



**EFAN**

This Newsletter is meant to serve as:

- Resource material for agencies and the public
- A way to share ideas and tips
- Calendar for upcoming events in Edmonton

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# FASD - Frontline

Call for submissions

February, 2015

## How to Show Your Children You Love Them

*Idea taken from: Sweet age by age ways to show your kids you love them*

### Birth to 6 months old

"Use both touch and voice," "For example, say, 'I love your toes because they have the cutest little toenails on top,' and while doing that you touch your child's toes etc.

### 6 to 12 months old

"Make up songs with your child's name in them. Then stick these songs around the house to make your child feel special for years to come."

### 12 to 18 months old

"Give horse rides on your lap with surprise drops and catches ("ride a little pony, down to town, ride a little pony, might ... fall ... down!")," says Brown. "The little silly songs and games teach children about predictability, and about a beginning, middle, and end. It allows them to anticipate."

### 18 to 24 months old

"Create your own bedtime stories with your child as the hero to spotlight his special traits," says Smith. "Really, who can resist 'Super Peanut-Butter-and-Pickles Boy,' right?"



### 2 to 4 years old

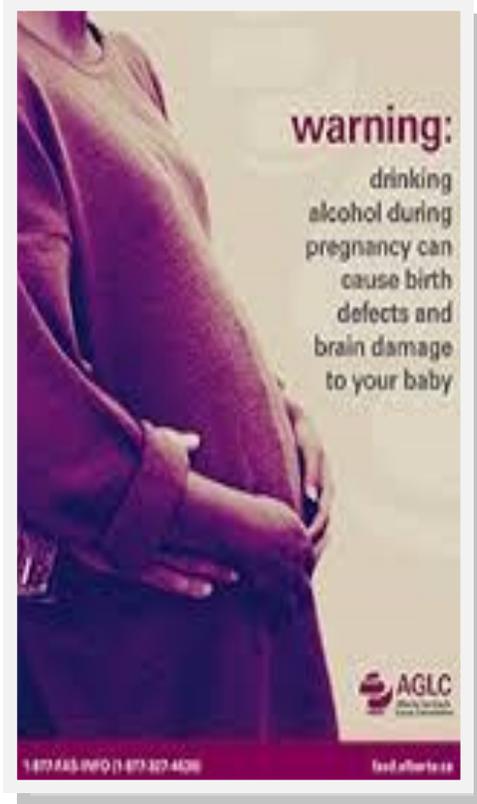
"Turn tasks into fun," "Arrange a germ attack and run around with a sponge. Knock on the kitchen door and warn the germs that you and your child are coming to get them. Give your child a cloth and let him go after the germs."

### 4 to 6 years old

"Start an appreciation board," "Each day, put a word or a sticker on the board and tell your kids what you appreciate about them. Then have them do the same for other people in the family."

This newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers.

If you wish to share information or to be added to our e-list subscription, please contact [fasdsolutions@hotmail.com](mailto:fasdsolutions@hotmail.com)



**AGLC FASD  
Prevention  
Poster**

## AGLC creates mandatory FASD prevention poster for bars and restaurants

Alberta hopes forcing bars, restaurants and liquor stores to put up signs will prevent fetal alcohol spectrum disorder.

The Alberta Gaming and Liquor Commission (AGLC) says businesses must help raise awareness that pregnant women should not drink alcohol. Bill Robinson, president of the commission, says FASD is 100% preventable. Fetal alcohol syndrome can cause serious birth defects, including brain damage. The Public Health Agency of Canada says the disorder is the leading known cause of preventable developmental disability. The Canadian Pediatric Society says the disorder is found across Canadian society, but is

a bigger problem in some First Nation and Inuit communities. One of the signs features a picture of pregnant woman with the caption: "Warning — drinking alcohol during pregnancy can cause birth defects and brain damage to your baby." Human Services Minister Manmeet Bhullar says all Albertans have a role to help make drinking while pregnant a social taboo.

"The effects of FASD on children are devastating, but through common sense initiatives like this, we will bring instances of FASD down by raising needed awareness and encouraging people to step up and say 'No' when they see someone drink alcohol while pregnant," he said Monday.

## When the waitlist doesn't mean hitting a roadblock

by Omar Reyes

A new position for Waitlist Support has been developed within the FASS program at the Bissell Centre. This was initiated as result of continuous referrals, community resources at full capacity, and limited opportunities for long-term support which created a steady increase of participants on the waitlist. Subsequent to evaluating and identifying consistent themes and needs, the goals for the Wait List program are threefold:

1. Develop a triage system for the wait list to identify and prioritize needs in order to determine the sequence of support and the availability of resources.
2. When identified, provide short-term support to participants placed on the wait list. I.e. assistance with completing government forms, mentorship for Glenrose Adult FASD assessment, advocacy in accessing core needs, etc.
3. Provide information about FASD and services and/or resources that align with the needs presented. As these goals were implemented we started to see the numbers of participants of our wait list decrease. But it's not just

about numbers. Participants were being impacted through the immediate support and connection provided.

One story worth highlighting is of a 22 year-old male who needed a mentor in order to undergo an adult assessment through the Glenrose. The Waitlist Support Worker was able to accept the referral that the Glenrose requested and began to build a relationship with the participant prior to the appointments. These assessments are crucial in helping identify how FASD has affected a person's ability to function.

At the time of the intake, he had little social interaction and no financial supports. Within the span of 4 months, he was able to complete the assessment, connect to income support, and is currently enrolled in our 3-year Adult Advocate program.

As we look forward to the future, we hope to continue to develop this program. It is anticipated the Waitlist Resource Initiative from the EFAN community will enhance supports for participants on waitlists as a result of this collaboration.

## Bissell Centre offers free daycare program

by Paul Pringle

The Bissell Centre provides free daycare to those who have limited access to childcare. This program gives parents and guardians the opportunity to access other support services, look for housing, interview for a job, and attend appointments while their children are safely supervised. When you come to the daycare you will be greeted by Fatima with a friendly smile, who has a wealth of information on childcare. I sat down with her and ask about the daycare.



### Who can access the daycare and what age groups?

It is for parents who have limited resources. Childcare is available to pre-school children. Typically this is up to five years old, however the child could be older as long as they have not finished kindergarten. We have three different rooms, 0-18 months, 19-36 and 36-60.

### How many times can a parent use the daycare?

The standard is once a week, however we recognize that in some situations parents need support for extended durations to attend a program or time to address important issues such as housing.

### What items and information do parents need to bring with their child?

We ask for their healthcare number and emergency contact, 2 sets of clothes for children up to 35 months, diapers and formula for babies.

### Is the daycare accredited and what are the standards for staff?

The daycare is accredited and fulltime staff need a level 3 childcare certification. We also support staff development through ongoing training or education.

### What can children expect when they come to the daycare?

First of all there are universal principles such as respect and dignity no matter the circumstances. Children learn through play and in an environment of fun. Time is allotted to explore on their own with free play. They can enjoy being outside in the playground attached to the daycare. Breakfast is served in the morning, with a lunch and snack in the afternoon.

“The Bissell Daycare and Family Resources will be presenting at the next Frontline Meeting. This will be an opportunity ask more questions such as: “Can the Daycare assist a parent in connecting to other resources needed”? Please see **Upcoming Events on page 5** for Date and Location.”

*“The daycare is accredited and has fulltime staffing with level 3 childcare certification.”*



## Fostering social skills in children

- Observe the individual in a wide variety of social situations. This will enable you to gain a deeper understanding of his social strengths and weaknesses.

- Individuals need to learn through experience how to interact with others. Provide them with opportunities to practice the skills they learn.



- Design an unobtrusive "signal system" with the individual to use in social situations. For example, if the individual tends to perseverate, design a signal (touch your nose with your finger, cross your arms) that tells him to change the topic or cease the discussion.

- Work on one behavior or social skill at a time. By focusing the individual's attention and efforts on a single skill for a period of time, he is less confused and more responsive to your intervention.

- Encourage the individual to be more understanding of the feelings of others. Use role playing to help him "walk in another's shoes"

- Utilize "real life" or television shows to teach valuable social skills. Discuss the behaviors of significant people and situation that you are observing.

- Provide the individual with choices as developmentally appropriate, as this fosters independence and problem solving skills. Along with increases the child's ownership of the task or activity.

- Provide the individual with a positive model of appropriate social skills, and be a positive model of social skills.

## Call for submissions

Calling all parents, caregivers, and agency staff

Your brilliant ideas are needed! It is time to share and shine! Please send us the FASD resources that you find most beneficial and educational.

We are currently revising our website to include a comprehensive and downloadable list of resources related to FASD. But we need your help!

If you have other ideas of what you would like to see more of on our sites please email us @ [edmontonefan@gmail.com](mailto:edmontonefan@gmail.com)



**Bright ideas needed!**

## FEBRUARY/MARCH UPCOMING EVENTS

- **February 15, 2015—Frontline Meeting—9:00 am—Parkdale School Bent Arrow, Room 24**
  - Case Conferencing
  - Presentation by Bissell Centre: Child & Family Resources/Childcare Centre
- **March 02, 2015—EFAN Supports and Services and Society Meeting—@ DECSA**
- **March 03, 2015—EFAN Strategic Planning Day—Chateau Louis—11727 Kingsway NW**

## FAMILY FUN EVENTS

**Swing 'n Skate Sundays at City Hall**  
**February 1, 8, 15 & 22, 2015**  
City Hall and Plaza, [www.edmontonarts.ca](http://www.edmontonarts.ca)

**Family Day Fun!**  
**Monday, Feb 16, 2015**  
[www.edmonton.ca/zooeventdays](http://www.edmonton.ca/zooeventdays)

**Valentine's Day Disco Skate**  
**Saturday, Feb 14, 2015**  
City Hall Rink, [www.exploreedmonton.ca](http://www.exploreedmonton.ca)

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