



SUMMER IS FINALLY HERE

Welcome to the summer edition of the Northern Fostering News!

Summer has finally come to the North, and we are so excited to be welcoming in the warm weather! It's going to be a busy summer for us at the FFC. Camp Connections is in full swing. All spots have been filled, and we are excited to have what will hopefully be the best summer at Camp Connections yet!

We also have been working hard to get a new project up off the ground. This project deals with providing support to youth with Fetal Alcohol Spectrum Disorder, called the 4Y program.

Read on to learn more about Camp Connections, the 4Y program, and much much more!

5 Steps for Recognizing Strengths in Kids

All kids have strengths and challenges. It's natural to focus on things that aren't going well for your child and on skills that need improving. But it's just as important to see your child's strengths.

Knowing those strengths helps you build your child's self-awareness and self-esteem. You can also use



those strengths to work on challenging areas in ways that aren't as frustrating. Following these steps can help you recognize your child's strengths.

1) Consider different types of strengths.

Strengths can be large or small, visible or hidden.

2) Follow your child's interests.

Sometimes strengths come out as your child explores interests. Learn about ways to help your child pursue passions and discover new strengths. Keep in mind that exploring strengths can take some trial and error. Your child might not be good at something right away, and that's OK.

3) Help your child identify strengths.

Try making a strengths chain

with your child. (visit www.understood.com to learn how) It's a cool activity that lets your child see strengths in a tangible way.

4) Talk about strengths.

Keeping an open and honest dialogue about strengths (and challenges) can help both you and your child see and appreciate abilities.

5) Take note of your child's strengths and successes.

Watch your child in action and take notes on the successes (big and small) you notice and the strengths that helped your child succeed. (It helps to observe challenges, too.) It's a good way to be able to say, "Here's what I saw. You really did a great job with that."

SOURCE: WWW.UNDERSTOOD.ORG

PRIDE ONLINE TRAINING

Did you know that the Foster Family Coalition provides online training for current and potential foster parents? P.R.I.D.E or Parent Resource Information Development Education consists of a pre-service for potential and existing foster and adoptive parents as well as a core model for existing and potential foster and adoptive parents. This training is free, has no time limit, and can be completed in the comfort of your own home. Contact us either by phone, or by email at ffc@ffcnwt.com to get signed up!

FFC@FFCNWT.COM | 867-766-3326



HEALTH & WELLBEING FUND

Have you heard about our Health and Wellbeing Fund? This fund is to assist and aid families with the financial costs of various health needs of children and youth that are not involved with social services. Children and youth who are under 26 and involved with social services can apply.

This funding can be used for things like prescriptions, travel to/from medical appointments, vision care, medical therapy devices, and much more!

Check out our website to learn more and fill out an application at www.ffc Northwest.com

4Y Program

We are pleased to announce the start of a new program that will be available for youth in Yellowknife! Through the financial support that we have received from the Children's Aid foundation and the Youth mental Health fund, we are able to launch the 4Y program!

The 4Y Program will provide services to 10 youth ages 16-29. It's open to anyone who is living in Yellowknife, has experience in the foster care system (either currently in care or having come from care), is diagnosed with FASD, or is suspected of having FASD, wants to meet others who may have similar experiences or wants to learn new skills and improve confidence!

There will be an emphasis on financial competence, time management, and life skills development for the youth involved in the program. They will receive consistent support, providing them with the opportunity to capitalize on their strengths and find success throughout the rest of their lives. The FASD coordinator will work with the youth to create and execute a plan to help the youth achieve their goals.

For more information contact our office at 867-766-3326 or email us at ffc@ffc Northwest.com



HOW DO I KNOW IF MY CHILD IS TRANSGENDER?

Transgender means you identify with a different gender from the one you were assigned at birth. Gender nonconforming means your gender identity or expression doesn't go along with traditional ideas of just male or female — it could mean you identify with words like non-binary, genderqueer, or something else. Some adults use words like “gender expansive” or “gender creative” to describe children with non-binary gender expressions. While we don't know for sure how many people are transgender, recent research shows that about 1% of people in the U.S. identify as transgender, more than 1.5 million people.

So how do you know if your kid is trying to tell you that they're transgender or gender nonconforming, rather than just playing around?

Experts say that transgender kids tell you what their gender identity is in a way that's very definitive. Trans and gender nonconforming kids are:

Consistent: They don't go back and forth about their gender — they clearly identify with one particular gender identity.

Insistent: They feel very strongly about their identity, and get upset when they're told that they're not the gender they say they are.

Persistent: How they identify themselves stays over time.

So just because your little girl likes Bob the Builder better than Elsa from Frozen, or your little boy wants to wear a pink Dora the Explorer backpack, that doesn't necessarily mean they're transgender (and it doesn't mean they're gay, either). No matter what, the best thing you can do is support your little one in the way they want to express themselves and help them feel safe no matter what.

If you think your child might be transgender but don't know what to do, talking with a counselor or therapist who's familiar and supportive of LGBTQ identities is a good



HOW DO I KNOW IF MY CHILD IS TRANSGENDER?

idea. Talking with other families with trans or gender nonconforming kids can be helpful, too — for both you and your child. There are community groups like PFLAG which may be in your area, and there are also lots of parenting groups online.

It's also a good idea to talk to your child directly about their gender if you think they might be transgender or gender expansive. Ask them if they're a boy or a girl, and how they know that to be true. If they are transgender, giving them the power to wear what they want, have the haircut they want, and even use a name that reflects their gender are all going to be really important for them to feel safe, especially once they start going to school.

Trying to steer your kid toward a more typical gender expression if that's not their instinct does more harm than good. Being told that it's bad for boys to play with dolls or do ballet, for example, can make your kid feel ashamed and rejected. Over time, LGBTQ children who aren't supported by their parents tend to take greater risks with their health and suffer from mental health conditions at higher rates than children of supportive parents — so your love and understanding on these issues will be extremely important as your child grows up.

source: www.plannedparenthood.org



Camp Connections is in Session!

Camp Connections 2019 has officially begun! Our Camp Director, Jack has been hard at work training the camp staff, and getting everything organized and ready for this years round of campers. By the time you receive this newsletter the first session of camp will be well underway. We have both new and seasoned staff joining us this summer.

Nick Rivet will be back to do some soap stone carving as well as taking the campers on a canoe trip. Natasha McCagg will also be joining us again at Camp Connections to do yoga with the kids. We are so excited to have them back again! We also excited to have the Rainbow Coalition come out to camp to do a workshop on Gender & Diversity. Our FFC board member Chris Dewolf will be coming out to camp to do a jewelry making workshop. And Aboriginal Sport Circle NWT, will be coming out to do

some northern sports with the kids.

With great staff, and some amazing guests coming in to do stuff with the kids, we're sure that this summer at Camp Connections will be one of the best!



NWT FOSTER CARE SURVEY

Are you a foster parent in the NWT? If so, please consider taking a few minutes of your time to complete this Improving Foster Care in the NWT Survey. It will only take 5-10 minutes of your time, and will contribute valuable information to the Health and Social Services Authority about what needs to be improved upon. Please click the link to take the survey!

<https://www.surveymonkey.com/r/YC2JDP7>

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SUMMER ACTIVITIES

S U M M E R

100 DAYS OF FUN IDEAS FOR TEENS

COMMUNITY OUTREACH

We at the FFC are proud to announce that we will be starting to do outreach to foster parents in the NWT.

The Department of Health and Social Services has for the first time granted the FFC access to foster parent information. This means that we can now provide you all with better support and information.

Over the next few months we will be doing our first round of phone calls, which will be focusing on updating the information we have. We look forward to speaking with you!

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|-----------------------|--------------------------|----------------------|---------------------|
| 1. GO CAMPING | 28. HOMEMADE TWISTER | 51. MAKE A MOVIE | 76. FOOD TRUCK EATS |
| 2. DO A STAYCATION | 27. VISIT A FARM | 52. SEE FIREWORKS | 77. SCARY MOVIE |
| 3. MAKE FROZEN YOGURT | 28. SPONGE BALL FIGHT | 53. GO FISHING | 78. FONDUE NIGHT |
| 4. VISIT A WATER PARK | 29. WATER BALLOONS | 54. PLAY TETHERBALL | 79. PHOTOBOMB |
| 5. GO SWIM IN A POOL | 30. FARMER'S MARKET | 55. TAKE A DAY TRIP | 80. WATCH SUNSET |
| 6. OUTDOOR CONCERT | 31. POOL NOODLE FIGHT | 56. PLANT ANYTHING | 81. FLASHLIGHT TAG |
| 7. OUTDOOR MOVIE | 32. TOUR THE CITY | 57. GO TO THE MALL | 82. GAME NIGHT |
| 8. TACO BAR | 33. VISIT A UNIVERSITY | 58. PAINT WAR PARTY | 83. DOLLAR STORE |
| 9. BACKYARD BBQ | 34. MARSHMALLOW FIGHT | 59. GO ON A PICNIC | 84. COMIC BOOK SHOP |
| 10. GO TO LAKE /BEACH | 35. VISIT A MUSEUM | 60. ROLLERSKATING | 85. MEMORY JAR |
| 11. GO ON A HIKE | 36. DIY SPA DAY | 62. GO CART RACING | 86. VISIT A ARCADE |
| 12. VISIT THE ZOO | 37. VISIT HISTORY | 62. VISIT A CARNIVAL | 87. COLOR POWDER |
| 13. VISIT A WATERFALL | 38. PLAY LAND HOCKEY | 63. LEARN A DANCE | 88. SPAGHETTI TACOS |
| 14. GO TO A AQUARIUM | 39. DIY COSTUME | 64. HOT DOG STAND | 89. NIGHT SWIM |
| 15. FRISBEE GOLF | 40. HULA HOOP CONTEST | 65. PINTEREST DIY | 90. KEEP A JOURNAL |
| 16. RENT A PADDLEBOAT | 41. EAT AT A RESTAURANT | 66. FLY A KITE | 91. SCRAPBOOK |
| 17. READ A BOOK | 42. STARGAZE | 67. PHOTOGRAPHY HUNT | 92. MUD FIGHT |
| 18. PLAY SKEEBALL | 43. VISIT THE DOG POUND | 68. TIME CAPSULE | 93. PADDLEBOARDING |
| 19. GO BOWLING | 44. HELP WITH A CHARITY | 69. SQUIRT GUN PAINT | 94. DOODLE SHOES |
| 20. SEE A MOVIE | 45. FEED DUCKS | 70. TRAMPOLINE PARK | 95. MUD SOCCER |
| 21. MAKE FRITO PIE | 46. GOT TO A FESTIVAL | 71. GO GEO-CACHING | 96. PAINT TATTOOS |
| 22. TYE DYE SHIRTS | 47. EAT FUNNEL CAKE | 72. HOMEMADE PIZZA | 97. ROLLERCOASTER |
| 23. MINI GOLF | 48. FIND A VINTAGE STORE | 73. MAKE SNO CONES | 98. WATERSLIDE |
| 24. POOL VOLLEYBALL | 49. BOARD/RIVERWALK | 74. CHILDHOOD MOVIE | 99. BUTTERBEER |
| 25. PAINT A PICTURE | 50. MOVIE MARATHON | 75. RIDE A TRAIN | 100. MAKE MEMORIES |

Lynn Factor Stand Up For Kids Award

We at the FFC are excited to announce that our Executive Director, Tammy Roberts, has been nominated as one of the 6 finalists for the Lynn Factor Stand Up For Kids Award. This award recognizes extraordinary Canadians who have made an indelible mark on the child welfare landscape. As part of the Award, the winner and five finalists directed a total of \$75,000 in grants to enable and/or advance child welfare initiatives.

Tammy will be traveling to Toronto in September to be apart of the Stand Up For Kids Night, which is when the winner will be announced. We know you'll all join us in wishing her good luck!



TAMMY ROBERTS, EXECUTIVE DIRECTOR

Comfort Kits

Once again we are going to be distributing comfort kits to all the regions. Comfort kits are backpacks that kids receive when they come into care.

These backpacks are stuffed with age appropriate items that might help to bring a child a bit of comfort when coming into care. We have just received the backpacks and we'll be busy over the next two months buying everything we'll need to stuff them! Stay tuned in the following months for more information about our Comfort Kit Stuffing Party! It's a great opportunity to help out kids and youth in care, and have a great time while doing it!



Craft Corner

MILK CARTON BIRD HOUSE

You will need:

- clean & dry milk or juice carton
 - white paint
 - recycled cardboard
 - school glue
 - foam paintbrush
 - tissue paper squares in assorted colors
 - twine
 - wooden spoon
 - x-acto knife
 - mod-podge or spray sealer (optional)
- Give your recycled milk or juice carton a coat of white paint, so that package lettering won't show through the tissue paper.
 - Have the children coat the sides with glue and apply the tissue squares.
 - Gently brush the tissue squares down with the sponge brush so that all the edges are glued down and secure. Allow to dry.
 - To create the roof, fold a piece of chipboard (or recycled cardboard) in half width-wise. Cover the chipboard with glue and tissue paper squares. Set aside and let dry.
 - If necessary remove the plastic pouring spout with an X-Acto knife.
 - Cut an opening for the door - for a bird house do a small opening, for a bird feeder cut a large rectangular opening.
 - About an inch below the door use the X-Acto knife to cut two small slits in X shape and insert the handle of a wooden spoon to create your perch. Before you push it all the way back, add a generous dab of glue to securely attach the end of the soon to the interior back of the carton
 - On your roof piece, cut two small slits about 2" apart, and thread through teh ends of your twine. Tie a know securely on the underneath side so it won't show. Using the school glue attach the roof to your carton.
 - Put a couple coats of outdoor Mod Podge or spray varnish and hang them up outside.



CAR SEAT TECHNICIAN

The FFC now has two certified car seat technicians in the office! If you are unsure if your car seat is installed correctly or if you don't know how to install a car seat we'd be happy to help! We will help insure that your car seat is installed properly and fits your child or infant correctly.



You can book an appointment at 867-766-3326 or email us at ffc@ffcnwt.com

As always, we at the Foster Family Coalition are here to support you in your fostering or adoption journey. If you have any questions or concerns please contact us at
867-766-3326
toll free: 1-866-233-0136
info@ffcnwt.com