



Network News

Spring 2006, Issue 10

A Note to Readers

by Beverly Palibroda

Greetings to all. You may have noticed we have recently changed our name to the FASD Support Network of Saskatchewan Inc. The new name reflects current terminology while remaining true to the original commitment of providing support and creating connections with others.

Since summer is right around the corner, this issue has ideas for fun summer activities as well as useful strategies to promote success throughout the summer. We have included useful ideas for transitioning from one school year to the next. This probably will not surprise parents and caregivers of persons with FASD, you know the importance of planning ahead!

We hope you enjoy this issue of *Network News*, our quarterly newsletter.

Did You Know???

Call the Network for more information about the news and events.

FASD Support Network of Saskatchewan Annual General Meeting

John V Remai Centre Boardroom, Saskatoon, Saskatchewan
June 3, 2006

The Canadian Metis Heritage Corp. Marguerite Riel Centre in Partnership with Red River College is offering the Applied Studies in FASD this fall.

A one year Certificate Program is being offered in Melfort, Saskatchewan. For more information call Debra Edin at 752-4950.

This is a great opportunity to receive certification in the human services field specific to supporting persons with FASD.

Community Resources has expanded the DISABILITY RENTAL HOUSING SUPPLEMENT to include persons with a cognitive or intellectual disability.

The supplement will help with the higher rental costs associated with acquiring the type of housing needed. Application can be made by telephone, website, or by requesting a paper form to fill out. Phone: 1-888-488-6385 toll free or 787-4723 in Regina. See page 4 for details.

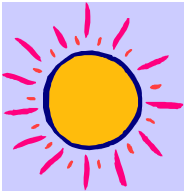
Pictorial Materials Available

A set of ten pictorial FASD Tips is now available. The information is great for busy parents and caregivers, persons with lower literacy, visual learners, and parents who are affected by FASD. Call the Network to order your copies.



FASD Support Network of Saskatchewan Inc.

510 Cynthia Street
Saskatoon, SK S7L 7K7
975-0884 Toll free number 1-866-673-FASN (3276)
fasdnetwork@sasktel.net
www.skfasnetwork.ca



Ideas for Fun and Success Through Summer

Each summer there are lots of fun events held all over the province. There are too many to list or even to attend, but I want to highlight a few resources that can help you in planning your summer fun.

Are you looking for a summer camp for your child or teen? Visit www.saskcamping.ca for a description of summer camps in all regions of Saskatchewan. You might find our FASD Tip #16 (available on our website), *How You Can Help Children with FASD be Successful at Camp*, or the booklet, *Supportive Strategies for the Staff of Children's Summer Camps and Recreation Programs*, useful as you prepare to send your child to camp. Call FAS Bookshelf (604) 942-2024 for the booklet.

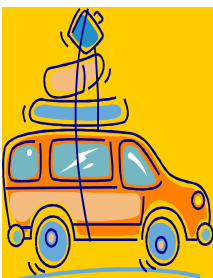
Do you need a source of information about community events? www.sasktourism.com/ has a searchable database of community events. You will not be disappointed, there are sports, music, cultural events and more.

Are you looking for a one stop guide to family fun? Visit the Virtual Saskatchewan website. This is an online magazine focusing on the people and attractions of Saskatchewan. You will find links to maps, events, parks, tourist attractions, and interesting Saskatchewan folks. Warning...this site just may take you off the beaten path. While visiting this site, be sure to check out the archives section for fascinating articles! www.virtualsk.com/

Hints from other parents for fun and success through the summer:

Focus on your child or teen's strengths. If they like activity, music and dancing attend an outdoor music festival.

Even when attending special events, try to maintain some of the usual structure and routine during the day, such as usual mealtimes and bedtimes.



Encourage your child or teen to take a comfort item along. This can be a toy, headphones and music, or paper for drawing, pillow or blanket.

Phone ahead to learn more about the facility and the planned activities. Accommodations may be made so the event is accessible for people with diverse needs.

Consider the Rights of the Caregiver

Many of the readers of the Network News are busy parents, caregivers and support persons. It is easy for parents and caregivers to focus all energy and resources on others and not on themselves. The needs seem so great and it is hard to say no; it may almost become a habit to put yourself last. Please don't! It is good practice to care for yourself and take the time you need to feel better about what is going on in your life and the lives of your loved ones. We at the Network encourage you to care for yourself and allow others to care for you. As a parent, caregiver, family member or support provider you too have a right to be healthy and happy this summer. You have a right to have fun, get your feet dirty, have a laugh with a good friend, go for a bike ride, or have a nice supper out. Take a moment to consider the *Caregiver's Bill of Rights*. Think about your rights and even jot down a few ideas of your own.

A Caregiver's Bill of Rights

Author unknown

I have the right:

- To take care of myself. This is not an act of selfishness. It will give me the capability to take better care of my family.
- To seek help from others even though my family may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the persons I care for. I have the right to do some things just for myself.
- To get angry, be depressed and express other difficult feelings occasionally.
- To reject any attempt by my family (either conscious or unconscious) to manipulate me through guilt, anger or depression.
- To receive consideration, affection, forgiveness and acceptance for what I do from my beloved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of others.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my family no longer needs my full-time help.

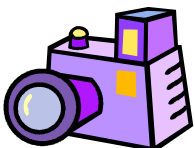


Strategies and Interventions: Planning for the next school year

A transition means to make a change or shift. We all experience transitions throughout our days, weeks, and throughout our lives. Transitions can be really hard for persons with FASD. They will need extra support and tools to work through the changes. Remember, every child or teen is different and what works for one may not work for all.

If we think of a transition as having a beginning, middle, and an end, the end of one school year is the beginning of the transition, the summer the middle and the next school year is the end of that transition. It is wise for parents, caregivers, and those in the circles of support of children and youth with FASD to provide support during the transition from one school year to the next. It will take a bit of planning and some effort, but there are a few things you can do to say farewell to this school year and work through the change to the next school year.

- Provide warning of the change with the aid of **Cues**. **Visual Cues** (use pictures, charts, signs), **Auditory Cues** (repeat clear and simple phrases, songs), and **Action Cues** (physical actions that help to understand change, moving an item to the new room) will all help.
- Go together to meet the new teacher in the new classroom.
- Visit the new classroom; take some time to look around and let your child or teen get familiar with the space.
- Find the entrance, boot rack, locker room, lunch room, etc.
- Take pictures of all the new spaces (this has become easier with the availability of digital cameras, if you don't have one, ask around the school).



- Create a transition book. Use the pictures of the new people and places along with simple statements such as: this is my grade 4 teacher along with a photo.
- Review the transition book throughout the summer.
- If a school communication book is used, put one away and start a new one, this gives opportunity to physically end the abstract concept of the school year.



- Physical actions such as shutting out lights, moving a personal item to the next room, or sitting in a new desk can also make the abstract idea more concrete.
- Use a large wall calendar to help understand passage of time through summer.
- Talk about change; use short simple explanations and answer questions, but be aware of not dwell on the change to the point of causing stress.
- Draw pictures, tell a story, or role play to help understand changes.
- If your child or teen is upset or anxious about the new school year use comforting and calming activities.
- Support your child or youth with this big change.
- Be patient.
- Encourage her or him; be positive and build on strengths.



With creativity you will think of other things that you and your family can do to help the transition from this school year to the next. Do what works with your child or teen.

Good Luck.



Finding Perspective...Raising Successful Children Affected by Fetal Alcohol Spectrum Disorder—A Parent's Guide to Creating Prevention Strategies and Intervention Techniques Using the OBD (Organic Brain Dysfunction) 3 Step Plan of Action! By Liz Lawryk and Parents Everywhere

A review of this book was included in the Spring issue of *Living with FASD*. We gave the list price of \$42.95. This book is actually available for **\$26.95**. You can order directly from the website, by telephone, or by mail.
www.obdtriage.com

OBD Triage Institute Inc.
Box 1289
Bragg Creek, Alberta, Canada
TOL OKO
(403) 949—3991

DISABILITY RENTAL HOUSING SUPPLEMENT

The Disability Rental Housing Supplement is available to single individuals, couples without children, and families living in rental housing. To qualify, at least one member of the family will have a disability. Disability includes physical, intellectual, cognitive and mental health disabilities. The supplement will help with the higher rental costs associated with acquiring the type of housing needed. Up to \$151 per month is available. Individuals and families must apply for the Disability Rental Housing Supplement. Applications are available at your local Community Resources office, on the website, can be completed by telephone, or can be sent to you by calling and requesting a paper form to fill out.

Phone: 1-888-488-6385 toll free or 787-4723 in Regina

Website: <http://www.dcre.gov.sk.ca>

Living with FASD Publication

The Spring issue of the Network's twice yearly publication, *Living with FASD*, is now available. Every issue contains a blend of relevant up to date provincial, national, and international news and research related to FASD.

The Spring issue is a special 16 page edition with feature articles highlighting a series of workshops held this past winter. The articles summarize theoretical knowledge of FASD and Social Services, Justice, Employment, and Mental Health and Addictions. Perhaps most importantly, the articles include actual interventions and strategies that can be incorporated into the practices of persons working in those specific sectors of human services.

We are proud of the publication and have had great feedback. If you are interested in receiving the publication, it is available through membership with the FASD Support Network of Saskatchewan for a yearly fee of \$15.00. Benefits of membership include receiving:

- *Living with FASD* publication twice yearly
- *Network News* distributed 4 times yearly
- A complete set of 16 FASD Tips for Parents and Caregivers
- A complete set of 10 FASD Tips in pictorial format
- Information sheets and support materials
- As well, by becoming a member you will help the Network to grow stronger and advance our vision for individuals with FASD and their families to recognize themselves as safe, supported, valued and contributing members of the community.

To become a member fill out the form on this page and mail the form along with your \$15.00 fee to the Network; contact information on page 1.

Membership Form

____ I wish to become a member of the FASD Network.

____ I am a parent or caregiver of an individual with an FASD. I will have voting privileges.

____ I am enclosing my \$15.00 membership fee.

I am enclosing a donation of \$_____ (charitable receipt requested)

Name: _____

Address: _____

Town/City: _____

Province: _____

Postal Code: _____

Phone: _____

Fax: _____

Email: _____

