

BC Federation of Foster Parent Associations

FosterlineBC



Winter 2014
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BC Federation of Foster Parent Associations

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For Board of Directors contact information, please call the Provincial office.

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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

Welcome to the New Year, the space between holidays and spring. I have been using this time to go from room to room in my house and doing all the cleanup I have been putting off. I am amazed by how much stuff I have collected for no reason other than it seemed like a good idea at the time. I have also surprised myself by getting all my monthly reports in on time in January; the trick will be maintaining that for the whole year.

At the office we have been on a similar course. The office staff are busy clearing out and organizing in preparation for the big move to our new office in New Westminster. Jayne will give you more info in her report. The new office is easier to get to and gives us the space we need. When you come in to the area please drop by and say hi.

By now most of you should have received a copy of the Foster Family Handbook 5<sup>th</sup> edition. If you haven't, please contact your resource worker or view the document online at the BCFFPA's website. Please take the time to review and pay attention to the section on relief/respite and babysitting for a further explanation on these important issues. The Handbook is based on the policies and standards we all work from but put into language that is easier to follow. One issue that comes forward every year is consistency—one way we can work on this is to follow the policies and standards. The Handbook is our guideline.

It seems early but we are already working on the AGM. This year it is going to be in Prince George and I hope to see as many of you as possible. Ask your resource worker if there are any funds available to assist you in attending or work together with your Local to approach the CSM or the EDS to help with funding. BCFFPA will be announcing the availability of a few bursaries to assist with AGM 2014 costs soon. Keep an eye on our website for details. It looks like the Prince George foster parents are planning to show us a great time.

I am sad to say that Kevin Daniel has given his resignation from the Board as the Interior Delegate. He has taken a new position and will not have the time to give. Kevin has been a tireless representative for foster parents in Williams Lake, the Interior and the Province. I have enjoyed working with him and depending on his calm, well-thought-out responses to every issue. I wish you the best of luck, Kevin, and don't be a stranger.

Yvonne Langlois will be the new Delegate for the Interior. I have known Yvonne for many years and look forward to continuing working together. Welcome to the Board, Yvonne!

Heather Bayes  
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

2014 has begun with a bang! Near the end of 2013 we identified a new office space that would allow us to move closer to our provincial partner agencies and be more accessible to MCFD and transit. As of February we'll be calling New Westminster home. Our new address is posted on page 2 as well as on our website—or see the announcement on page 8. Feel free to drop in and say hello when you're in the area. The entrance to our office is at the back of Galbraith Manor—look for our old fashioned shingle and come on up the stairs!

*There may be a slight interruption in service for our toll free number during the move. Please use the new direct dial local number (604-544-1110) or e-mail us (office@bcfosterparents.ca) if you encounter difficulties contacting the office by phone.*

There has been a lot of talk about the Residential Redesign and the creation of a Caregiver Support Network. Initially these networks will be formed in only a few cities but eventually this model will extend across the province. See page 13 for more information from MCFD. Please let BCFFPA know if you have any questions or tell us how we can better represent your concerns throughout this process. The Caregiver Support Network model is posted on our website for your reference.

This is the time of year when we seek donations for our AGM Loonie Draw and gift baskets. If you know of any local vendors or services that we should approach for donations of goods, gift certificates or financial support, please let Ronda in our office know. We gather donations from across the province and all donors are listed in our Annual Report and June newsletter.

We are currently sending out reminder letters to our Foster Parent Local Associations to send in their annual financial statements and updated lists of Board members. We have a number of Locals that are technically inactive due to records that are not kept up to date. This results in a reduction of membership funds that would be sent to the Local to support community fostering activities. With funds received from BCFFPA members in the area a Local can engage speakers, arrange for family events and provide refreshments for Local meetings. If you are part of a Local, please check with your executive committee to see if the records have been sent to us. If you would like to join or form a Local Association in your community, contact us for more information.

We have a number of letters out to MCFD requesting meetings on a variety of topics including a request to regional MCFD offices for sponsorship for foster parents to attend the AGM. Watch your e-mail and our website for any pertinent news.

Jayne Wilson  
Executive Director



**fosterlineBC**  
**1-800-663-9999**  
**We're here for you**

## 2014 CALL FOR NOMINATIONS

BCFFPA will be holding elections for executive officer positions on the Board of Directors at our Annual General Meeting on May 24<sup>th</sup>, 2014 at the Ramada Downtown Prince George.

There are 2 positions for election on the Executive Committee:

- President
- Vice President

Each position has a two-year term. Nominations for each position **must** be received by the BCFFPA Provincial office by March 24<sup>th</sup>, 2014, for distribution to the membership.

The bylaws regarding eligibility to become an Officer of the Federation, state the following:

- Paid in full member as of January 31<sup>st</sup> of current year.
- Must be present at the AGM unless excused by the Board for extraordinary reasons.
- Nominations from the floor will not be accepted.
- Candidates and nominations for these officer positions shall be vetted by the Nominating Committee and are chosen for their knowledge and expertise in relation to these positions.
- The successful candidates will be elected through a combination of mail-in votes and the votes of those attending the Annual General Meeting.
- Associate Members, elected to hold positions on the Federation Board of Directors, shall have full voting privileges during their term of office.
- Any candidate for these positions must have held a BCFFPA membership in good standing for at least three years immediately previous to running, and must have served for at least one year in the previous three years on a local or macro regional council, or on the BCFFPA Board of Directors.
- Nominations require a nomination form duly moved and seconded by two members in good standing (ie. current membership as of January 31<sup>st</sup> of the present year).

**PLEASE FORWARD NOMINATIONS  
TO THE FEDERATION PROVINCIAL OFFICE  
131 8th Street  
New Westminster, BC V3M 3P6**

***Nominations must be received  
no later than March 24<sup>th</sup>, 2014***

### Noteworthy Dates...

- March 24<sup>th</sup>: Nominations and Special Resolutions must be received by BCFFPA Provincial office
- April 9<sup>th</sup>: AGM and Ballot packages sent to members. AGM Registration open
- April 24<sup>th</sup>: Notification of AGM 2014
- May 14<sup>th</sup>: Deadline for Mail-In Voting

## BCFFPA AGM 2014

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The Prince George Local Foster Parent Association and BCFFPA Provincial office will be co-hosting the 2014 AGM in Prince George.

Save the following dates and make your hotel booking early for best rates!

BCFFPA 2014 Conference & AGM May 23-24, 2014

Ramada Downtown Prince George
440 George Street
Prince George, BC V2L 1R6

1-800-830-8833
250-563-0055

Rates: \$116 (single/double occupancy)
\$15 (additional occupant)

- Please quote Block Code CG3022 under BC Federation of Foster Parent Associations.
- Cut off date to receive this rate is April 20, 2014.

Already in the works...

- ☆ We have requested that the Ministry offices in each region provide funds to sponsor attendance at AGM 2014. We should hear more about this in the new year.
- ☆ We have engaged Deborah MacNamara, PhD, to speak for the day on The Art and Science of Transplanting Children.



BCFFPA Provincial Officer Nomination Form

Name of Candidate _____ Membership Number _____

Address _____ City _____

Postal Code _____ Phone Number _____ or _____

Candidate Information

Fostering Experience

BCFFPA Experience

Related Volunteer or Employment Experience

Views and Objectives to Offer this Position

Other Comments

Nominated by _____ Membership Number _____

Nominated by _____ Membership Number _____

Signature of Candidate _____ *Date* _____

A Message to Foster Parents from BC's Representative for Children and Youth

by Mary Ellen Turpel-Lafond

Hello, everyone. Thank you for providing space in your newsletter again so I can bring you up to date on some of the work that my Office has been doing for the last few months. This time I will focus on two items that have kept us busy.

You may have heard that my Office recently had a change in our mandate, which I lobbied for for some time. As of Sept. 30, 2013, our Office is providing advocacy services for some young adults with developmental disabilities, autism spectrum disorder and/or fetal alcohol spectrum disorder. Specifically, British Columbians between their 19th and 24th birthdays who are eligible to receive services from Community Living BC (CLBC), and who have also received a reviewable service within 15 months before they turned 19, will now be able to access our advocates for assistance.

Our first few months of providing advocacy services to this group of young adults have gone well. In just the first month operating with our new mandate, we opened a total of 19 case files for this new group. Of these 19 cases, 15 were identified as complex, meaning the client was deemed to be at high risk or there was an imminent deadline pending.

As we predicted, these cases have required a greater amount of advocate time due to communication issues and the number of key individuals involved with each case. The most common issues arising relate to transition planning and accessing adequate resources. This is not surprising, as these issues have been well-documented in the past.

Another important recent event was the release of an extensive report on Nov. 6, 2013 that reviews Aboriginal child welfare spending and service delivery in B.C., concluding that the Ministry of Children and Family Development's (MCFD) expenditure of millions of dollars on questionable change initiatives has been a complete failure of public policy to do the right thing for Aboriginal citizens.

When Talk Trumped Service: A Decade of Lost Opportunity for Aboriginal Children and Youth in B.C. details how MCFD spent more than \$66 million over the past decade on Aboriginal service-delivery change initiatives alone, with no evidence of a single Aboriginal child or family receiving better services as a result. We found there has been a significant amount of money spent on talking while, at the same time, children in B.C. have gone without much-needed direct services.

MCFD initiatives have failed to improve Aboriginal child welfare services and outcomes for children. In fact, this report concludes that the drain of time, energy and resources on failed attempts at a big fix resulted in a negative impact on actual services.

Despite those big expenditures, the B.C. government still lacks a clear cross-ministry plan to close the outcomes gap for Aboriginal children and youth. *When Talk Trumped Service* recommends that MCFD focus on that specific task, and the Attorney General should lead development of an explicit policy for any future negotiation of jurisdictional transfer of authority over Aboriginal child welfare.

The bottom line is that Aboriginal children and youth in B.C. deserve better.

MCFD has said it agrees with the findings and recommendations of *When Talk Trumped Service*. I look forward to working with the ministry on the recommendations, and on monitoring their implementation.

Finally, as you likely are aware, my office is currently working on a review of MCFD's adoptions program. I will be releasing that review in the coming months, and I look forward to reporting to you on what we found, and on our recommendations.

It is important for me to keep you informed about the work of my Office – so thank you again for giving me space here. If you know anyone who would like to talk to an RCY advocate, you can reach us anywhere in the province at 1-800-476-3933 or email us at rcy@rycbc.ca. We can also be found on Facebook at *B.C.'s Representative for Children and Youth*, and you can follow the Office on Twitter @rcybc.

Sincerely,

Mary Ellen Turpel-Lafond
Office of the Representative
for Children and Youth



Tuition Waiver and Financial Assistance Available for Former Youth In Care Pursuing Post Secondary Education

Through the determined advocacy of the Representative for Children and Youth's Office, two universities are now offering a [tuition waiver program to former youth in care](#). Recently announced was an additional fund to assist with living expenses (non-tuition expenses) while former youth in care are attending school. This additional program was launched by Coast Capital Savings and will be managed by the Vancouver Foundation.

University of Vancouver Island already has its tuition waiver program in place and University of British Columbia is expected to follow suit in the Fall of 2014. The fund to assist with non-tuition expenses should be accessible to eligible students this Fall as well. Watch our website for updates!

Special Resolutions

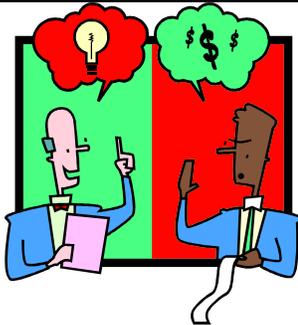
Whereas: (state circumstance)

Therefore: (state proposed special resolution)

Moved By: _____ Membership Number: _____
(name)

Seconded By: _____ Membership Number: _____
(name)

Proposals will be distributed for ballot voting by mail on April 9, 2014. Proposed Special Resolutions will be accepted from members in good standing (current members as of January 31, 2014). Please submit one form for each Special Resolution proposed.



Extended Health Care Packages by Canada Financial

Canada Financial's Ian Bideshi is available to put together individual extended health benefit insurance packages for foster parents. Currently he is offering a 10% discount for foster parents who utilize Canada Financial's services.

Ian has helped over 110 foster parents and has saved them thousands of dollars over the past 15 years. Canada Financial also offers segregated funds which have some guarantees for your investments.

Contact Ian at 604-862-4262 for more information.

"Special Resolutions": Prior to the BCFFPA's Annual General Meeting, we receive proposals for **special resolutions**. A special resolution is a proposed change to our governance documents—our Constitution and Bylaws—that is presented to our membership as a whole and voted on. We require a majority vote for the special resolution to be passed. When a special resolution is adopted into the Association's Constitution and Bylaws, The wording of the resolution is then submitted to the governmental authorities to become part of the Association's permanent documentation.

2014 Early Membership Renewal Drive

The lucky winner of this year's early membership renewal drive was **Sherri Deleeuw of Armstrong, BC**.

This year's prize was a \$250 prepaid Visa card. Congratulations, Sherri!

BC Federation of Foster Parent Associations is on the move...



As of February 8th, 2014, our new location will be:

3rd Floor
131 Eighth Street
New Westminster, BC
V3M 3P6

Our toll free number will continue to be 1-800-663-9999

(There may be a slight interruption in toll free service during the move process.)

New local contact numbers will be



Main Office—604-544-1110
Finance—604-544-1114
Executive Director—604-544-1116
Fax—604-544-2223



BCFFPA's Rider Insurance Program

Congratulations and a huge thank you to Ralph Libby of Megson Fitzpatrick who retired last month after spending his career serving BC's citizens and the past 10 years advocating for fair insurance services and Rider settlements for BC's foster parents. Ralph has worked tirelessly to ensure that foster parents receive maximum coverage and has often been in touch with claimants and MCFD workers to sort out claim issues.

Ralph told many caregivers and Ministry workers during his famous and always popular Rider Insurance Workshops that he read each and every Rider claim personally because he was always amazed by the ingenuity of the young people who intentionally caused damage. We will miss Ralph's stories, sense of humor and willingness to take on a tough issue and seek creative solutions.

You can still hear and follow along with Ralph's workshop on our Rider Webinar, available through the link on BCFFPA's website. We wish Ralph many beautiful sunsets as he retires to spend more time in Maui. Mahalo!

Welcome to Chelsea Atkinson—who takes on Ralph's role as our Rider Insurance contact at Megson Fitzpatrick. Some of you have already met Chelsea at Rider Workshops throughout 2013 as we have been working with both Chelsea and Ralph as he prepared for retirement. Those of you who haven't had the pleasure yet will enjoy Chelsea's dynamic personality. She brings a new style to the Rider Workshop presentations and we expect that as she gains experience with the variety of claims that are submitted through the Rider program, she will have plenty of her own stories to share with caregivers.

We look forward to continuing our work with Chelsea and Megson Fitzpatrick.

AGM Bursaries for BCFFPA Members



BCFFPA is offering bursaries for eligible members to assist with attending this year's AGM in Prince George in May. Structure of the bursaries is still in process but an update will be available on our website by the end of February. Stay tuned!

Read Your Contracts Carefully Before Signing

We caution caregivers to CAREFULLY read and understand your contract or modifications to the contract before signing. Ask all your questions FIRST! Once you have signed it is difficult to have it changed, and you may find yourself out of pocket.

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 or Debbie Drewitz at drewitz@telus.net



It's That Time Again! **May 2014 Submissions for BCFFPA Bursaries**

Maurice Graydon Bursaries (4)

Maurice Graydon, a local Maple Ridge author and retired businessman, generously provides annual donations for these scholarships. The Maurice Graydon Bursaries will be awarded to youth currently or formerly in care who wish to continue their education.

Application Criteria: The successful incumbents will provide proof of registration with a business or vocational institution and demonstrate financial need. Bursaries will be awarded to those who demonstrate the highest marks.

Application Deadline: May 31st, 2014*

William Curtis Memorial Fund

The William Curtis Memorial Fund was established in January 1979 for foster children who have reached the age of majority and wish to continue with their education. It is awarded annually.

Application Criteria: Former foster children residing in BC, aged 19 who show an interest in continuing their education (whether to complete high school, attend a business/vocational school, college or university). High marks, though considered, will not be the only determining factor in awarding this bursary.

Application Deadline: May 31st, 2014*

Merv Davis Bursary

The Merv Davis Bursary was established for foster children residing in the Coquitlam, Maple Ridge, Port Coquitlam, Port Moody or Pitt Meadows areas who have reached the age of 19 years old and wish to continue their education.

Application Criteria: Any youth who has been in care of the Ministry, residing in the Fraser River corridor (noted above), who has reached the age of 19 years, who intends to further his/her education, whether to finish high school, attend business or vocational school, college or university, and where other funds available are inadequate, is eligible to apply. The highest marks, although considered, will not be the only determining factor in the allocation of the bursary.

Application Deadline: May 31st, 2014*

****All application forms for our bursaries are available through our website at www.bcfofosterparents.ca.***



Natural Child Bursary

The Natural Child Bursary was founded in 1991 and is intended to be accessed by children born or adopted into a family providing foster care in BC.

Application Criteria: The eligible youth must be the child by birth or adoption, as stated above, to a foster family who are members of BCFFPA for three consecutive years since 1990. This can also apply to the child of an individual who is an Honorary Life Member. The youth must reside in BC, have graduated from high school and is interested in extending his/her education in any field of study. High grades, though considered, will not be the only determining factor in the allocation of bursary funds.

Application Deadline: May 31, 2014*

BCFFPA General Scholarship Fund

BCFFPA occasionally receives funds from donors that they request be put toward scholarships for children and youth who were formerly in care. The Board of Directors has outlined a General Scholarship Fund into which we can place donations from these generous donors. Unless directed to do otherwise, scholarships will be distributed under the name of the donor(s) until the funds are expended.

The General Scholarship Fund was established in 2013. One bursary will be distributed annually.

Application Criteria: Former foster children residing in BC, aged 19 who show an interest in continuing their education (whether to complete high school, attend a business/vocational school, college or university). High marks, though considered, will not be the only determining factor in awarding this bursary.

Application Deadline: May 31st, 2014*

Camp For Kids 2014

Camp For Kids is an annual program that provides up to \$250 per child per eligible applicant (maximum 20 bursaries) to attend summer camp. Each year BCFFPA raises funds to help send foster kids to camp. Total funds available fluctuate from year to year. Please spread the word to your community business people and personal contacts regarding the benefits of providing this much needed support to foster families.

The application form can be found on our website and are accepted from February to the end of May each year.

BCFFPA Regional Delegate Reports

Coast Fraser Region by Monica Buchanan

Going into the New Year there has not been much activity in the region given the Christmas Holidays and with everyone just getting back into the swing of things. I plan to attend the regional foster parent support group in February.

The major complaint I hear from the support program is the lack of interest of foster parents in training/workshops arranged by the organizer. Workshops are being cancelled due to lack of interest. I connected with a foster parent from Ridge Meadow Local. We will meet in the coming months. The Fraser Valley Foster Parent Association now meets on Wednesdays. I have been keeping in contact with the president and will provide updates of any noteworthy developments.

A foster parent from Coquitlam informed me that she received a letter from MCFD informing her that they will be rolling out the "hub" model and Tri-Cities area, which has been chosen as one of the areas to initiate the model. She was not provided with much information and plans to discuss this in detail with her resource worker. I will be following up with her to gather more information as the model moves along.

I have not been able to build any form of meaningful relationship with Langley MCFD. There has been no response to my emails. Any connections, introductions or assistance in making connection would be greatly appreciated.

On a final note, we have some parties interested in the second Coast Fraser Delegate position which we are currently pursuing.

Vancouver Island Region by Jayne Wilson

I've had many occasions to enjoy discussions with Dan Malone, ED of Vancouver Island's Foster Parent Support Services Society about foster parent community activities on Vancouver Island. Our own office staff often call the FPSSS coordinators and we receive a great deal of cooperation and assistance with local Island matters. I'm always touched by Dan's deep caring for the foster parents—and impressed that not only does he run a tight ship, keep his finger on the pulse of the Island's foster community and ensure accessibility to a full complement of events and activities, he's also a foster parent himself!

If you live on the Island and have not had had a chance to look through *The Island Connection*—the FPSSS newsletter, please do so. No matter where you live on the Island, you'll be sure to find a workshop topic, family activity or discussion group that suits your current needs.

BCFFPA continues to receive calls for support from the Island and we work together with FPSSS to resolve issues experienced by foster parents. Recently we have been dealing with the concerning removal of two children with no notice provided to the foster parent.

Interior Region by Kevin Daniel

First off, I would like to congratulate Yvonne Langlois of the Vernon area as she will be taking my place on the Provincial Board of Directors as the Delegate for the Interior Region.

Some of you may be wondering why the sudden change with me leaving fostering. Well it is very simple; I was given a great opportunity to work out in the community with teens doing youth care work, so I get to still work with foster parents and MCFD, but just in a different role.

Over the coming month's Yvonne will be dealing with issues that are important to our region and to the province's fostering community including:

- New provincial protocol
- Lack of delegated workers
- More foster parents leaving/retiring vs. new foster parents
- Working with the regional board
- The Interior's recent abundance of protocols

Finally I want to send out a few thank you's. First to Mary Anne Kelly, who has been a long time Delegate for the West Kootenays. Thank you.

Secondly I would like to thank Jayne, BCFFPA board members and the ladies in the Provincial BCFFPA office. Thank you for being patient with me. This has been a big learning experience. Heather, thank you so much for being a great teacher over the last 6 years on the Regional and Provincial level. I've learned a lot from you specifically.

North Region by Rocky Hindmarch

We're trying to connect the other northern communities to Prince George and the rest of the province. Before the snow flew, we spent a day meeting with few foster parents in Vanderhoof. Will be doing a trip north to Fort St. John and Dawson Creek at the beginning of March to have more foster parent socials and to connect with the foster parent communities there as well. If time and budgets allow, we are hoping to travel west, possibly as far as Prince Rupert, in April to do the same. Our vision is to recreate the vital links for foster parents in rural and isolated communities as well as those who live in larger centers.

Have been having monthly Local board meetings in Prince George, as well as monthly Partnership meetings including all agencies and partners.

AGM planning is now in full swing between the Local Board and the Provincial BCFFPA office. The event is beginning to take shape and we are feeling optimistic that many of our regional foster parents will receive support from MCFD and the Aboriginal agencies to attend this year's AGM.

Taming Tempers (reprinted from kidshealth.org)

Parents expect temper tantrums from 2-year-olds, but angry outbursts don't necessarily stop after the toddler years. Older kids sometimes have trouble handling anger and frustration, too.

Some kids only lose their cool on occasion. But others seem to have a harder time when things don't go their way. Kids who tend to have strong reactions by nature will need more help from parents to manage their tempers.

Controlling outbursts can be difficult for kids — and helping them learn to do so is a tough job for the parents who love them. Try to be patient and positive, and know that these skills take time to develop and that just about every child can improve with the right coaching.

A Parent's Role

Managing kids can be a challenge. Some days keeping the peace while keeping your cool seems impossible. But whether you're reacting to an occasional temper flare-up or a pattern of outbursts, managing your own anger when things get heated will make it easier to teach kids to do the same.

To help tame a temper, try to be your child's ally — you're both rooting for your child to triumph over the temper that keeps leading to trouble.

While your own patience may be frayed by angry outbursts, opposition, defiance, arguing, and talking back, it's during these episodes that you need your patience most. Of course you feel angry, but what counts is how you handle that.

Reacting to kids' meltdowns with yelling and outbursts of your own will only teach them to do the same (and actually is associated with an increase in children's negative behaviors). But keeping your cool and calmly working through a frustrating situation lets you show — and teach — appropriate ways to handle anger and frustration.

Let's say you hear your kids fighting over a toy in the other room. You have ignored it, hoping that they would work it out themselves. But the arguing turns into screaming and soon you hear doors slamming, the thump of hitting, and crying. You decide to get involved before someone gets really hurt.

By the time you arrive at the scene of the fight, you may be at the end of your own rope. After all, the sound of screaming is upsetting, and you may be frustrated that your kids aren't sharing or trying to get along. (And you know that this toy they're fighting over is going to be lost, broken, or ignored before long anyway!)

So what's the best way for you to react? With your own self-control intact. Teaching by example is your most powerful tool. Speak calmly, clearly, and firmly — not with anger, blame, harsh criticisms, threats, or putdowns.

Of course, that's easier said than done. But remember that you're trying to teach your kids how to handle anger. If you yell or threaten, you'll model and ingrain the exact kinds of behavior you want to discourage. Your kids will see that you're so angry and unable to control your own temper that you can't help but scream — and that won't help them learn not to scream.

What You Can Do

Regulating emotions and managing behavior are skills that develop slowly over time during childhood. Just like any other skills, your kids will need to learn and practice them, with your help.

If it's uncharacteristic for your child to have a tantrum, on the rare occasion that it happens all you may need to do is clearly but calmly review the rules. "I know you're upset, but no yelling and no name-calling, please" may be all your child needs to gain composure. Follow up by clearly, calmly, and patiently giving an instruction like "tell me what you're upset about" or "please apologize to your brother for calling him that name." In this way, you're guiding your child back to acceptable behavior and encouraging self-control.

Also, tell your child what will happen if he or she doesn't calm down — for example, "If you don't calm down, you need to go to your room until you're able to stop screaming."

Kids whose temper outbursts are routine might lack the self-control necessary to deal with frustration and anger and need more help managing those emotions. These steps can help:

Help kids put it into words. If your child is in the midst of an outburst, find out what's wrong. If necessary, use a time-out to get your child to settle down or calmly issue a reminder about house rules and expectations — "There's no yelling or throwing stuff; please stop that right now and cool your jets." Remind your child to talk to you without whining, sulking, or yelling. Once your child calms down, ask what got him or her so upset. You might say, "Use your words to tell me what's wrong and what you're mad about." This helps your child put emotions into words and figure out what, if anything, needs to be done to solve the problem. However, don't push too hard for your child to talk right then. He or she may need some time to reflect before being ready to talk.

Listen and respond. Once your child puts the feelings into words, it's up to you to listen and say that you understand. If your child is struggling for words, offer some help: "so that made you angry," "you must have felt frustrated," or "that must have hurt your feelings." Offer to help find an answer if there's a problem to be solved, a conflict to be mended, or an apology to be made. Many times, feeling listened to and understood is all kids need to regain their composure. But while acknowledging your child's feelings, make it clear that strong emotions aren't an excuse for unacceptable behavior. "I know you're mad, but it's still not OK to hit." Then tell your child some things to try instead. Some kids really just need to be "heard" first.

Create clear ground rules and stick to them. Set and maintain clear expectations for what is and what is not acceptable without using threats, accusations, or putdowns. Your child will get the

Taming Tempers (reprinted from kidshealth.org)

message if you make clear, simple statements about what's off limits and explain what you want him or her to do. You might say: "There's no yelling in this house. Use your words to tell me what's upsetting you." Try to have these discussions before an anger outburst so kids know the expectations ahead of time.

Or try these:

- In this family, we don't hit, push, or shove.
- There's no screaming allowed.
- There's no door-slamming in our house.
- There's no name calling.
- We don't do that in this family.

You may not throw things or break things on purpose.

Coping Strategies for Kids

Kids who've learned that it's not OK to yell, hit, and throw stuff when they're upset need other strategies for calming down when they're angry. Offer some ideas to help them learn safe ways to get the anger out or to find other activities that can create a better mood.

Take a break from the situation. Tell your kids that it's OK to walk away from a conflict to avoid an angry outburst. By moving to another part of the house or the backyard, a child can get some space and work on calming down.

Find a way to (safely) get the anger out. There may be no punching walls, but you can suggest some good ways for a child to vent. Doing a bunch of jumping jacks, dancing around the bedroom, or going outside and doing cartwheels are all good choices. Or your child can choose to write about or draw a picture of what is so upsetting.

Learn to shift. This one is tough for kids — and adults, too. Explain that part of calming down is moving from a really angry mood to a more in-control mood. Instead of thinking of the person or situation that caused the anger, encourage kids to think of something else to do that might bring about a better mood — like a walk around the block, a bike ride, playing a game, reading a favorite book, digging in the garden, or listening to a favorite song. Try one of these things together so you both experience how doing something different can change the way a person feels.

Building a Strong Foundation

Fortunately, really angry episodes don't happen too often for most kids. Those with temper troubles often have an active, strong-willed style and extra energy that needs to be discharged.

Try these steps during the calm times — they can prevent problems before they start by helping kids learn and practice skills needed to manage the heat of the moment:

Make sure kids get enough sleep. Sleep is very important to their well-being. The link between a lack of sleep and a child's behavior isn't always obvious. When adults are tired, they can be grumpy or have low energy, but kids can become hyper or disagreeable or have extremes in behavior.

Most kids' [sleep requirements](#) fall within a predictable range of hours based on their age, but each child is a unique individual with distinct sleep needs.

Help them label emotions. Help kids get in the habit of saying what they're feeling and why — for example, "I'm mad because I have to clean my room while my friends are playing." Using words doesn't get a child out of doing a chore, but having the discussion can calm the situation. You're having a conversation instead of an argument. Praise your child for talking about it instead of slamming the door, for instance.

See that kids get a lot of physical activity. Active play can really help kids who have big tempers. Encourage outside play and sports your child likes. Karate, wrestling, and running can be especially good for kids who are trying to get their tempers under control. But any activity that gets the heart pumping can help burn off energy and stress.

Encourage kids to take control. Compare a temper to a puppy that hasn't yet learned to behave and that's running around all over the place getting into things. Puppies might not mean to be bad — but they need to be trained so that they can learn that there's no eating shoes, no jumping on people or certain furniture, etc. The point is that your child's temper — like a puppy — needs to be trained to learn when it's OK to play, how to use all that extra energy, and how to follow rules.

Recognize successes. Many times these go unnoticed so be sure to comment on how well your child handled a difficult situation when you see positive behaviors.

Try to be flexible. Parenting can be a tiring experience, but try not to be too rigid. Hearing a constant chorus of "no" can be disheartening for kids. Sometimes, of course, "no" is absolutely the only answer — "no, you can't ride your bike without your helmet!" But other times, you might let the kids win one. For instance, if your child wants to keep the wiffle ball game going a little longer, maybe give it 15 more minutes.

Try to identify "at-risk" situations and be proactive. For example, if your child has difficulty with transitions, give warnings ahead of time. Similarly, if your kids have trouble turning off the television when asked, be clear how long they can watch TV or play video games and then set a 5-minute warning timer. Be sure to enforce the agreement.

As anyone who's been really angry knows, following sensible advice can be tough when emotions run high. Give your kids responsibility for getting under control, but be there to remind them how to do it.

Most kids can learn to get better at handling anger and frustration. But if your child frequently gets into fights and arguments with friends, siblings, and adults, additional help might be needed. Talk with the other adults in your child's life — teachers, school counselors, and coaches might be able to help, and your child's doctor can recommend a counselor or psychologist.

MCFD's Residential Redesign: Caregiver Support Networks

Research has shown that family care networks models, supported by wraparound services, have resulted in better outcomes for children, youth, their families and foster caregivers including:

- Improved child safety and well-being
- Greater placement stability and continuity of relationships
- Maintenance of relationships with siblings and birth families
- Facilitation of permanency
- Increased caregiver engagement and retention

This information came out of the most recent provincial Residential Review (2010–2012) which echoed concerns that despite the various supports in place through resource workers, care team members, and contracted services there remain a number of gaps in the support spectrum.

The reviews of literature, research and practices in other jurisdictions outlined in the Findings Report of the Residential Review identified a number of successful family care service models. These models include a co-operative network of family care homes providing mentoring and mutual peer support, shared care, consistent relief or respite care within the network, social and recreational networking, shared training and collaborative team work among network members, with wraparound supports provided.

Responding to the recommendations of the Review, the Ministry is moving to establish Caregiver Support Networks in all communities over time and beginning in Smithers/Houston, Dawson Creek, Trail, Penticton, Chilliwack, Delta, Tri-Cities and Duncan. A Caregiver Support Network (CSN) is a group of six to eight foster family care homes organized around a Lead Home. The Lead Home operator facilitates the CSN and provides a range of direct supports, is a conduit for information flow between the foster caregivers and agencies or the Ministry, participates in planning for children in the network where required and advocates for services and supports for children, youth and their caregivers.

The core members of the Networks are foster caregiver homes. They may eventually also include birth families who require support and help in caring successfully for their children, kinship care families, and adoptive families who feel they would benefit from additional support or training. Enhanced supports for a Network can be tailored to the needs of the children and youth within the group. (For example, an Elder could be attached to a Network where there are a number of Aboriginal children).

The process for bringing up a Network in each of the communities depends on engagement with Foster Caregivers and agencies who support them or who have family care homes in their scope. There are core "givens" to the CSN model but many of the decisions about the implementation of the model will be made locally, for example, the number and type of Networks to be established in the first phase.

Each of the communities will host meetings with Foster Caregivers and agencies to explore several issues. Setting the basic understanding of why CSNs have been chosen and more detail on what they are will be the starting place. Using draft papers on a number of topics, participants will be asked for their ideas and

feedback on questions about what should be the roles and functions of Lead Homes, how should a Lead Home Operator be recruited and other pieces of the project. At every stage, feedback from the community meetings will be collated and will inform a final draft on the topic. In this way we can build consistency where it is essential to do so and allow for the local variation where that too is needed.

This initiative is urgently needed and will rely on the wisdom and energy of Foster Caregivers to implement. Different communication vehicles will be needed to get the message to as broad a group as possible so all viewpoints can be captured. We welcome your suggestions about how to accomplish this. We will learn throughout the process and share what we learn with the 8 communities currently engaged as well as those that are coming along in the second phase. We have the guidance of a Project Advisory Committee that includes the BCFFPA, the FAFP, and the FBCYICN.

Please send your questions to residentialredesign@gov.bc.ca

Submitted by Karen D. Berry
Residential Redesign
Project Team Member



BCFFPA Wish List

Budgets are always tight and it's difficult to keep our technology up to date. Over the past two office moves, our furniture has taken a beating. BCFFPA is seeking donations for the following items:

- 3 new desktop computers
- Digital camera
- Office furniture (desks, chairs)
- InDesign desktop publishing software
- Photoshop picture editing software
- iPads for Board members
- Décor items for new office (area rugs, curtains and doors for storage space)
- Kitchen supplies (our new location allows us to host in-house Board meetings rather than holding our meetings off-site)

If you are interested in making a donation or know someone who is, please contact Jayne for details. Our thanks to you!



Community Resources

Provincial Resources

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

Coastal Fraser

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

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

Island

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

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

Interior

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

Federation of Aboriginal Foster Parents (Westbank office)	250-768-4229
Okanagan Foster Parent Association www.okfosterparents.ca	
Central Okanagan	250-868-9285
North Okanagan	250-558-0939
South Okanagan	250-488-0561
Shuswap	250-253-4499
Okanagan Metis Children & Family Services	250-868-0351
Interior Community Services www.interiorcommunityservices.bc.ca	1-877-376-3660

North

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

AXIS Family Resources (24/7 support) www.axis.bc.ca (satellite office locations online)	1-877-392-1003 Press 205
North Peace Community Resources Society Fort St. John	250-785-6021 (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)

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- **FosterlineBC** reaches over 3400 foster parents, agencies, community service locations, businesses and other individuals 4 times each year.
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- 1/2 page ~ 4 issues per year ~ \$925
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- 1/4 page ~ 4 issues per year ~ \$650
- 1/4 page ~ single issue ~ \$175
- Business card ~ 4 issues per year ~ \$475
- 1/4 page ~ 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 8th 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

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V3M 3P6