

You Know You Are a Foster Parent

You know you are a foster parent when ...

- You open your garage door and passing cars stop, thinking all the bikes, toys, and baby furniture means garage sale.
- You go to a Foster Care meeting and everyone drives vans or station wagons, except for the small cars that belong to the social workers.
- You get your exercise from walking or carrying the kids to time-out.
- The Walmart greeter asks which school you are from, and you reply, "We're a family."
- You spend more time with your washer and dryer than you do with your spouse.
- Your heart is bigger than your brain.
- Santa Claus gives you a key to a store and leaves milk, cookies, and Alka Seltzer for you.
- You watch your 2 week placement go from crib to junior high.
- Your local grocer tells you that if you ever move, he would like advance notice because he will have to lay off three employees.
- Your personal stash of children's clothing rivals that of the local Goodwill office.
- The term "basically a good child with a few problems" doesn't mean the same thing coming from a caseworker as it does in the real world.
- Saying goodnight resembles the end of the Waltons: "Night, John Boy ... Night, Mary Ellen ... Night, Lizbeth, etc."
- Light switches, toilet handles, and door knobs last one year or less.
- Your idea of a "social life" is talking to the checkers at the local Zellers.

Live-in House Parents

The Southern Homes Society needs live-in house parents (with up to one older child at home) to provide a caring home life for up to four special needs children, ranging in age from infancy to 17 years in a furnished home in Edmonton. Children have varying degrees of behavioural and/or emotional needs.



Remuneration will be paid and expenses reimbursed. Benefits include a furnished residence, 5 days monthly relief, consultation and professional development.

Some formal training and childcare experience is desirable, but equivalencies will be considered. Aboriginal couples or individuals are encouraged to apply. Successful applicants are required to complete child welfare and criminal checks.

We also need relief house parents with similar qualifications.

For more information,
contact Dennis Huculak at (780) 436-9181 (evenings).

Applications, including remuneration expectations, should be mailed to:

Dennis Huculak, Consultant, Southern Homes Society
11116 - 48 Avenue, Edmonton AB T6H 0C7

or via e-mail to denzel77@shaw.ca

MOVIES FOR MOMMIES

The Original Parent & Baby Film Event

Our program runs every Tuesday and doors open at noon in the brand new Parkland 7 Cinemas in Spruce Grove. The movie starts at 1pm. The admission price of \$9 includes one adult and any children less than 4 years of age. Regular matinee prices apply to children 4 years of age and older.



The program is run by MOMS for MOMS. The shows are for new parents/expecting parents. Movies for Mommies screens grown up movies in a baby friendly environment. Film volume is reduced to protect babies' sensitive ears. Older children are welcome, as well, at the parent's discretion. Dads, friends, caregivers and grandparents are all welcome to join in the fun too!

On Site Amenities & Fun Activities

Activities included in admission price:

- language classes
- music programs
- dance class
- fitness class



We offer:

- Stroller Parking
- Change table with free diapers & wipes
- A bottle warmer
- Free organic baby food or organic chips for older children
- Other great giveaways

For more information please visit:

www.moviesformommies.com

Finding the Right Bike

In the market for a new bike? When selecting bikes for kids, here are some basics to know:

Make sure to consider a child's age, maturity level, and the riding environment.

Before making any purchase, be sure that the child is in the age range recommended for the cycling gear.

Once you've brought the bike home:

Never carry a child younger than 1 year old on a bike, even in a child seat — a baby doesn't have the neck strength to wear a helmet or safely sit up in a seat.

When biking with your child, stick to areas you know are safe, like bike paths, parks, and streets with little or no traffic.

Everyone in your family should wear a helmet while riding. Make sure that helmets fit properly, and that any harnesses and belts are fastened securely.



Trailers

A trailer is one of the safest ways to take a young child for a bike ride, according to the American Academy of Pediatrics (AAP).

Hitched to the back of the adult bicycle, a trailer is a low, mesh-covered seat that's supported by two wheels for stability. The trailer's sturdy frame provides protection from accidents, and the child is riding far enough behind the rear wheel of the adult bike that the spokes are out of reach of little fingers. Trailers also sit fairly low to the ground, so if the adult bike falls over, the child in the trailer won't tumble very far. Remember: Only adult cyclists should tow young children.

Look for a trailer with a shoulder harness and lap belt to secure your child. The hitch that attaches to the adult bike should have a flexible joint that allows the trailer to stay upright if your bike falls. Make sure the trailer has reflectors, and attach a tall bright warning flag to the trailer for increased visibility.

Caution: The trailer is wider than the adult bike, so one of the trailer's wheels could slip off the road's edge if you're not careful. Also, the trailer could overturn after hitting a bump, if one wheel rides a curb, or if your bicycle turns sharply.

Child Seats

A child seat fastens above the rear wheel of the adult bike. While the AAP considers trailers to be the safest best, if a parent uses a child safety seat, these precautions can help reduce the risks of injury:

Look for a seat with a back high enough to support the child's neck and spoke guards that prevent the child's feet from touching the rear wheel and getting caught in it.

Seats should have a lap belt with a childproof buckle and a shoulder harness. **Caution:** The added weight of carrying a child in a child seat compromises the adult rider's ability to balance and handle the bike. It also increases the amount of time the adult needs to press on the brakes to stop the bike.

Trailer-Cycles

When a child outgrows a trailer or child seat but is too young to start riding independently, a trailer-cycle is a good option. A trailer-cycle looks like a small bicycle with no front wheel. It has a single wheel and attaches to the seat post of the adult bicycle. (When attached, it looks like a bicycle built for two!)

Trailer-cycles have working pedals, and some are equipped with gears so kids can practice starting, stopping, and balancing while watching the adult rider. **Caution:** If your child turns or pedals erratically, you'll have difficulty maneuvering your bicycle.

Biking Independently

Because kids mature at different rates, there's no magic age to introduce a child to a "big-kid" bike. In general, most 6-year-olds have the motor skills they need to mount and balance a bicycle on their own, even if it's with training wheels.

The first thing to look for when buying a bike for a child is the right fit, so take your child with you when you shop.

A bike is the right size when your child can sit on the seat with feet flat on the ground, with the handlebars no higher than the shoulders. The salesperson at the store should be able to help make sure the bike fits properly.

Other Considerations

Don't buy a bike that's too big, assuming that your child will grow into it. An oversized bicycle is dangerous and could lead to injury.

Bikes for younger kids (about age 7 or younger) should have coaster (or foot) brakes, not hand brakes.

Bikes for kids older than 7 should have foot and hand brakes. That way, kids can get used to using hand brakes before graduating to the bigger bikes that only have hand brakes.

If you're buying training wheels, be sure they can be adjusted as riding skills improve.

And make adjustments when your child outgrows a bike. When a bike is too small, kids have to stand up on the pedals, and can't balance as well or get in a position to ride it safely.

Having a bike that's safe — and a good fit — helps kids develop a love of bicycling that can last for life!

www.kidshealth.org Reviewed by: Kate Cronan, MD

Date reviewed: May 2007



Rules of the Road for Bike Riding

Here are some must-know safety tips to teach kids:

- Stop at all stop signs and obey traffic lights just as cars do. Yield to pedestrians, stop at red lights, and be especially careful at intersections.
- Always ride in the same direction as cars do. Never ride against traffic.
- Try to use bike lanes or designated bike routes whenever you can — not the sidewalk!
- Never ride at dusk or in the dark.
- Always stop and check for traffic in both directions when leaving a driveway, an alley, or a curb.
- Watch traffic closely for turning cars or cars leaving driveways.
- Don't ride too close to parked cars — doors can open suddenly.
- Always walk a bike across busy intersections using the crosswalk and following traffic signals.
- When riding in a group, always ride single file on the street.
- When passing other bikers or people on the street, always pass to their left and call out "On your left!" so they'll watch for you.
- Never share the seat with a friend or ride on the handlebars — only one person should be on a bike at a time. It's easy to lose balance or suddenly swerve into traffic when riding with a passenger.
- Never wear headphones while biking — it's essential to hear everyone else on the road at all times.
- Never stand up while riding a bike.
- Never hitch a ride on a moving vehicle.
- Never change directions or lanes without first looking behind you, and always use the correct hand signals. Use your left arm for all hand signals:
 - **Left turn:** After checking behind you, hold your arm straight out to the left and ride forward slowly.
 - **Stop:** After checking behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.
 - **Right turn:** After checking behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward slowly. Or, hold your right arm straight out from your side.

www.kidshealth.org



Children

We are responsible for children
who put chocolate fingers everywhere,
who like to be tickled,
who stomp in puddles and ruin their new pants,
who sneak popsicles before supper,
who can never find their shoes.

And we are responsible for children
who can't bound down the street in a new pair of sneakers
who are born in places we wouldn't be caught dead,
who never go to the circus,
who live in an x-rated world.

We are responsible for children
who bring us sticky kisses and fistfuls of dandelions,
who sleep with the dog and bury goldfish,
who cover themselves with Band-aids and sing off key,
who squeeze toothpaste all over the sink,
who slurp their soup.

And we are responsible for children
who never get dessert,
who have no blanket to drag behind them,
who watch their parents watch them die,
who can't find any bread to steal,
who don't have any rooms to clean up,
whose pictures aren't on anybody's dresser,
whose monsters are real.

We are responsible for children
who spend all their allowance before Tuesday,
who throw tantrums in the grocery store and pick at their food,
who like ghost stories,
who shove dirty clothes under the bed and never rinse out the tub,
who get no visits from the tooth fairy,
who don't like to be kissed in front of the carpool,
whose tears we sometimes laugh at, and
whose smiles can make us cry.

We are responsible for children
whose nightmares come in the daytime,
who will eat anything,
who have never seen a dentist,
who aren't spoiled by anybody,
who go to bed hungry and cry themselves to sleep,
who live and move, but have no being.

We are responsible for children
who want to be carried and for those who must,
for those we never give up on and
for those who don't get a second chance,
for those we smother, ... and
for those who sill grab the hand of anybody kind enough to
offer it.
By Ina Hughes

LINKS TO KIDS SITES

It's a good idea to provide some adult supervision while kids are surfing the internet. Here are some sites that both adults and kids can enjoy together:

www.ytv.com www.nick.com www.nhl4kids.com www.owlkids.com
www.sikids.com (sports illustrated for kids) www.timeforkids.com (Time magazine for kids)
www.crayola.com www.kidscrosswords.com www.scholastic.com
www.yucky.com kids.discovery.com www.freearcade.com
www.animalsoftherainforest.com www.nationalgeographic.com



LRCY

What the Heck is LRCY?

March 2008

LRCY stands for Legal Representation for Children and Youth. LRCY is a service that is provided to children and youth through the Office of the Child and Youth Advocate.

What services does LRCY provide?

LRCY appoints lawyers for children and youth in Alberta for any child from birth to 18 years who:

- is, or may be, subject to an application or appeal under the *Child, Youth and Family Enhancement Act* or the *Protection of Sexually Exploited Children's Act*; OR
- whose child is, or may be, subject to an application or appeal under the *Enhancement Act*.

Will LRCY provide a lawyer for a child/youth for every matter?

No, LRCY will carefully review the request for a lawyer and make a decision based on a number of variables such as:

- The child's age – children over the age of 12 years will be consulted about whether they wish to have a lawyer;
- The nature of the application and whether parties to the application are consenting; and,
- Whether other parties to the application are represented by a lawyer.

Will LRCY provide a lawyer for anything else?

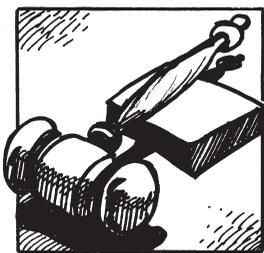
No, LRCY only provides a child/youth with a lawyer for matters under the *Child, Youth and Family Enhancement Act* or the *Protection of Sexually Exploited Children's Act*. LRCY does not provide a child/youth with a lawyer for matters under the *Family Law Act* (e.g. custody), criminal or civil matters however, Alberta Legal Aid may.

Does the child/youth have to pay for this service?

No, there are no user fees.

Why is it important for my foster child/youth have a lawyer?

Children should have a voice in proceedings affecting them. Quality legal representation for children/youth ensures the child/youth's legal interests are considered and their views and preferences are presented to the court.



How can we access LRCY Services?

Anyone can make the request for a lawyer for a child/youth. A court order is not needed.

There are two ways to make a request:

1. Call the LRCY office toll free at 1-888-890-2020 or in Edmonton at 644-6951
2. Fill out a Request for Lawyer form and send it in to LRCY by either fax (780-644-6951) or by regular mail.

The form is on the LRCY website at www.gov.ab.ca/LRCY

What will a lawyer do?

A lawyer appointed through LRCY is only for the child/youth and no one else. They will:

- Meet with the child/youth
- Explain the Court process to the child/youth in a way that they can understand;
- Represent the child in the Court/Appeal process, and in any negotiations between the parties
- Make sure the child's voice is heard in all Court proceedings and,
- Explain the Judge's decision to the child and discuss with them how it will affect the child/youth.

Will the Judge do what the child/youth wants?

No, it is the Judge's job to make the decision that he/she feels is in the child/youth's best interest. So, although the decision may not be what the child/youth wanted, the law says the child's views must be taken into account in that process.

What can I do?

You should make sure that the child/youth in your care is aware of LRCY services and support him or her in accessing it. If the child is over the age of 12 years, LRCY will need to speak directly to the youth to make sure that he or she approves of having a lawyer.

Once the child/youth has a lawyer you can help by:

- Reminding the child/youth of an appointment with the lawyer;
- Transporting the child/youth to meeting with a lawyer or to court; and,
- Assisting the young person to be a good consumer of legal services. This could include: helping the young person to understand what he/she can expect from a lawyer or, helping the young person identify the questions he/she would like to ask the lawyer.



Helping Kids Handle Worry



Kids don't have to pay bills, cook dinners, or manage carpools. But — just like adults — they have their share of daily demands and things that don't go smoothly. If frustrations and disappointments pile up, kids can get worried.

It's natural for all kids to worry at times, and because of personality and temperament differences, some may worry more than others. Luckily, parents can help kids manage worry and tackle everyday problems with ease. Kids who can do that develop a sense of confidence and optimism that will help them master life's challenges, big and small.

What Do Kids Worry About?

What kids worry about is often related to the age and stage they're in.

Kids and preteens typically worry about things like grades, tests, their changing bodies, fitting in with friends, that goal they missed at the soccer game, or whether they'll make the team. They may worry about social troubles like cliques, peer pressure, or whether they'll be bullied, teased, or left out.

Because they're beginning to feel more a part of the larger world around them, preteens also may worry about world events or issues they hear about on the news or at school. Things like terrorism, war, pollution, global warming, endangered animals, and natural disasters can become a source of worry.

Helping Kids Conquer Worry

To help your kids manage what's worrying them:

Find out what's on their minds: Be available and take an interest in what's happening at school, on the team, and with your kids' friends. Take casual opportunities to ask how it's going. As you listen to stories of the day's events, be sure to ask about what your kids think and feel about what happened.

If your child seems to be worried about something, ask about it. Encourage kids to put what's bothering them into words. Ask for key details and listen attentively. Sometimes just sharing the story with you can help lighten their load.

Show you care and understand. Being interested in your child's concerns shows they're important to you, too, and helps kids feel supported and

understood. Reassuring comments can help — but usually only after you've heard your child out. Say that you understand your child's feelings and the problem.

Be sure to hear about the upbeat stuff, too. Give plenty of airtime to the good things that happen and let kids tell you what they think and feel about successes, achievements, and positive experiences.

Guide kids to solutions. You can help reduce worries by helping kids learn to deal constructively with challenging situations. When your child tells you about a problem, offer to help come up with a solution together. If your son is worried about an upcoming math test, for example, offering to help him study will lessen his concern about it.

In most situations, resist the urge to jump in and fix a problem for your child — instead, think it through and come up with possible solutions together. Problem-solve *with* kids, rather than *for* them. By taking an active role, kids learn how to tackle a problem independently.

Keep things in perspective. Kids sometimes worry about things that have already happened. That's where parents can offer some big-picture perspective. Maybe your daughter got a really bad haircut that sent her home in tears. Let her know you understand how upset she feels, then remind her that her hair will grow and help her come up with a cool new way to style it in the meantime. If your son is worried about whether he'll get the lead in the school play, remind him that there's a play every season — if he doesn't get the part he wants this time, he'll have other opportunities. Acknowledge how important this is to him and let him know that — regardless of the outcome — you're proud that he tried out and gave it his best shot.

Without minimizing a child's feelings, point out that many problems are temporary and solvable, and that there will be better days and other opportunities to try again. Teaching kids to keep problems in perspective can lessen their worry and help build strength, resilience, and the optimism to try again. Remind your kids that whatever happens, things will be OK.

Make a difference. Sometimes kids worry about big stuff — like terrorism, war, or global warming — that they hear about at school or on the news. Parents can help by discussing these issues, offering accurate information, and correcting any misconceptions kids might have. Try to reassure kids by talking about what adults are doing to tackle the problem to keep them safe.

Added reasons to join the AFPA:

Special pricing is available to AFPA Members at The Brick and West Edmonton Mall (Choice Passes). AFPA Members also save 5.5 cents per litre off gas at Hughes Car Wash and Gas Diesel Bar with a Hughes card.

<h1 style="margin: 0;">MEMBERSHIP APPLICATION</h1> <p style="margin: 0;">January 1, 2008 -December 31, 2008</p>		 <p style="margin: 0;">ALBERTA FOSTER PARENT ASSOCIATION</p>
<p>NAME _____</p> <p>NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____ PROVINCE _____</p> <p>POSTAL CODE _____</p> <p>TELEPHONE _____</p> <p>DATE _____</p> <p style="text-align: center; margin-top: 20px;">PLEASE COMPLETE ALL AREAS TO ENSURE ACCURATE INFORMATION TYPE OR PRINT</p> <p style="text-align: center; margin-top: 10px;">RETURN FORM AND MEMBERSHIP FEE TO: Alberta Foster Parent Association Suite 102, 9622-42 Avenue Edmonton, Alberta T6E 5Y4 Local phone (780) 429-9923 Phone: 1-800-667-2372 -Provincial Fax: (780) 426-7151</p>	<p>PLEASE MARK X IN THE APPROPRIATE BOX <input type="checkbox"/> NEW <input type="checkbox"/> RENEW</p> <p>INDICATE CLASS OF MEMBERSHIP WITH X IN THE CORRECT BOX</p> <p><input type="checkbox"/> DEPARTMENT FOSTER HOME Regional Authority Name _____ Regional Authority Number _____ Classification _____</p> <p><input type="checkbox"/> AGENCY FOSTER HOME Name of Agency _____</p> <p><input type="checkbox"/> ASSOCIATE MEMBER</p> <p><input type="checkbox"/> SUPPORT MEMBER</p> <p><input type="checkbox"/> HONORARY MEMBER</p> <p>Method of Payment <input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA <input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE</p> <hr/> <p style="text-align: right;">Expiry Date _____</p> <p>Credit Card Number _____</p> <p>Authorized Signature _____</p>	

CLASS OF MEMBERSHIP

1. Department Foster Home Member: children are placed through the department.
2. Agency Foster Home Member: children are placed through an agency.
3. Support Member: friends of foster care who are not foster parents.
4. Associate Member: individual government staff members in the Department of Family and Social Services or a staff member of a partnering agency.
5. Honorary Member: appointed lifetime members of the AFPA (fee waived).

The membership fee is \$50.00 per household per year (one card for each parent will be issued). A fee of \$10.00 will be charged for all NSF cheques. If you would like your membership card laminated, please enclose an additional \$0.75 per card.



CANADIAN FOSTER FAMILY ASSOCIATION

Donor Membership Application
 April 1, 2008 to March 31, 2009

New Member: Renewal:

Foster Family: Social Worker: Other:

Name(s): _____

Address: _____

City/Town: _____ Prov./Terr: _____ Postal Code: _____

Phone: () _____ Fax/Email: _____

Family Membership Fee: \$20.00 or \$100.00 for 6 years:

Method of payment:

Cheque: Visa/MC# _____ Expiry Date _____

Money Order:

A Receipt for Income Tax Purposes Will Be Issued
 - Revenue Canada #137467726 RR0001

Mail this form and membership fee to:

CANADIAN FOSTER FAMILY ASSOCIATION
 c/o Norm Brownell
 Alberta Foster Parent Association
 Suite #102, 9622 – 42 Avenue
 Edmonton, AB T6E 5Y4

Tel. 1-800-667-2372
 Fax (780) 426-7151