needs, and to help them connect with online and in-person support.
- Most young people have smart phones or easy access to the internet – Make sure they have the information that they need – make sure that they know about AGEDOUT.com

## Books Every Child Should Read Before the Age of 19

(List compiled from 3 "best read" summaries)

Whether there's a moral to the story or a tricky plotline, books have something to teach us about life. Exposing children to engaging stories early on can be the greatest gift—creating a love of reading and stimulation for their imaginations by introducing new ideas into their world. Studies suggest that children learn more readily when their minds are engaged in a story as opposed to hearing instructions. This can be a powerful learning tool for both the child and parents.

Stories help children to cope with a lot of the feelings and problems that they experience in their day. Books and the people they read about in books can become comfortable and familiar places to go for company.

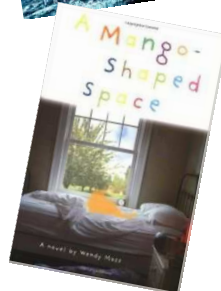
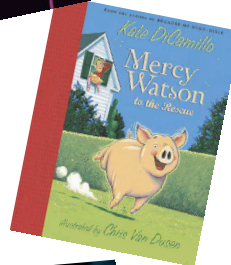
Outlined below is a list of books, new and old, that will be enjoyed for generations.

### Ages Birth to 10

Don't Let the Pigeon Drive the Bus ...by Mo Williams  
 Goodnight, Goodnight, Construction Site ...by Sherri Duskey Rinker  
 Goodnight Moon ...by Margaret WiseBrown  
 A Very Hungry Caterpillar ...by Eric Carle  
 Where the Wild Things Are ...by Maurice Sendak  
 Harold and the Purple Crayon ...by Crockett Johnson  
 The Tale of Peter Rabbit ...by Beatrix Potter  
 The Cat in the Hat ...by Dr. Seuss  
 Frog and Toad Are Friends ...by Arnold Lobel  
 Madeline ...by Ludwig Bemelmans  
 The Complete Tales & Poems of Winnie-the-Pooh ...by A.A. Milne  
 Mercy Watson to the Rescue ...by Kate DiCamillo  
 Ramona the Pest ...by Beverly Cleary  
 Charlie and the Chocolate Factory ...by Roald Dahl  
 Ivy + Bean: Book 1 ...by Annie Barrows  
 Stuart Little by E.B. White  
 Where the Sidewalk Ends ...by Shel Silverstein  
 Charlotte's Web ...by E.B. White  
 Coraline ...by Neil Gaiman  
 Harry Potter and the Sorcerer's Stone ... by J.K. Rowling  
 The Lion, the Witch, and the Wardrobe ...by C.S. Lewis  
 Tales of a Fourth Grade Nothing ...by Judy Blume  
 Anne of Green Gables ...by L.M. Montgomery  
 Bridge to Terabithia ...by Katherine Paterson  
 Bud, Not Buddy ...by Christopher Paul Curtis  
 Diary of a Wimpy Kid ...by Jeff Kinney  
 The Hobbit ... by J.R.R. Tolkien  
 The Lightning Thief: Percy Jackson and the Olympians ... by Rick Riordan  
 Little House in the Big Woods ...by Laura Ingalls Wilder  
 Esperanza Rising ...by Pam Munoz Ryan  
 Hold Fast ...by Blue Balliett  
 I Am Malala: How One Girl Stood Up for Education and Changed the World ...by Malala Yousafzai, Patricia McCormick  
 Inside Out and Back Again ...by Thanhha Lai  
 My Side of the Mountain ...by Jean Craighead George  
 Revolution is Not a Dinner Party ...by Ying Chang Compestine  
 Wonder ...by R.J. Palacio  
 Walk Two Moons ...by Sharon Creech

### Ages 11 to 19

The Fellowship of the Ring ...by J.R.R. Tolkien  
 The Hunger Games—Series ...by Suzanne Collins  
 Legend—Series ...by Marie Lu  
 The Outsiders ...by S.E. Hinton  
 To Kill a Mockingbird ...by Harper Lee  
 The Giver ...by Lois Lowry  
 The Zombie Room ...by R.D. Ronald  
 Fahrenheit 451 ...by Ray Bradbury  
 Fight Club ...by Chuck Palahniuk  
 Life of Pi ...by Yann Martel  
 1984 ...by George Orwell  
 Pride and Prejudice ...by Jane Austen  
 The Catcher in the Rye ...by J.D. Salinger  
 A Wrinkle in Time ...by Madeleine L'Engle  
 The Name of This Book Is Secret ...by Pseudonymous Bosch  
 Romeo and Juliet ...by William Shakespeare  
 Go Ask Alice ...by Beatrice Sparks  
 Night ...by Elie Wiesel  
 The Princess Bride ...by William Goldman  
 Animal Farm ...by George Orwell  
 A Clockwork Orange ...by Anthony Burgess  
 Shiver ...by Maggie Stiefvater  
 A Scanner Darkly ...by Philip K. Dick  
 Of Mice and Men ...by John Steinbeck  
 Lord of the Flies ...by William Golding  
 The Stranger ...by Albert Camus  
 The Crucible ...by Arthur Miller  
 Money ...by Martin Amis  
 Avalon High ...by Meg Cabot  
 Speak ...by Laurie Halse Anderson  
 A Mango-Shaped Space ...by Wendy Mass  
 Number the Stars by Lois Lowry  
 Rebecca ...by Daphne du Maurier  
 A Great and Terrible Beauty ...by Libba Bray  
 Crash ...by J.G. Ballard  
 The Alchemist ...by Paulo Coelho  
 Peaceful Warrior ...by Dan Millman  
 Ham on Rye ...by Charles Bukowski  
 Requiem for a Dream ...by Hubert Selby Jr.  
 I Know Why the Caged Bird Sings ...by Maya Angelou  
 The Fault in Our Stars ...by John Green  
 Lolita ...by Vladimir Nabokov  
 The Death of Bunny Munro ...by Nick Cave  
 A Tree Grows in Brooklyn ...by Betty Smith  
 Fast Food Nation: The Dark Side of the All-American Meal ...by Eric Schlosser  
 Catori's Worlds ...by Murielle Cyr



## It Takes a Village

*Thank you to our donors*

### BCFFPA Foster Parent Associations (Locals)

|               |         |           |
|---------------|---------|-----------|
| Chilliwack    | Mission | Quesnel   |
| Prince George | Vernon  | Cranbrook |
| Kamloops      | Kelowna |           |

### Community Donors

Cactus Club Café  
 Kelly O'Bryans Neighbourhood Restaurant  
 Old Spaghetti Factory of Canada Ltd.  
 Red Robin Restaurants of Canada Ltd.  
 Woolsey Creek Bistro  
 Best Western Cranbrook Hotel  
 Best Western Plus Prestige Inn Radium Hot Springs  
 Delta Victoria Ocean Pointe Resort & Spa  
 Marriott Vancouver Airport  
 Apex Mountain Resort  
 British Columbia Wildlife Park  
 Hyak River Rafting  
 Prince of Whales Whale Watching  
 Sky Trek Adventure Park  
 The Enchanted Forest  
 PNE  
 BC Ferries  
 Books & Company  
 Canucks Sports & Entertainment  
 Davids Tea—Coquitlam Centre  
 Interior Community Services  
 Nintendo of Canada Ltd.  
 Tanya & Opal Tagmann  
 Tamarack Centre—Cranbrook

HY's Steakhouse & Cocktail Bar  
 McDonald's Restaurants (Prince George)  
 Panago  
 Tim Hortons  
 Zalas Steak & Pizza Bar & Grill  
 Best Western Plus Fernie Mountain Lodge  
 Delta Grand Okanagan Resort  
 Delta Whistler Village Suites  
 Penticton Lakeside Resort & Casino  
 BC Lions Football Club  
 Capilano Suspension Bridge  
 Hell's Gate Airtram  
 Resorts of Canadian Rockies  
 Splashdown Waterparks Inc.  
 Vancouver Lookout  
 Purdy's Chocolates  
 Rosella Beppe  
 Build-A-Bear Workshop World Bearquarters  
 Carrier Sekani Family Services  
 Granville Island Brewing  
 Megson FitzPatrick Insurance Services  
 Tanya Pitts  
 Vancity Savings Credit Union  
 Ministry of Children & Family Development



**78** donations of  
 goods and services  
 valued at **\$10,407**

### Seeking Additional Donations—Fine Arts for Kids

Are you skilled with Fine Arts or do you know someone who has these skills? In order to support our **Fine Arts for Kids Fund**, we're seeking individuals who would be able to donate some time to provide lessons to foster children. Whether it's music lessons, sewing, painting or pottery—knitting, fabric arts, drum making or stained glass, please let us know if you or someone you know would be available to assist BC's children and youth in care to develop these valuable skills.

BCFFPA is seeking additional donations from art and music supply stores so that we can further support the program. Please forward any information for contacts you may have to [ronda@bcfosterparents.ca](mailto:ronda@bcfosterparents.ca). Thank you!

### 2015 Fosterline Statistics Fostering Information and Intake Calls

|            | Van/Coast | Fraser | Interior | North | Island |
|------------|-----------|--------|----------|-------|--------|
| Info Calls | 113       | 147    | 54       | 44    | 85     |
| Intakes    | 84        | 98     | 24       | 20    | 59     |

#### % of Info Calls Resulting

|            |     |     |     |     |     |
|------------|-----|-----|-----|-----|-----|
| In Intakes | 74% | 66% | 44% | 45% | 69% |
|------------|-----|-----|-----|-----|-----|

Total Info Calls: 443

Total Intakes: 285

Overall %: 65% of calls for information resulted in intake (an increase of 21% from last year)

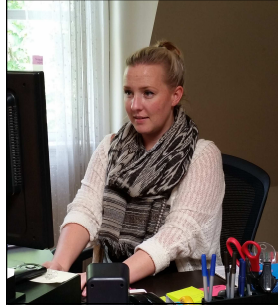
#### Comparison to 2014 Statistics

- 30% less calls for information about becoming foster caregivers.
- 3% more intakes completed.



## BCFFPA's Staff Group Continues to Grow

Joining us very recently is **Amy Martin**. She will be with BCFFPA for the next year to assist with Local Association development and to pursue vendor discounts and perks for BCFFPA's foster parent members. Welcome, Amy!



MCFD's former (retired) Provincial Resource Consultant, Dianne Swansburg, has joined us on contract to work with BCFFPA and MCFD on development of the new training programs for foster caregivers and resource workers. We're thrilled to have her join our team!

## Caregiver Education Re-Visioning Project Underway

BCFFPA was awarded project funds in April 2015 to work in partnership with MCFD, regional agencies, Aboriginal teams and other stakeholders on the redesign of BC's very outdated caregiver education program. The program will be delivered to the Ministry for final approval by March 2016.

We have been given direction to design the program to be easily adapted for eventual online delivery—similar to the very popular online Adoption Education Program. This will suit BC's future foster caregivers who will be seeking access to online education programs.

In addition to caregiver education, we have been given the mandate to work with MCFD resources teams and subject matter experts to create a resource worker training. Dianne is well placed as the former Provincial Resources Consultant to represent BCFFPA on this project to deliver a comprehensive program for workers.



**Empowerment  
Through Education**  
*Living A Dream.  
Building A Future*

A new caregiver awareness and recruitment project is also underway. Stay tuned for more information as the project plan is solidified. Our project teams and working groups are currently being formed. We will keep you up to date on our progress!



Discussing caregiver education topics at a recent stakeholder meeting in Richmond.

## Seeking Second Coast Fraser Delegate

BCFFPA is currently seeking a BCFFPA member to serve on the Provincial Board as a second Coast Fraser delegate. With this area growing rapidly we want to ensure all our foster parents are served. If you are forward thinking and want to ensure our mandate is met within the fostering community, we encourage you to contact our Provincial Office at 1.800.663.9999 for more information.

## Tickets to Events for BC Foster Parents

BC foster parents can receive tickets to events through *Kids Up Front Foundation*. To be placed on the mailing list e-mail the Provincial office at [office@bcfosterparents.ca](mailto:office@bcfosterparents.ca) or Debbie Drewitz at [debbiedrewitz@gmail.com](mailto:debbiedrewitz@gmail.com)



  
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## Regional Delegate Reports

### Coast Fraser Report—Monica Buchanan

Reflecting on the Annual General Meeting (AGM) held in May 2015 is experienced with warmth and nostalgic feelings left over, even weeks after the event. Equally exhilarating is the feedback I receive from some of the foster parents who attended the AGM. By all indications Whistler was a positive experience for everyone I have had the opportunity to speak to post-AGM.

Some foster parents particularly liked the village atmosphere because they were able to embrace the relaxing environment of being at a resort, engage in outdoor activity if they wanted to, and shop, all in the same space without having to get in a vehicle and leave the village. I have not had one report of a negative experience surrounding the AGM, so overall I have to say Whistler was great choice for the AGM.

I had the opportunity to connect with foster parents in Mission, Abbotsford, Langley, and Surrey. For the communities with no Local we chatted about important benefits of belonging to a BCFFPA Local, and explored the options of starting one in their area. Abbotsford expressed an interest while Surrey and Langley are thinking about it. As we head into summer it is not likely that a local would get off the ground until the Fall. Moving forward, I will reconnect with foster parents from these communities and help them create a foundation for an active BCFFPA Local Foster Parent Association.

I would like to extend a warm wish to all foster parents and staff at the BCFFPA office. Have a great summer and I look forward to working with you again in the Fall.

### North Regional Report—Amanda Lindquist

This spring has gone by very quickly. We are already done the AGM and onto summer planning for our foster family fun! The AGM was enjoyed by those of us that attended from the north. The travel to Whistler was quite long from Prince George, but the scenery is beautiful. Everyone seems pleased with the date change to October for next year.

There have been inquiries about the potential increase to the maintenance portion of the monthly payments.

We continue our monthly Partnership meetings and ongoing training through each agency. Although low attendance has been a concern for all agencies.

We partnered with MCFD for the Youth In Care week and it was a great time. We were able to host a rock climbing event in our indoor facility. We had about 30 people join us and they all amazed me with their fearlessness! Some were hesitant at first, but they all participated and were very impressive. The staff members were fun and encouraging which was very appreciated.

We currently have no plans to host the annual camp out, due to new owners and very high costs, but hosting some socials throughout the summer will be discussed. Axis is hosting an upcoming BBQ that is always well attended.

I welcome the hot summer months and can't wait for school to be out! Our alarm clocks to be shut off for a few weeks! Enjoy your summer outings!

### Interior Report—Heather Bayes (Interior Board)

We saw a huge turnout from the Interior at BCFFPA's AGM in Whistler. The Macro region held it's AGM where we passed a few important motions that were then taken to the BCFFPA meeting. The staff and Board will be taking action on the Macro Board's motions over the next year.

The Interior region continues to be a mixed bag of successes and challenges. We are seeing some policy deviations in Kelowna and Vernon and have asked MCFD provincial office for clarification around some of these issues. Three foster families have been told that they have to adopt the children in their care or the children will be moved. This is concerning and poses challenges for the long term caregivers who feel they aren't able to or don't want to adopt due to their age, their income or even their personal preference. The Ministry's stance is that permanency is the main priority for all children in care.

Summer activities are being planned and children and parents alike are looking forward to a break from the alarm clock so that they can enjoy some lazy summer days at community events.

Wishing you all a wonderful summer with family and friends.

### Vancouver Island Report—No Delegate Report Available



#### Vancouver Island Delegate Needed!

Do you have a passion for fostering or a willingness to work towards a more cohesive working relationship within our community? Do you wish to help create the best policies and practice for the children and families we serve? BCFFPA is currently looking for a BCFFPA member who is dedicated to provide consistent and responsive representation of foster parents to serve on the Provincial Board as Vancouver Island delegate. If this is something that could be the right fit for you and you would like more information, please contact our Provincial Office at 1.800.663.9999.

## Brain Development and "Screen Time"

Excerpt from Northern Journal—November 24, 2014

By Alison Durocher, Alberta Health Services

Technology is everywhere! Smart phones, tablets, computers, video games and televisions are all around us and children are using and watching them more than ever before. Some studies have shown that the average child under 2 is watching two hours of TV a day. Even more frightening, 8 to 10 year olds are getting eight hours of screen time a day. They are spending more time with TV and video games than they are spending at school.

So what? Is this a big deal or is this the way of the future? What we know now, is that it is a big deal. We are seeing delays in language development, fine motor skills, problems with attention and problems with sleep and behaviour in toddlers who watch TV when compared to those who don't.

There are other health risks for children who spend time watching TV. They are sitting still and not moving around, which puts them at higher risk for obesity. They play less and interact less with other children and adults when the TV is on. Also, TV viewing before bed and especially in the bedroom is associated with sleep problems and can be associated with aggressive behaviour.

But what about 'educational shows and apps'? First of all, these don't really exist. Companies advertise shows and programs as 'educational,' but there is no one overseeing who gets to put this claim on their packaging. Anyone can say their product is 'educational.' We also know that while you might see your child learning some words from watching educational shows, they will learn a lot more if you talk to them, rather than putting them in front of the TV.

Did you know that the Canadian Pediatric Society has guidelines about screen time for toddlers and preschoolers? For children under 2 years, screen time is not recommended at all. That means toddlers should not be watching any TV or playing games on your phone or tablet. For children 2-4 years, screen time should be limited to less than one hour a day.

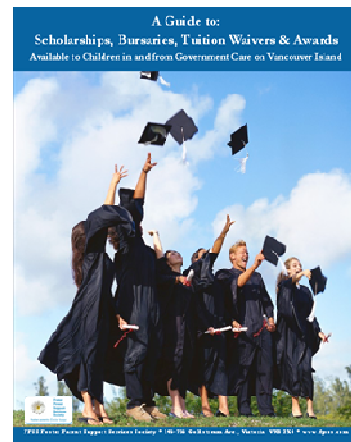
When children are watching TV, they are missing out on important experiences. They are not reading, engaging in creative play, moving and exploring their environments and playing with their parents and other children. Unstructured play time is very important for developing problem-solving skills and creativity. Children learn by doing and we need to let them try!

Screens are bad for parents, too. They lead to distracted parenting because our attention is on our phone and not on what our kids are doing. This often leads to tantrums and bad behaviour because our kids can't get our attention, so they get frustrated and upset.

So what can you do about it? Set limits and have rules about screen time for parents and kids. Put passwords on your electronic devices so that your kids can't access them without you knowing. Keep TVs and computers out of the bedroom. Take your kids outside everyday! Explore with them, play with them, read to them and talk with them! It's O.K. for kids to be bored sometimes. There are many toys they can play with that don't involve a screen. Try a puzzle, book, blocks, stacking cups, car garages, dolls, dress-up clothes or a simple cardboard box. So turn off the TV, put your cell phone away, and play!

## A Guide to Scholarships, Bursaries, Tuition Waivers and Awards for Children in and from Government Care

Foster Parent Support Services Society on Vancouver Island has compiled an easy-reference one-stop booklet that catalogues fee waiver opportunities at BC universities and other financial assistance available to children in and from care. The document can be viewed online at <http://fpsss.com/wordpress/wp-content/uploads/2012/10/A-Guide-to-Scholarships-Bursaries-Tuition-Waivers-PDF.pdf> (or click the picture below if viewing online), obtained from one of the FPSSS coordinators or via Canada Post by contacting the Regional Office at 1-888-922-8437. Or contact Foster Parent Support Services Society at [admin@fpsss.com](mailto:admin@fpsss.com).



## Self Care

Otherwise known as "taking care of yourself", "stress management" and sometimes even "self-indulgence" (gasp!), there are some very wise reasons why you should incorporate this into your daily and weekly routine.

- It's the best way to beat stress and to keep stress from overwhelming you.
- Caregivers can suffer burnout and vicarious trauma when they are always "on" and don't take a break.
- It enhances your feelings of wellbeing and supports your self-esteem.
- Time taken for ourselves allows us to feel more generous and open to others.
- Time away from the routine supports our physical health

...check out the BC foster Basics Selfcare for Foster Caregivers video at [www.youtube.com/user/bcffpa](http://www.youtube.com/user/bcffpa).



**FosterlineBC**

**1-800-663-9999**

**...for information, support  
and referral**

## Got Teens Who Need Some Work Experience? How About a Volunteer Job?

(edited from kidshealth.org)

Volunteering is an opportunity to change lives, including your own. If you need work experience and no one is hiring or if you need a way to occupy yourself in a meaningful pastime, consider volunteering. Helping others in need is such an important part of life that many highschools require their students to spend a certain number of hours volunteering in order to graduate. So how do you go about it?

### Find What's Right for You

Unlike school, with volunteering you get to pick what really interests you and who (or what) is most deserving of your time. There are many areas where volunteers are needed and welcomed!

### Find What Fits Your Schedule

Once you've found something that inspires you, decide how much time you want to spend. Local organizations (like hospitals or shelters) often like volunteers to give them a set amount of time every week or two.

But what if school, sports, or other commitments prevent you from devoting time every week? Many large organizations (especially those related to the environment or finding cures for diseases) have day-long activities. These include walkathons, bike rides, cleanup days, or building homes for those in need.

You can also spend a week, month, or even a whole summer volunteering. The advantage of these is you get to immerse yourself in the activities and feel a real sense of achievement when you see the results. Because you spend a lot of time together, most people who work on long-term volunteer projects form close friendships.

Here are some ideas to consider ways in which you can volunteer in your community:

**Give back over the holidays.** Serve Thanksgiving dinner to the homeless, volunteer at your local food bank, or distribute toys to kids. Your church, temple, mosque, or other place of worship also may be able to use your help.

**Play with pets at a local animal shelter.** Most shelters depend on volunteers to keep the cats and dogs happy and well exercised. (And when you're walking rescued dogs, you get a workout too.)

**Help the environment.** Join a conservation group and help out with river or lake preservation. Take part in a local park cleanup day. You don't have to be an outdoorsy type — you could help out in a park office or education center.

**Support a health-related cause.** Lots of us are close to people who have ongoing physical and mental health problem. It can feel

good to donate your time to an organization that raises money for research, delivers meals, or offers other help to people with an illness.

If you can think of more than one way you'd like to contribute, find a way to combine the two. For example, if you love kids and are great at arts and crafts, visit your local children's hospital and offer to lead art activities for young patients. Or maybe a daycare in your area would welcome your participation in craft time!

### Expand Your Mind

Volunteering is a great way to learn new skills — from working as part of a team to setting and reaching goals. It gives you a chance to discover what kinds of things you're best at and enjoy the most. A volunteer job that you love can even help shape your ideas about your career goals.

Volunteering also can give you a sense of responsibility because people really depend on you. And it can help you develop a new understanding of other lifestyles and perspectives.

### Where Do I Sign Up?

After you've decided what you're interested in and how much time you can devote, it's time to find out where you can volunteer. You have several choices. Look for volunteer organizations in your area, search the Web, or call organizations directly if you're interested in working with them. You can ask friends or relatives for ideas and contacts or look on bulletin boards in your library or in bookstores. It's worth spending the time up front to identify a job that's a good fit for you.

When you're calling an organization to offer your time, it's best to ask to speak to a volunteer coordinator. Be ready to answer some questions, like:

- Why do you want to volunteer for our organization?
- What do you know about our organization?
- How many hours a week will you be able to volunteer?
- What are your interests?
- Do you have any special skills?
- Do you have a way to get here?

Most places will ask you to come for an interview, which is usually pretty casual. They want to talk to you face to face and if they haven't yet asked the questions above, they will do it at the interview.

(continued on page 12)



## K & A's Top Picks Movie Fix (Family Movie Night Ideas)

### Newer Flix Picks from 2013 - 2015

- Inside Out** (animated) – 2015 – PG  
~ Voices by: Amy Poehler, Bill Hader, Mindy Kaling
- Big Hero 6** (animated) – 2014 – PG  
~ Voices by: Scott Adsit, Ryan Potter, Damon Wayans Jr.
- The Lego Movie** (animated) – 2014 – PG  
~ Voices by: Chris Pratt, Will Ferrell, Elizabeth Banks
- Book Of Life** (animated) – 2014 – PG – Available on Netflix  
~ Voices by: Diego Luna, Zoe Saldana, Channing Tatum
- Maleficent** (live action) – 2014 – PG  
~ Featuring: Angelina Jolie, Elle Fanning, Sharlto Copley
- Despicable Me 2** (animated) – 2013 – PG  
~ Voices by: Steve Carell, Kristen Wiig, Benjamin Bratt
- The Croods** (animated) – 2013 – PG – Available on Netflix  
~ Voices by: Emma Stone, Nicolas Cage, Ryan Reynolds
- Monsters University** (animated) – 2013 – PG  
~ Voices by: Billy Crystal, John Goodman, Steve Buscemi
- Epic** (animated) – 2013 – PG – Available on Netflix  
~ Voices by: Amanda Seyfried, Josh Hutcherson, Beyoncé
- Cloudy With a Chance of Meatballs 2** (animated) – 2013 – PG – Available on Netflix  
~ Voices by: Bill Hader, Anna Faris, Will Forte

### Blast From the Past Top Five 80's Faves

- E.T. The Extra-Terrestrial** (live action) – 1982 – PG  
~ Featuring: Henry Thomas, Drew Barrymore, Peter Coyote
- Back To the Future Trilogy** (live action) – 1985-1990 – PG  
~ Featuring: Michael J. Fox, Christopher Lloyd, Lea Thompson
- Goonies** (live action) – 1980 – PG – Available on Netflix  
~ Featuring: Sean Astin, Josh Brolin, Jeff Cohen
- The Princess Bride** (live action) – 1987 – PG – Available on Netflix  
~ Featuring: Carey Elwes, Mandy Patinkin, Robin Wright
- Big** (live action) – 1988 – PG – Available on Netflix  
~ Featuring: Tom Hanks, Elizabeth Perkins, Robert Loggia



### Top Ten Classic Loves 1988 - 2009

- The Land Before Time** (animated) – 1988 – G  
~ Voices by: Pat Hingle, Gabriel Damon, Judith Barsi
- The Little Mermaid** (animated) – 1989 – G  
~ Voices by: Jodi Benson, Samuel E. Wright, Rene Auberjonois
- Rescuers Down Under** (animated) – 1990 – G – Available on Netflix  
~ Featuring: Charles Grodin, Bonnie Hunt, Dean Jones
- Beethoven** (live action) – 1992 – PG  
~ Featuring: Charles Grodin, Bonnie Hunt, Dean Jones
- Aladdin** (animated) – 1992 – G  
~ Voices by: Scott Weinger, Robin Williams, Linda Larkin
- Homeward Bound: The Incredible Journey** (live action) – 1993 – G  
~ Voices by: Michael J. Fox, Sally Field, Don Alder
- Mrs. Doubtfire** (live action) – 1993 – PG 13 – Available on Netflix  
~ Featuring: Robin Williams, Sally Fields, Pierce Brosnan
- The Lion King** (animated) – 1994 – G  
~ Voices by: Matthew Broderick, Jeremy Irons, James Earl Jones
- Monsters Inc.** (animated) – 2001 – G  
~ Voices by: Billy Crystal, John Goodman, Mary Gibbs
- Finding Nemo** (animated) – 2003 – G  
~ Voices by: Albert Brooks, Ellen DeGeneres, Alexander Gould

### "How About A Volunteer Job?" continued...

Whether your interview is on the phone or in person, don't forget to ask questions of your own. For example:

- What will be expected of me if I volunteer here?
- What kind of training will I receive?
- How many other volunteers are there?
- How many hours do you expect me to volunteer each week/month?

You might even want to ask if you can observe some other volunteers in action to get a feel for the work before you make a commitment.

As a minor, don't forget to obtain the permission of your legal guardian prior to making a commitment and ensuring that they know what will be expected of you and what your schedule will be.

If it's a good fit — meaning you like the organization, they like you, and you like the work — volunteering can be an incredible experience.

## 2015 Rider Insurance Summary

by Chelsea Atkinson

Last year, our insurance agent negotiated a change to the Rider program. It now includes accidental damages done by foster children to a caregiver's home. After reviewing claims with the provincial government's Risk Management Branch, it was clear that the change in the Insurance Act was affecting the smooth delivery of claim coverage. By adding the accidental damage coverage, this seems to have been resolved.

Since adding the accidental damage coverage, the claims have been reviewed and it seems this additional coverage has not made an impact on the amount or type of claims being submitted. Claims average around \$5,000 in payout and most often involve some sort of water damage. With this in mind, please remember that water damage not reported to the insurance company right away can lead to mould and fungi. Mould is not covered under a personal property policy and the Rider coverage mirrors your primary personal property coverage.

This past year we received 21 claims, of those, 4 did not qualify for coverage under the Rider program and 1 claim is still pending.

Please report any and all claims as soon as possible so that these situations can be prevented.



## 2015 Canadian Foster Family Association Director's Report—Russell Pohl

This year the CFFA Annual General Meeting was hosted by the Alberta Foster Parent Association in Edmonton and the Board of Directors meeting was in James River, Alberta.

Going forward the Board has decided to switch the dates of the AGM and Board meeting. In the future, CFFA's AGM will take place in September in the host province and the Board meeting will take place in May.

Are you a CFFA member? Canadian Foster Family Association represents all foster parents in Canada when speaking with our country's leaders about the valuable work we do. As a member you can attend our Conference and AGM and vote for those you feel will best represent you. We hope to see you in September! Membership forms are available through our website.

You can now have CFFA's bulletin newsletter emailed to you with updates as well. Sign up at our website :

**[www.canadianfosterfamilyassociation.ca](http://www.canadianfosterfamilyassociation.ca)**



## BC Foster Basics Project Summary

by Heather Bayes

About 2 years ago I was in my kitchen taking a call from a foster parent who had a problem. After doing what I could for them I started thinking that we had to have some way to get consistent information to as many foster parents as possible—and be available when they needed it. YouTube seem to be the answer.

After talking to the Board of Directors and brainstorming ideas, we put a plan together. Whenever we were talking to anyone from MCFD, from the Minister, our contract team, or a regional Executive Director of Service, we sold our idea. In April of 2014 we received a contract to put together a series of videos based on the Foster Family Handbook—5th edition.

With Mo Soliman as our director, Dianne Swansburg as our policy consultant, Jayne Wilson as our scriptwriter and Ronda Sweeney coordinating our speakers we were ready to go.

Twenty-five videos later we are done; covering topics from a who's who to critical incident reporting to what do you need to know about your contract and on to cultural diversity.

All the videos are relatively short and can be viewed at any time

on BCFFPA's YouTube channel. Because the information is based on current child welfare and fostering policies, all the information is provincial and applies to all BC foster parents. The videos are easy to understand and, most importantly, accessible at any time, at your convenience.

It took a whole team just over a year to complete the series successfully and on budget. The feedback we have received has been positive and viewership is increasing. Currently our videos have been viewed over 4,300 times.

This is a project near and dear to my heart and I'm proud that BCFFPA has been able to provide a resource for fostering information *when you need it* and about the most common issues that we face every day.

A great job done by dedicated people in support of all foster parents.

# Foster Community Resources

## Provincial Resources

|                                                          |                |
|----------------------------------------------------------|----------------|
| <b>BC Federation of Foster Parent Associations</b>       | 1-800-663-9999 |
| www.bcfosterparents.ca                                   |                |
| <b>After Hours Foster Parent Support Line</b>            | 1-888-495-4440 |
| <b>Federation of Aboriginal Foster Parents</b>           | 1-866-291-7091 |
| www.fafp.ca                                              |                |
| <b>Federation of BC Youth in Care Networks</b>           | 1-800-565-8055 |
| www.fbcyicn.ca                                           |                |
| <b>Adoptive Families Association</b>                     | 1-877-236-7807 |
| www.bcadoption.com                                       |                |
| <b>Pacific Post Partum Support Society</b>               | 604-255-7999   |
| www.postpartum.org (also supporting adoption placements) |                |
| <b>Parent Help Line</b>                                  | 1-888-603-9100 |
| <b>Parents Together</b>                                  | 604-325-0511   |
| <b>Parent Support Services of BC</b>                     | 1-800-665-6880 |
| www.parentsupport.bc.ca                                  |                |
| <b>Representative for Children &amp; Youth</b>           | 1-800-476-3933 |
| www.rcybc.ca                                             |                |
| <b>FAE/S Support Network</b>                             | 604-507-6675   |

## Coastal Fraser

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                      |              |
|----------------------------------------------------------------------|--------------|
| <b>Hollyburn Family Services</b>                                     | 604-987-8211 |
| www.hollyburn.ca                                                     |              |
| <b>Vancouver Aboriginal Child &amp; Family Services Society</b>      | 778-331-4500 |
| www.vacfss.com                                                       |              |
| <b>Family Services of Greater Vancouver</b>                          | 604-279-7100 |
| www.fosterhub.ca                                                     |              |
| <b>Fraser Valley Foster Parent Association</b>                       | 604-533-1924 |
| <b>Abbotsford Community Services Foster Parent Caregiver Support</b> | 604-859-2165 |
| <b>South Vancouver Youth Centre</b>                                  | 604-325-2004 |
| www.svyc.ca                                                          |              |
| (Ask about their foster parent support workers!)                     |              |

## Island

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                 |                |
|-----------------------------------------------------------------|----------------|
| <b>Foster Parent Support Services Society</b>                   | 1-888-922-8437 |
| FPSSS (Victoria)                                                | 778-430-5459   |
| FPSSS (Nanaimo)                                                 | 250-390-9686   |
| FPSSS (Campbell River)                                          | 250-286-0555   |
| <b>Federation of Aboriginal Foster Parents (Nanaimo office)</b> | 250-591-0069   |

## Interior

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                      |                |
|------------------------------------------------------|----------------|
| <b>Okanagan Foster Parent Association</b>            |                |
| www.okfosterparents.ca                               |                |
| Central Okanagan                                     | 250-870-8991   |
| North Okanagan                                       | 250-558-0939   |
| South Okanagan                                       | 250-488-0561   |
| Shuswap                                              | 250-253-4499   |
| <b>Okanagan Metis Children &amp; Family Services</b> | 250-868-0351   |
| <b>Interior Community Services</b>                   | 1-877-376-3660 |
| www.interiorcommunityservices.bc.ca                  |                |

## North

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                    |                |
|----------------------------------------------------|----------------|
| <b>AXIS Family Resources</b>                       | 1-877-392-1003 |
| (24/7 support)                                     | Press 205      |
| www.axis.bc.ca (satellite office locations online) |                |
| <b>Community Bridge</b>                            | 250-785-6021   |
| Fort St. John                                      | (ext. 235)     |

*We are in the process of developing our Community Resources page. Please submit your relevant contacts to jayne@bcfosterparents.ca.*



## Advertise Here! (1/2 page size)

### Readership, Exposure & Frequency

- **FosterlineBC** reaches over 3400 foster parents, agencies, community service locations, businesses and other individuals 4 times each year.
- Increase exposure for your business by advertising in **FosterlineBC**

### Cost

- 1/2 page ~ 4 issues per year ~ \$925
- 1/2 page ~ single issue ~ \$250
- 1/4 page ~ 4 issues per year ~ \$650
- 1/4 page ~ single issue ~ \$175
- Business card ~ 4 issues per year ~ \$475
- Business card ~ single issue ~ \$125

For information on advertising in FosterlineBC, contact a staff member at BCFFPA! **1-800-663-9999**

**1/4 Page Size**

**Business Card Size**

## **'IT PAYS TO BE A MEMBER'**

Please complete & return to: **BCFFPA - 131 Eighth Street, New Westminster, BC V3M 3P6**

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City & Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Region: \_\_\_\_\_

Local Association \_\_\_\_\_

Level of Foster Home: (tick one) Restricted \_\_\_\_ Regular \_\_\_\_ Level I \_\_\_\_ Level II \_\_\_\_ Level III \_\_\_\_ Contractor \_\_\_\_ Other \_\_\_\_

This is a: **New Membership** \_\_\_\_ (OR) a **Renewal** \_\_\_\_ .

**1 year:** individual \$30.00 \_\_\_\_ OR couple \$35.00 \_\_\_\_

**2 year:** individual \$50.00 \_\_\_\_ OR couple \$60.00 \_\_\_\_

\*\$10.00 of this membership fee will be used by the provincial body for administration of the program and development of services to foster parents. The balance of the fee will be returned to your region or local association.

I/we contract with (i.e. delegated agency regional agency MCFD etc.) Name: \_\_\_\_\_ OR my affiliation with the BCFFPA is (i.e. staff, MCFD, non-foster parent): \_\_\_\_\_. As members of the B.C. Federation of Foster Parent Associations, I/we agree to abide by the By-laws, Policy and Procedures, and Code of Ethics of the Federation. \_\_\_\_\_

[signature(s)]

Please bill my VISA \_\_\_\_ M/C \_\_\_\_ # \_\_\_\_\_ Expires \_\_\_\_ / \_\_\_\_

## **BC Federation of Foster Parent Associations**

131 Eighth Street

New Westminster, BC V3M

