

EARLY YEARS

RESOURCES FOR FOSTER CAREGIVERS



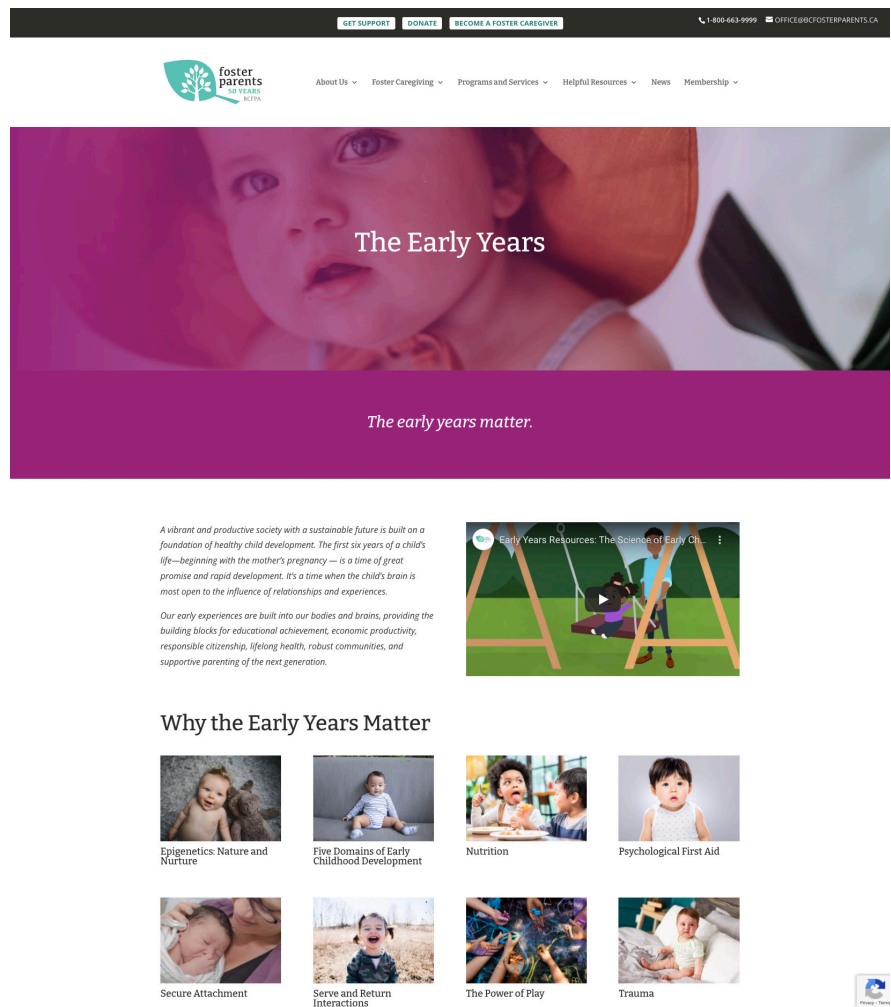
About the Project

The purpose of the **Early Years Resources** webpage is to strengthen the capacity of foster caregivers in order to better support the mental, emotional and social development of children under the age of six. It is important that foster parents understand the importance of early childhood development and their pivotal role in supporting children and families during this critical stage. This project is aligned with the Ministry of Children and Family Development's commitment under the 'A Pathway to Hope' Mental Health Strategy whose cornerstone is child and youth mental health.

Healthy development in the early years provides the building blocks for lifelong health and wellbeing. Early intervention works. Intervention is likely to be more effective when it is provided earlier in life rather than later. The connections in a baby's brain are most adaptable in the first six years of life. Over time, these connections become harder to change or repair. Early intervention supports and services can change a child's developmental path and improve outcomes for children, families, and communities. Acting early gives a child the chance to receive appropriate supports and services, giving them the best chance for a positive future.

The **Early Years Resources page** is designed to be a one-stop resource for foster caregivers looking for information relating to early childhood development, mental health and neurodevelopmental challenges, and Indigenous cultural safety resources.

The resource page is split into three sections: (1) Why the Early Years Matter, (2) Mental Health and Neurodevelopment Challenges, and (3) Indigenous Cultural Safety Resources. The format is intentionally bite-sized—with easily accessible and digestible content—so that users can pick and choose the topics that they are interested in, meeting the needs of busy foster caregivers. Foster caregivers will also find several interactive tools which include **a free mobile microlearning course, quizzes, and downloadable tip sheets and worksheets.** While the intended audience is foster caregivers across the province of British Columbia, the resource page is also helpful for those who work with children under the age of six.



The **Early Years Resources page** will be updated on an ongoing basis, depending on resource updates, and new scientific research and evidence-based practices. The inclusion of resources is not an endorsement; it is up to each individual learner to determine which resource works best for them.

If you know of a great resource we should include in the Early Years Resources page, please email us at office@bcfosterparents.ca.

Why the Early Years Matter

Learn about the following topics in this section:

Epigenetics: Nature and Nurture

Five Domains of Early Childhood Development

Nutrition

Psychological First Aid

Secure Attachment

Serve and Return Interactions

The Power of Play

Trauma



Epigenetics: Nature and Nurture



Five Domains of Early Childhood Development



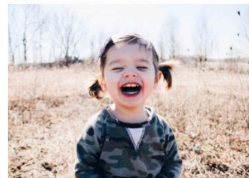
Nutrition



Psychological First Aid



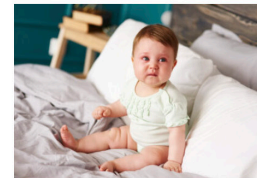
Secure Attachment



Serve and Return Interactions



The Power of Play



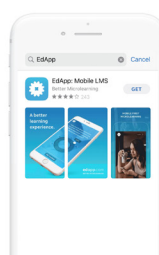
Trauma

Take our free mobile microlearning course!

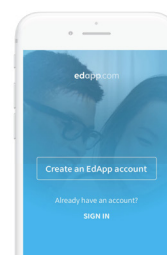
Our Early Years mobile microlearning course is available on **EdApp**. Simply follow the login guide (at right) and gain access to five modules with animated videos, narrated content and game-based knowledge tests.

Download your certificate upon successful completion of the course.

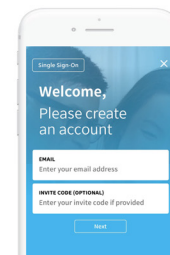
Login Steps



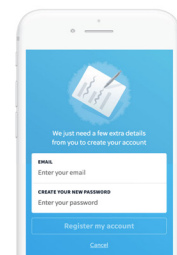
STEP 1
Search for **EdApp** in the App Store or Play store on your device, then install the app.



STEP 2
Open EdApp and swipe through the instructions. On the last screen, select **Create an EdApp Account**.



STEP 3
Enter **your invite code (BCFPA)**. Select **next** once you're ready.



STEP 4
Enter your details and agree to any terms before selecting **Register My Account**

edapp.com



Mental Health and Neurodevelopmental Challenges

Learn about the different mental health and neurodevelopmental challenges that children under the age of six can experience and be diagnosed with. Discover where to access supports and services, as well as additional resources. Please note that specific advice can only be given by professionals who are fully aware of the child's circumstances.

Anxiety

Attention Deficit

Hyperactivity Disorder

Autism Spectrum Disorder

Behavioural Disorders

Bipolar Disorder

Bullying

Depression

Eating Disorders

Emotional Dysregulation

Fetal Alcohol Spectrum Disorder

Grief and Loss

Obsessive-Compulsive Disorder

Post-Traumatic Stress Disorder

Self-harm

Somatic Symptom or Related Disorder

Tics and Tourette Syndrome



Anxiety



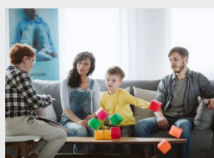
Attention Deficit Hyperactivity Disorder



Autism Spectrum Disorder



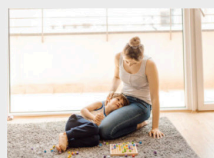
Behavioural Disorders



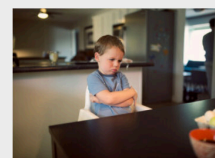
Bipolar Disorder



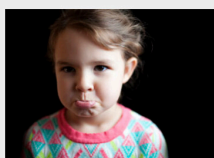
Bullying



Depression



Eating Disorders



Emotional Dysregulation



Fetal Alcohol Spectrum Disorder



Grief and Loss



Obsessive-Compulsive Disorder



Post-Traumatic Stress Disorder



Self-harm



Somatic Symptom or Related Disorder



Tics and Tourette Syndrome

Indigenous Cultural Safety Resources

It is the responsibility of foster parents to provide a culturally safe environment where a child can learn and practice their traditions, customs and language and belong to their Indigenous community. In this section, foster parents will find appropriate and meaningful resources that will increase their ability to provide culturally safe and respectful care. This section of the Early Years Resources page features Indigenous led and created resources.

Cultural Safety

Digital Resources

(includes podcasts, videos, reports and links to organizations)

Essential Reading

(includes books for children and adults that are written by Indigenous authors)

Federal Indigenous Child Welfare Legislation

Indian Act

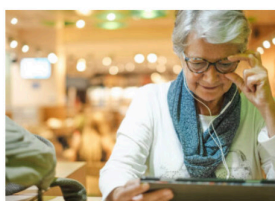
Online Training

Residential Schools

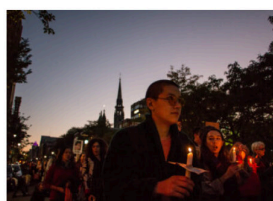
Sixties Scoop



Cultural Safety



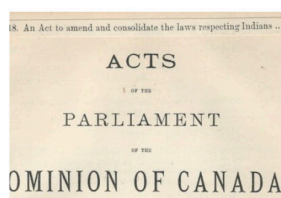
Digital Resources



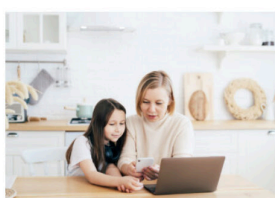
Essential Reading



Federal Indigenous Child Welfare Legislation



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Online Training



Residential Schools



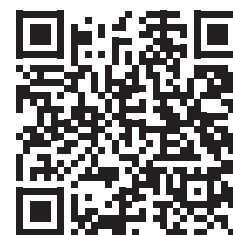
Sixties Scoop

BC Foster Parents Association

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Our work takes place on the traditional and unceded Coast Salish territories of the Kwantlen, Katzie, Matsqui and Semiahmoo First Nations. BCFPA is committed to reconciliation with all Indigenous communities, and creating a space where we listen, learn and grow together.



SCAN ME!

bcfosterparents.ca/the-early-years/