

Key Worker Support Services provides support to children and youth with complex neurobehavioral conditions and their families.

Fall 2016

FASD Awareness Day



September 9 was International FASD Awareness Day, a day created to raise awareness about Fetal Alcohol Spectrum Disorder. FASD Awareness Day was first celebrated on September 9, 1999. The date and month were chosen to represent the 9 months of pregnancy. In recognition of FASD Awareness Day, the Key Worker Program hosted an Unwine and Cheese event for the staff at the BC Centre for Ability (BCCFA). The event consisted of five booths with information and activities to help employees better understand the effects of drinking alcohol during pregnancy and the experiences of those living with FASD and their families. The first booth allowed staff to share unhelpful comments they've heard about children with FASD, as well as to reflect on unhelpful comments others have said about the staff themselves. At the second booth, staff picked out of a box a strength of children with FASD and pinned it on a board. The staff was then asked to pin a positive strength of their own. Both, the first and second booth, aimed to show connection and inclusivity between everyone. Other activities included in the event consisted of a video, crafts, word scramble, and fact sheets. The BCCFA employees thoroughly enjoyed the event and, with their support, the event was a success!

Upcoming Groups & Workshops

Our Program offers many ways for you to be actively involved with us. Check below for a sneak preview of some of the groups and events that we are offering. Detailed flyers about each of these will be sent out to you. Please contact us if you have any questions or suggestions of programs you would like to see. We appreciate your input and look forward to hearing your ideas!

Youth Group

Details: A group that gives youth a chance to connect with peers and facilitators while participating in fun community activities.

Dates: October 21, November 4 & 25, December 16
(Every 3 weeks, usually on Friday evenings from 7:00-10:00pm)

Next Event: October 21– Youth will assist Key Workers in preparing and decorating for Halloween Family Night taking place October 24

** Future events to be announced and details will be emailed to caregivers and youths will receive a text message.*

Children Groups

Details: After school group that incorporates social – emotional learning while providing child and parents with tools to manage their anxiety.

Cooler Kiddos (Kids group and parent group will both be taking place at the same time)

- October 27
- November 3, 10, 17 & 24
- December 1 & 8
- January 12

Time: Refreshments will be served from 6-6:30pm and the group will be starting at 6:30pm.

Family-Together Nights

Details: Fun evenings for the whole family that involve games, activities, crafts, connections and more.

Next Events: Halloween Family Night with Wizard of Oz Theme

Date and Time: Monday, October 24th, 6-8:30pm

** potluck style—please bring your favourite dish to share with everyone!*

Holiday Family Night - Day of Caring

Date and Time: 5:30– 8pm

**more details to come*

Parent/Caregiver Working Group

Details: We are looking for feedback from parents and caregivers if they would be interested in participating in a working group. Please get in touch with Lena if this would be something you would attend and include dates and times.

Location: BC Centre for Ability office located at 2805 Kingsway in Vancouver OR at the Burnaby office on Beresford (behind Metrotown).

Summer Institute 2016– New BC Curriculum

This summer, the Key Worker staff had the opportunity to attend the two day Summer Institute at the University of British Columbia. The focus of the conference was about British Columbia's new school curriculum, which puts more emphasis on children's social-emotional learning, and less focus on grades. The various workshops discussed different ways to promote mental wellness in the school communities in BC.

Some of the values found in the new BC curriculum include:

- ◆ Putting the learners at the centre by incorporating the Core Competencies.
 - ⇒ The Core Competencies are; self-awareness, self-regulation, self-management, responsible decision-making, relationship skills and social awareness
- ◆ Think big, act small
- ◆ Fostering how children manage their emotions (ex: anxiety—prevent reaching high anxiety level)
- ◆ Paradigm shift from grades to child's well-being

Goals of the redesigned curriculum:

- ◆ For teachers to be present in the moment by forgetting what is going on around them and really listen to the child/youth
- ◆ For teachers to really know the learners' (EI: strengths, families, likes)
- ◆ For teachers to build a nurturing learning environment
- ◆ For teachers to embed Aboriginal Pedagogy in curriculum from the beginning, as opposed to adding it in. This is done by emphasising on identity, local focus, and power of story.
- ◆ For teachers to be patient and allow time for the child to learn and work at his/her own pace
- ◆ For teachers to personalize the child's learning – big idea of subject individualized to child's unique strengths
- ◆ For teachers to lead children with compassion

More information on the new BC Curriculum can be found on this website: <https://curriculum.gov.bc.ca/>

“A good teacher can inspire hope, ignite the imagination, and instill a love of learning”

Brad Henry

Back to School Tips!

Another school year has begun! School is not only a place where children and youth grow and develop, but it is also a place where they can build lifelong relationships. Parental involvement and support can greatly influence a child's success in school and can help foster and build those important relationships. Children affected by FASD can experience unique challenges when returning to school. The following tips may provide some insight on ways to facilitate this new school year!

Here are some tips for parents to help for a successful school year:

- Take the time to sit with your child at the end of the day and reflect on their school day. This will allow you to have an idea of your child's school experience and see what is working and what is not working for them
- Build a relationship with your child's teacher and support staff and create a learning plan that will meet your child's need and help him/her succeed and have a positive school experience
- Spend more time focusing on your child's areas of interest
- If needed, pack fidget objects in your child's backpack that help your child focus in class (EI: stress balls)
- Try not to put too much emphasis on your child's grades and remember that each child has their unique ways of learning and learns at their own pace

"If a child can't learn the way we teach, maybe we can teach the way they learn"

Ignacio Estrada



New Book: *Raising Human Beings—Creating a Collaborative Partnership with your Child* by Ross W. Greene, Ph.D.

Ross Greene recently released another book that is sure to provide you with some insight about building positive, collaborative relationships with your children. Here is a link to an interview with Ross Greene about his most recent book—<http://www.motherjones.com/media/2016/09/discipline-parents-kids-ross-greene-book>

