

## Foster Parent Newsletter Tłıchq̓ Region

July 2018  
Issue 5

### BCFS Contact

- Phone: (867)392-3005
- Fax: (867)392-3006
- Website: www.fcnwt.com
- Toll-Free Support Line: (867)223-0136
- Foster family coalition of the NWT office: 5125 50th Street

## Current News: July 2018

### Cookout Date

Unfortunately our June cookout was cancelled due to rain. Please join us at 5pm, Tuesday July 17th, for burgers and hotdogs at North Arm Park.

### Trauma Competent Caregiving

The Saskatchewan Foster Family Association Conference was held June 14-16, 2018. Facilitators discussed Trauma Competent Caregiving and the “Seven Essential Skills” caregivers need to develop in order to provide Safety, Permanency and Well-being for children in their care.

Caregivers:

1. Recognize the impact that trauma has on a child.
2. Help the child feel safe by maximizing the child’s sense of safety.
3. Help the child understand and manage overwhelming



emotions.

4. Help the child to understand and modify behaviours, and understand the impact of trauma and subsequent changes in the child’s behavior, development and relationships.
5. Support and promote positive and stable relationships in the life of the child
6. Help the child develop a strength-based understanding of his/her life story and make new meaning of their trauma history and current experiences.

7. Take care of him/herself and has willingness, ability, and understanding in evaluating their own personal response to the child’s behavior and unique needs.

Back2Back Ministries, Official Affiliate Trainer. [Conference handout, June 14, 2018]. Trauma Competent Caregiver. Training Series, Module 1, Participant Handout 3.

If you would like more information or handouts on Trauma Competent Caregiving, please speak to Denise Bailey, CSSW.

### Camp Connections

Camp Connections has finished Session 1 and the kids had a great time playing games, swimming, hiking and having cookouts and campfires. If your foster children has not yet been signed up, please contact the office to have them placed on the waitlist.



## Fostering Questions and Answers

### **Can I sign consent forms for my foster child to attend summer camps or school trips?**

Children in foster care may either under the care of the Director of Child and Family Services through a court order, or parents may have their parental rights intact. This means that either the social worker would sign consent forms on behalf of the Director, or parents have the legal authority to sign paperwork. If you are unclear what agreement your foster child is under, please ask.

### **What happens if I have over-**

### **night guests visiting this summer and they have not completed a criminal record check?**

Please call your social worker immediately, as it may be possible we can complete a verbal record check with the local RCMP station in emergency situations. It is preferable to complete criminal record checks on all adults over the age of 19 prior to guests staying overnight in your home.

### **What should I do if my foster child misses curfew?**

All children in your home are expected to follow the house-

hold rules. It is important to talk to your foster children and teenagers so everyone agrees to the rules when they enter your home; review rules often. If rules are broken, having agreed to consequences at the beginning will help make disciplining easier. Some suggestions for consequences are : a set period of time for loss of privileges, such as cell phone or video games; set an earlier curfew for a week; grounding to the home for a set period; or hold a family meeting to discuss your concerns and voice your caring.

## More News!

Goodbye

### **Staff Changes**

CSSW Kathleen Sydney will be moving on from her position as a Community Social Service Worker with Behchoko Child and Family Services. Please join us in wishing her farewell.

### **Travel**

If you are travelling, please let your social worker know well in advance of your trip so there is time to complete travel letters or apply for funding.

