

Resource Room News

A Publication of The Family Resource Room at
Kinsmen Children's Centre
Spring Newsletter 2006 Volume 4, Issue 1

Partners with Families Helping Children

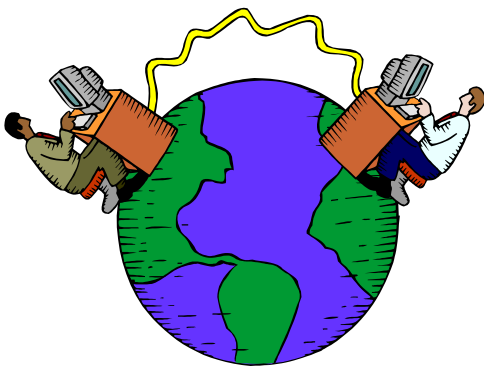


What's New?

The Cognitive Disabilities Strategy is a provincial initiative to address the unmet needs of people with cognitive disabilities. The criteria for people to access this strategy are as follows:

- Significant limitations in learning and processing information. Individuals are limited in retaining knowledge, learning skills, making decisions, and communicating with others.
- Behavior challenges which result in limited inter-personal, social and emotional functioning.
- Developmental challenges which limit capacity to adapt to daily living in areas such as self-care, independence at home, in the community, and at work, or leisure.
- Limitations and impairments that are persistent and long-term.
- Have unmet needs.

To access help from the Cognitive Disabilities Strategy one must first complete a request for support form. The request is reviewed by an intake team. If the criteria are met the intake team will initiate the formation of a plan in order to meet the needs of the individual. After exploring existing services there is a possibility to put forth a request for funding. Contact Cathy Deneiko at **655-1019** for more information on the Cognitive Disabilities Strategy.



Did you know...

Ability Online, was originally created in 1991 to meet the social and emotional needs of children and youth with various disabilities and/or illnesses? Membership is available through the Family Resource Room.

Ability Online has expanded and is offered free of charge to any child/youth with or without a disability, friends, family members, caregivers and professionals. It is open to all ages with online support and ongoing monitoring 24/7 from carefully screened volunteers to help

ensure a secure and safe place to share your thoughts and feelings. Any misuse of the program will result in cancellation of membership.

Ability Online can be accessed from any computer that is connected to the Internet. There is now a "Homework Help" feature, with online tutoring available for school work. Soon a job readiness portal, providing online learning opportunities for resume writing, interview skills and more will be added. To sign up or for more information contact the Family Resource Room at **655-6871** or go to **www.abilityonline.org**

Who Are The Family Resource Room Advisory Team?

The Family Resource Room is a collaborative endeavor involving a dedicated group of community agencies. Families and caregivers who have a child with a disability need information on their child's condition. The Family Resource Room is your place to find current information on conditions, as well as programs and services available for help and support. The Family Resource Room Advisory Team is comprised of the following:

- Alvin Buckwold Child Development Program: 655-1070
 - Alvin Buckwold & Prairie Hills Early Childhood Intervention Program: 655-1083
 - Autism Services: 665-7013
 - Epilepsy Saskatoon: 665-1939 Toll Free: 1-866--EPILEPSY
 - Radius Acquired Brain Injury Community Integration Service: 665-0362
 - Saskatchewan Cerebral Palsy Association: 955-7272
 - Saskatchewan Association for Community Living and John Dolan Resource Centre: 955-3344
 - Saskatchewan Fetal Alcohol Support Network: 975-0884 Toll Free: 1-866-673-3276
 - Saskatoon Association for Community Living: 652-9111
 - Spina Bifida & Hydrocephalus Association of Saskatchewan North: 249-1362 Toll Free: 1-800-565-9488
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The Family Resource Room Advisory Team News

Autism Treatment Services of Saskatchewan:

The name of Autism Treatment Services of Saskatchewan has changed to **Autism Services**. The winter 2006 program schedule is under way. There are recreation, education, social and therapeutic programs offered as well as parent education groups. Classes and activities this year include bowling,



Taekwon Do, parent respite, and a parent/child dog obedience class in partnership with the Paws' n Train dog obedience school. Piano lessons and social programs such as the Guys Club and Friend to Friend round out a very full winter offering. In addition there are therapeutic programs to foster positive social skills and friendship development.

Epilepsy Saskatoon:

The Coffee Club is a great place to meet others whose lives are touched by epilepsy. If you would like to come for coffee and share in fun and friendship please call **665-1939**. There is also an email support group for parents of children with epilepsy, as well as for teens and adults who have epilepsy.

March is Epilepsy Awareness Month across Canada. There are a number of

events coming up soon to celebrate and raise funds for Epilepsy.

Here is Epilepsy Saskatoon's 2006 event schedule. You are most welcome to attend. Please call the office for more details, registration and tickets.

Epilepsy Saskatoon Events:

- Valentines Bake Sale: February 14th at St. Paul's Hospital from 9:00am to 3:00pm or until treats are sold out.
 - Dinner/Silent Auction Fundraiser: March 09th at the Odeon Events Centre. Doors open at 5:00pm. Tickets on sale now.
 - An Epilepsy Workshop will be held at Kinsmen Children's Centre March 25th at 09:00am-12:30pm. Childcare is available. Please call to register in advance. Information will be presented on drugs used in epilepsy, teen diagnosis, (see page 3)
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SGI: driving policy on epilepsy and more.

- Garage Sale: May 6th at 3153 - 11th Street West in Montgomery rain or shine. Please call to donate items.
- Bar-be-que: June 4th at Sobey's in Preston Crossing

Radius Acquired Brain Injury Community Integration Service:

Brain Walk is back in action again. It is an educational program for students taken into the schools, at no charge, to increase awareness of people with disabilities. Topics dealing with brain injury are explored through hands on educational activities. Safety and prevention of injury are emphasized through an interactive display of 10 stations where kids have an hour to work their way through each station. The target ages are from kindergarten to grade six and there have been as many as 240 students go through the Brain Walk in one day.

The "Core Neighborhood Youth Co-op is an inner city outreach group with projects, services and resources for youth. They now have a newsletter out called: "A Word on the Street" and are looking for youth to participate and contribute to the newsletter. For more information or to book a Brain Walk at your school call **665-0362**.

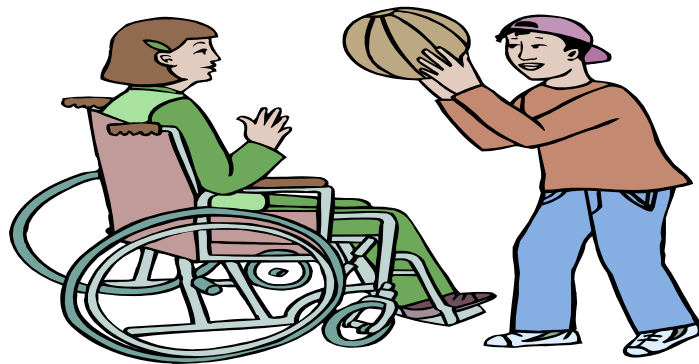
The Saskatchewan Cerebral Palsy Association (SCPA):

Fundraising is ongoing in the form of Great Canadian Stationary Bike Races held across the province. The next races will be February 27th-March 3rd, 2006. Funds raised go to help individuals with Cerebral Palsy and their families. For information contact the office at: **955-7272 or 1-800-925-4524**. Upcoming races include the College of Commerce Student's Society All College Challenge March 2, and Aberdeen School Stationary Bike Race March 24, 2006.

SCPA IS LOOKING FOR SOME CAMPERS & A FEW GREAT PEOPLE TO DRIVE CAMPERS TO AND FROM CAMP CRITTER THE SUMMER OF 2006

Camp Critter is a completely wheelchair accessible day camp designed especially for children aged 4-8 who have Cerebral Palsy or other neuro-motor disabilities. Some use wheelchairs others do not. There will be morning and afternoon sessions. Campers will need to be picked up at their homes and driven to Mother Theresa Pre-School by 9am and returned home at 11:30am. The afternoon campers are to arrive by 1:00pm and returned at 3:30pm, Monday to Friday for seven weeks.

The SCPA has it's own special needs van with newly donated tie downs. The cost and availability of suitable transportation is an ongoing problem for persons who



have a disability. SCPA is asking for your help in making activity options available for these children. Please contact our office at **955-7272 or 1-800-925-4524** for more information or to add your name as a volunteer driver.

Saskatchewan Fetal Alcohol Support Network:

The organization name will change to the **Fetal Alcohol Spectrum Disorder Support Network of Saskatchewan (FASD Network of Saskatchewan)**. Training is ongoing for front line people who work with those who have FAS including professionals, families, and support workers. The office is busy developing a new brochure and seven new pictorial tip sheets. The tip sheets are full of practical suggestions that may be helpful when dealing with the behaviors and other issues that affect people with FASD. The tips sheets and can be downloaded from the website **www.skfasnetwork.ca**

There is a need for more funding for resources and supports for families. Parent/caregiver support groups in Regina and Saskatoon have been successful. The deadline to register for the FASD Parent Support Program was extended. There will be more teaching and peer support groups. These include the Supported Housing Project, Education and Employment, Social Services for Persons with FASD, Concrete Language Workshops, and the Canada Northwest Fetal Alcohol Spectrum Disorder Partnership Conference. For more information on dates and registration for programs in February please call as soon as possible to the office at **975-0884 or 1-866-673-3276**.

For more information about Fetal Alcohol Spectrum Disorder education programs in Saskatoon for parents, caregivers, service providers and the public please contact the White Buffalo Youth Lodge at 956-2518 or email: fasdoffice@sasktel.net and student_clinic@yahoo.ca

Saskatchewan Association for Community Living (SACL):

Funding was approved for the automated library catalogue system which is up and running in the John Dolan Resource Centre in Saskatoon. The new system allows the public to go online and see if a book they may be looking for is available at resource libraries linked by the new system. (see page 4)

The Family Resource Room at Kinsmen Children's Centre and the Autism Services resource library are also expected to be linked onto this system hopefully very soon. For more information and current online access contact the John Dolan Resource Centre at SACL 955-3344.



Saskatoon Association for Community Living:

In addition to respite services for parents and caregivers the Saskatoon Association for Community Living continues many support and advocacy programs for persons with intellectual disabilities. Assistance is available for families in education, residential and employment placements, and transition planning for the family member with an intellectual disability (i.e., Down Syndrome, Developmental Delay, and Autism). There are also monthly recreational activities and counseling services. They can be reached at 652-9111.

Spina Bifida & Hydrocephalus Association of Saskatchewan North:

The education day held in September went well. Dr. Bruce and Dr. Weckworth gave talks, describing new procedures and medications. Vendors of medical products for those with Spina Bifida were on hand, having set up tables in the display area, so that families could see the latest products available. The Family Resource Room (FRR) display was well received. People commented that they were impressed with the resources and information available to them from the FRR.

Winter programs are in progress, which include swimming lessons. Most of the children take part in sports provided by The Saskatchewan Wheelchair Sports Association. Activity Programs are open to children with disabilities as well as able-bodied. For more information contact Saskatchewan Wheelchair Sports at 975-0824.

Gentle Teaching

Gentle Teaching is a non-violent approach for helping people with challenging behaviors and/or special needs. Gentle Teaching focuses on four primary goals of care-giving:

- Teaching the person to feel safe with us
- Teaching the person to feel unconditionally loved by us
- Teaching the person to feel loving towards us
- Teaching the person to engaged with us.

Gentle Teaching is based on a psychology of human interdependence. It asks us, as caregivers, to find ways to express warmth and unconditional love toward those we serve without expectation of reciprocity. It forces us to examine our desires to form feelings of companionship and community with those who've been pushed to the furthest edge of society.

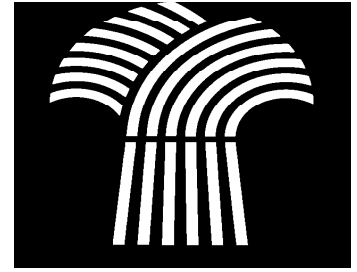
The opportunity to learn this approach is available Wednesdays at 6:30pm-9:30pm from February 8th to March 8th and again Mondays 6:30pm-9:30pm from March 27th to May 01st. To register contact Tim Jones at 222-3958 or email : Gteducators@shaw.ca



Foster Families Needed

Children and Youth are our greatest resource...

Let's work together to ensure they will be there for us tomorrow, **by being there for them today!** As a member of your community, you can offer your skills and support by working with the Community Resources and Employment to help children and youth in need of a home. If you have the interest and the ability to offer your home to children and/or youth, please contact the Saskatoon office at: **(306) 933-6018**



Building Your Child's Self Esteem: by Vincent Iannelli, M.D.

Most parents have heard that "an ounce of prevention is worth a pound of cure" and it's especially true with self-esteem in children. All children need love and appreciation and thrive on positive attention. Yet, how often do parents forget to use words of encouragement such as, "that's right," "wonderful," or "good job"? No matter the age of children or adolescents, good parent-child communication is essential for raising children with self-esteem and confidence.

Self-esteem is an indicator of good mental health. It is how we feel about ourselves. Poor self-esteem is nothing to be blamed for, ashamed of, or embarrassed about. Some self-doubt, particularly during adolescence, is normal and even healthy. But, poor self-esteem should not be ignored. In some instances, it can be a symptom of a mental health disorder or emotional disturbance.

Parents can play important roles in helping their children feel better about themselves and developing greater confidence. Doing this is important because children with good self-esteem:

- Act independently
- Assume responsibility
- Take pride in their accomplishments
- Tolerate frustration
- Handle peer pressure appropriately
- Attempt new tasks and challenges
- Handle positive and negative emotions
- Offer assistance to others

Words and actions have great impact on the confidence of children, and children, including adolescents, remember the positive statements parents and caregivers say to them. Phrases such as "I like the way you..." or "You are improving at..." or "I appreciate the way you..." should be used on a daily basis. Parents also can smile, nod, wink, pat on the back, or hug a child to show attention and appreciation. What else can parents do?

- Be generous with praise. Parents must develop the habit of looking for situations in which children are doing good jobs, displaying talents, or demonstrating positive character traits. Remember to praise children for jobs well done and for effort.
- Teach positive self-statements. It is important for parents to redirect children's inaccurate or negative beliefs about themselves and to teach them how to think in positive ways.
- Avoid criticism that takes the form of ridicule or shame. Blame and negative judgments are at the core of poor self-esteem and can lead to emotional disorders.
- Teach children about decision making and to recognize when they have made good decisions. Let them "own" their problems. If they solve them, they gain confidence in themselves. If you solve them, they'll remain dependent on you. Take the time to answer questions. Help children think of alternative options.
- Show children that you can laugh at yourself. Show them that life doesn't need to be serious all the time and that some teasing is all in fun. Your sense of humor is important for their well-being.

(These tips were reproduced from the SAMHSA's National Mental Health Information Center.)

Live your life !

A brief quote by Michael Bungay from "About Face" Newsletter, Volume 20, Number 3, Fall 2005...which is produced for those who have a facial difference due to a congenital disorder. Michael has cleft lip and palate, was a Rhodes Scholar at Oxford University, and is a certified life coach.

"Self confidence trumps physical limitations every time... as Henry Ford once said, 'Whether you think you can or whether you think you can't, you're probably right.' ..."

We'd like to hear from you!

**Family Resource Room
Kinsmen Children's Centre
1319 Colony Street
Saskatoon, Saskatchewan
S7N 2Z1**

Phone: 655-6871

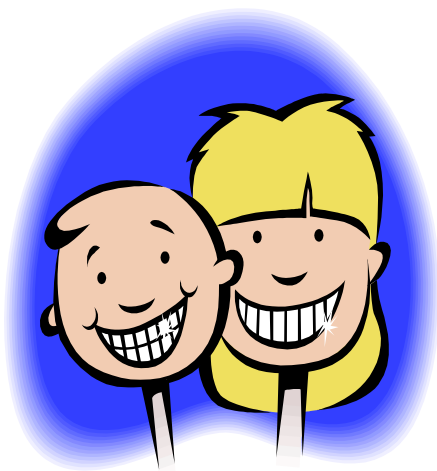
Fax: 655-1449

Email:

kccfrr@saskatoonhealthregion.ca

We're on the web:

www.saskatoonhealthregion.ca



Laughter is the best medicine...

When the mother returned from the grocery store, her small son pulled out the box of animal crackers he had begged for. Then he spread the animal shaped crackers all over the kitchen counter. "What are you doing?" his mom asked. "The box says you can't eat them if the seal is broken," the boy explained. "I'm looking for the seal."

A little girl had just finished her first week of school. "I'm wasting my time," she said to her mother. "I can't read, I can't write - and they won't let me talk!"