



Summer 2020 FASD Family Network Newsletter



SUMMER FUN IDEAS!

As we continue to navigate the changing circumstances during this unique period of COVID-19, we have put together some activity ideas and resources to share with families now that the weather is warming up and summer is officially here!

IDEAS FOR YOUNGER CHILDREN...

Try making a chalk mosaic with sidewalk chalk! You can be as creative as you like, but if you need some help, here are some directions:

Chalk Mosaic



You will need:



Chalk and Tape (masking tape, duct tape, or painters tape)

Step 1:

Make a square with your tape OR
You can use one square of the sidewalk



Place strips of tape however you want
across the square

Step 2:

Color in each area with the colors of
chalk you like



If you want: Rub your hand over the
chalk to make it smooth and fill in all
the cracks

Step 3:

Remove the tape and check out your
masterpiece!



Here is a link to a video on how to make a chalk mosaic if you would like:

<https://www.youtube.com/watch?v=D1nw9bqdXro>







IDEAS FOR YOUNGER CHILDREN...

Try out some crafts with things you can find around the house or yard!

Like Nail Polish Art!

"Nail" Painting






Note: Do this activity outside OR place some newspaper on the table

<p>You will need: Cardboard, a pencil & nail polish (Paper, paint and a paint brush work too)</p>		
<p>Step 1: Find a piece of cardboard. Examples: back of a cereal box, shoe box or cracker box</p>		
<p>Step 2: Trace your own hand, have someone trace your hand or trace someone else's hand!</p>		
<p>Step 3: Draw a curved line at the end of the fingers to make the nails!</p>		
<p>Step 4: Choose your nail polish (or paint) and paint the nails!</p>		
<p>Step 5: You can make patterns, draw some rings or bracelets too!</p>		

Or Rock Buddies!

Let's make... **Rock Buddies!**

WE NEED:

<p>Rocks</p> 	<p>Glue or tape</p> 	<p>Markers</p> 	<p>Cool things around your house! Be creative!</p> 	<p>Imagination</p> 
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IDEAS FOR YOUNGER CHILDREN...

Go on an Outdoor Sensory Scavenger Hunt! You could even make it an *Indoor* Sensory Scavenger Hunt on a rainy day!

Let's go on an ... **Outdoor Sensory Scavenger Hunt!**

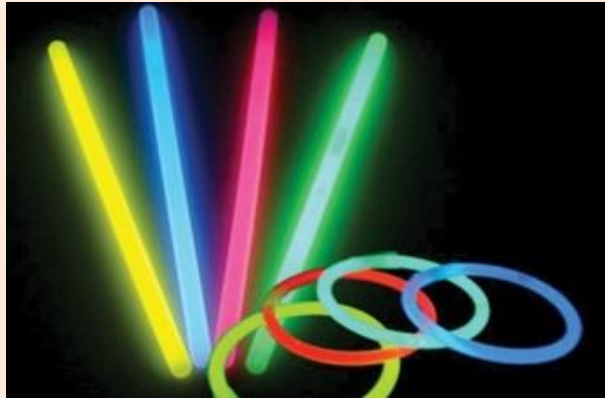
Can you find something...

You can jump over 	You can run to 	You can throw 
You can crawl under 	You can use as a drum 	That feels bumpy 
That feels smooth 	That feels soft 	That feels wet 
That feels squishy 	That sounds crunchy 	That sounds LOUD 
That sounds quiet 	That is red 	That is green 
That has feathers 	That smells good 	That smells funny 
That makes you feel calm 	That makes you feel happy 	That makes you feel excited 

IDEAS FOR YOUNGER CHILDREN...

Have a **GLOW-IN-THE-DARK Family Dance Party or Pow Wow!** All you need are some glow sticks & music, but you can make it as elaborate as you like!

(Click this [Youtube Link](#) to see a video!)



IDEAS FOR YOUNGER CHILDREN...

Cool down and have fun at the same time by making Ice Cream...IN A BAG?!

Lets make... **Ice Cream!**



WE NEED:

<p>salt</p>	<p>ice</p>	<p>yogurt</p>	<p>measuring cups</p>	<p>Big Ziploc</p>	<p>Small Ziploc</p>	<p>Half-and-half cream</p>
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1. Scoop 3/4 cup of yogurt into the small Ziploc bag



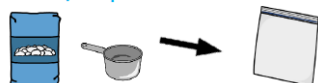
2. Add 1/3 cup of half and half cream. Close the bag.



3. Fill the big Ziploc bag half full with ice cubes



4. Add 1/3 cup of salt



5. Put your small Ziploc bag into the big Ziploc bag.



6. Place them into another big Ziploc bag, to catch any leaks



7. Shake for 10 minutes ** Avoid kicking or dropping the bags **



8. After 10 minutes, feel the ice cream bag to see if it is ready. If needed, shake more!

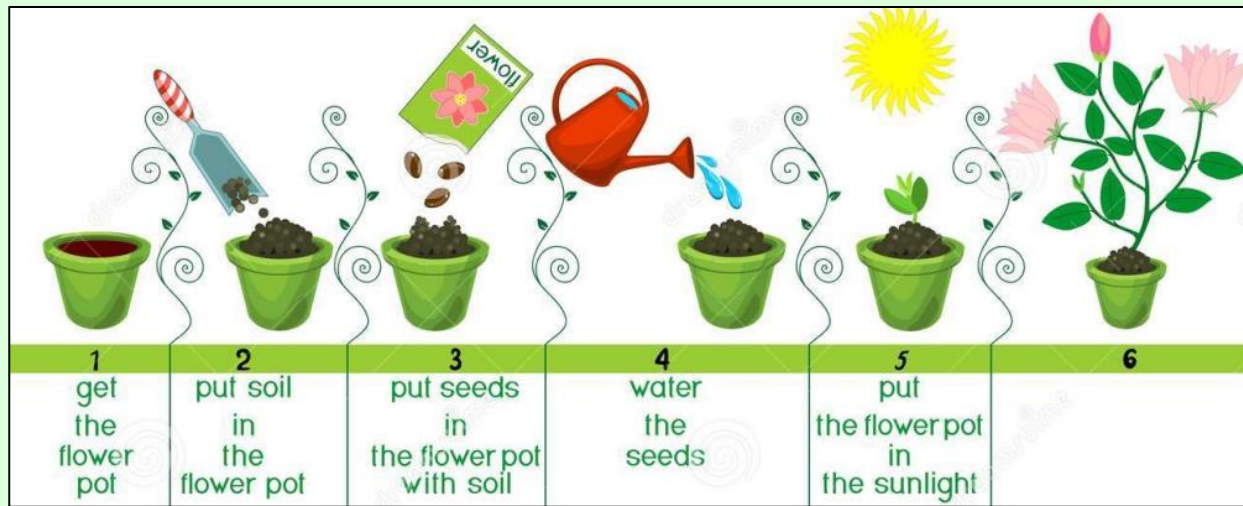


9. When done, scoop into a bowl and enjoy!



IDEAS FOR OLDER CHILDREN & ADOLESCENTS...

Try out gardening by planting some flowers or a vegetable plant!



Source: <https://www.dreamstime.com/instructions-how-to-plant-flower-sequence-easy-steps-instructions-how-to-plant-flower-sequence-steps-image120195310>

On a warm day it's nice to get out for a walk. You might even try out some nature photography along the way!

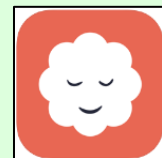


Since lots of adolescents are using technology, why not try out a new app!

Some ideas might be:



[ParticipACTION](#) App that has lots of ideas for getting active at home or in your community.











[MyLife Meditation](#) App to help with regulation, managing escalated moods, and learning breathing activities.

IDEAS FOR OLDER CHILDREN & ADOLESCENTS...




Try out a new recipe! There are lots of visual recipes like this one below at <https://accessiblechef.com/recipes/>. If it's a nice day you might make your recipe for a picnic in the backyard or a nearby park!






Pizza Grilled Cheese Sandwich







you will need:	 Two slices of bread	 Mozzarella Cheese	 Pepperoni	 Mayonnaise
tools:	 Pan or griddle	 Spatula	 Knife	 Plate

Instructions:

- 
Turn burner on medium high
- 
Slice cheese
- 
Spread mayo on bread

- 
Place 1 piece of bread in pan mayo, side down
- 
Place cheese on top of bread
- 
Place pepperoni on top of cheese
- 
Place cheese on top of pepperoni
- 
Place second slice of bread on top, mayo side up

- 
When brown on the bottom, flip it over with spatula
- 
When other side is brown, remove to a plate
- 
Don't forget to turn off the burner!
- 
Slice in half to cool and enjoy!

IDEAS FOR OLDER CHILDREN & ADOLESCENTS...

Try out some art projects like rock painting! Here is a [tutorial video](#) and some examples below:



IDEAS FOR OLDER CHILDREN & ADOLESCENTS...

You could try out some colouring, or journaling about what you are feeling or things you are grateful for, to help relax and calm anxiety.

Here are some starting ideas:



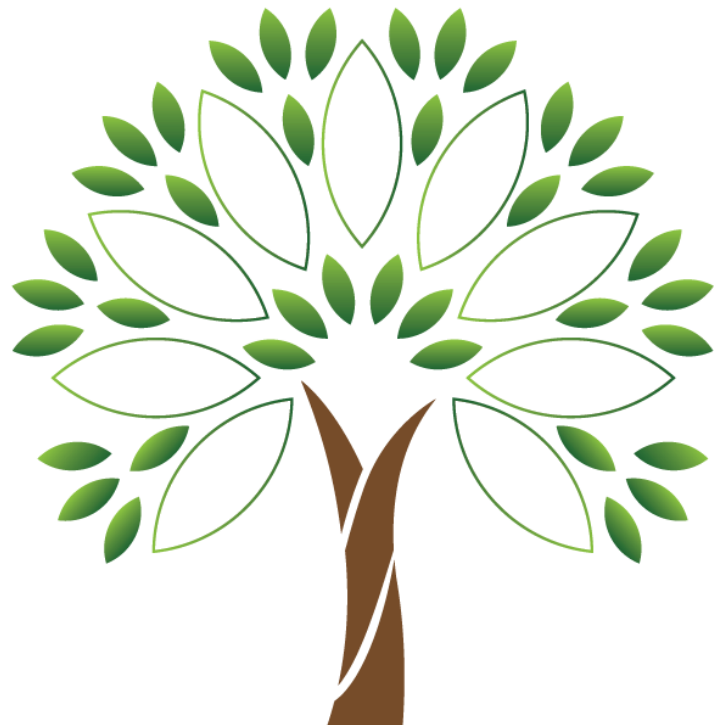
Today I'm feeling _____

because of _____.

_____ will help me feel better.

My **GRATITUDE** Tree

Fill in the leaves with what you are grateful for in your life.



FOR ADULTS...

The First Nations Health Authority has released a document titled [Staying Connected During The Pandemic](#). It highlights the importance of drawing on Indigenous strengths to stay connected and well during these unique times:



First Nations Health Authority
Health through wellness

Staying Connected during the Pandemic

Drawing on Indigenous Strengths to Stay Connected and Well

The current COVID-19 pandemic may remind us of past stories or activate blood memories of relatives impacted by colonization and intergenerational trauma. Some of our relatives may have been deliberately exposed to infectious disease or experienced inadequate health care and health resources.

In First Nations culture, we have traditionally supported each other by sharing stress collectively. We often carry the stress of relatives in our bodies, so that they do not need to carry their stresses alone. Through connecting this way, we thrive in the best of times and survive in the worst of times. Sharing stress collectively also means we may experience increased feelings of fear, worry, anger, shame and other challenging emotions.

For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

Our holistic practices can help ease feelings of personal, collective, and inter-generational stress during the pandemic. Taking care of our wellness will calm us while we fulfill critical roles within our families and communities.

We have many cultural strengths to draw upon to stay connected and keep well, even while we practice social distancing. Here are a few ideas:

- **Support those around you** – Call an Elder or a young person every day to check in. Send an email or text to a loved one. Make a video call so people know you are thinking of them.
- **Get out on the land and reconnect with nature** – Harvest traditional medicines and foods. Take a walk. Get out on the water.
- **Seek wisdom from knowledge keepers and traditional healers** – Learn about traditional healing practices and medicines. Many of our medicines strengthen and cleanse our bodies and minds. Note that there are no cures for COVID-19 at this time. Many of our knowledge keepers and traditional healers are available online and by telephone.
- **Prioritize your wellness** and focus your energy by using prayer, meditation, daily affirmations and mantras such as 'I am resilient'.
- **Embrace this time to spend with your children** – In traditional education and child-rearing practice, we taught our children daily about our history, culture, language, and life skills. We learned as families.

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Spending time with children - here are some ideas:

- **Build structure into your days at home.** Both children and caregivers do better with a routine. Try to build in quiet-time activities children can do in the same room as you. Also, block off periods of time for physical activity or time outdoors. Remember that young children are not able to sit quietly for long periods of time.
- **Tell stories.** Share your knowledge about your culture, call an Elder who will tell stories, or read to your children.
- **Learn and share traditional knowledge.** Learn outdoor survival skills. Share what you know about the plants, animals and land around you. Learn and practice ways to harvest, prepare, and preserve traditional foods – and involve your kids in this process.
- **Incorporate ceremony.** Smudge every morning, do sunrise ceremony, and check in with others to reaffirm your love and relationships.
- **Kind words and thoughtful gestures help.** Use non-physical ways to show love to people while practicing social distancing.
- **Practice your traditional songs and language.** Visit www.firstvoices.com for online language resources.
- **Integrate life skills.** Teach young ones how to do daily household chores, cooking, cleaning and yardwork. You could even learn to garden as a family.
- **Play!** Children learn so much through play and are especially happy when their parents and caregivers join in the fun.
- **Model self-awareness and mindfulness.** Scan your body and name where you are carrying your feelings. Then set unhelpful feelings down into the land.

“The land – forests, mountains, earth and water – has informed all of our cultural and ceremonial practices. The land defines our identities and relationships with it. It has capacity to hold safely much more than we can hold as human beings alone. We can offer what we cannot hold, or what does not belong to us, to the land to take care of.”

Confidential, Culturally Safe Support:

KUU-US Indigenous Crisis Phone Line:
1-800-558-8717

Hope for Wellness Indigenous Online Chat:
www.hopeforwellness.ca

Telephone-based Health and Cultural Support:

Indian Residential School Survivors Society:
604-985-4465 or toll free 1-800-721-0066

Tsow-Tun-Le-Lum:
1-250-268-2463 or toll free 1-888-590-3123

For more information and resources, visit www.fnha.ca/coronavirus

FOR ADULTS...

Counselling & Support Lines

We know that this pandemic has increased feelings of anxiety and stress for both parents and kids. A number of organizations are offering free counselling support during this period. Please don't hesitate to reach out, as we all need support during this time.

- St. Amant has developed a [COVID-19 Community Wellness Line](#) for individuals with Intellectual/Developmental Disabilities and their families. The line is to provide supportive therapeutic listening, assist with coping, and problem solving, and is open from 12-6 p.m. Monday-Thursday. This is available to Manitobans affected by a Developmental Disability. To access the line, call: 204-258-7076 or 1-877-858-7076.
- [Aulneau Renewal Center](#) is offering wellness checks in addition to registration for their counselling program. Visit their website or contact 204-987-7090 for more information.
- [Anxiety Disorders Association of Manitoba \(ADAM\)](#) has a COVID-19 anxiety support line at 204-925-0040.
- The Province of Manitoba has introduced a new Mental Health Virtual Therapy Program called [AbilitiCBT](#) that is available to Manitobans over the age of 16 who are experiencing symptoms of anxiety due to the pandemic. To sign up, click [here](#).

WANT TO LEARN MORE ABOUT FASD?!

The Manitoba FASD Center Building Circles of Support Series went virtual this spring! This is an 8-session education series on FASD, and all of the sessions are now posted on the new Manitoba FASD Network website at: <https://fasdmanitoba.com/building-circles-of-support/>



Activities to Encourage Deep Breathing



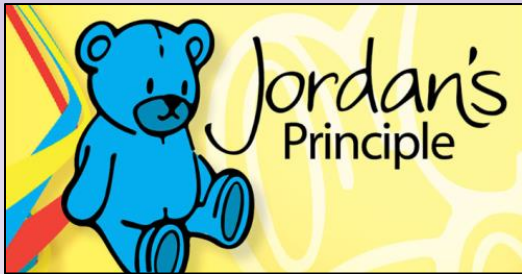
If children need visual or physical supports to learn deep breathing exercises, practice activities that require deep breathing. Any activities where the children have to exhale are beneficial.

1. Try blowing crepe paper.
2. Blow bubbles.
3. Inflate a balloon.
4. Use a party blower horn.
5. Blow feathers in the air or off of a table.
6. Blow ping pong balls on the floor.
7. Blow small pieces of tissue paper.
8. Blow through a straw to spread out paint on paper.



Source: Your Therapy Source Inc.

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In Winnipeg, the Jordan's Principle Special Needs Advocate Unit is a collaboration of the Assembly of Manitoba Chiefs, the Eagle Urban Transition Center, and FNIHB, in order to help advocate for First Nations children with special needs both on and off reserve. For more information, contact 204-987-4137 or visit their website at <https://eagleutc.com/services/special-needs-advocate-unit/>

LIFE PROGRAM!

The LIFE Program is a therapeutic recreation program at the Rehabilitation Center for Children, that provides opportunities for children and youth with special needs to engage in meaningful recreational activity. For more information or to join the mailing list, contact lifeprogram@rccinc.ca



Stay connected with us online!

- [RCC's Youtube](#)- for program videos!
- [RCC Facebook](#)
- [Children's Rehabilitation Foundation Facebook](#)
- [CRF's Instagram](#)

The **FASD Family Network** is coordinated by the Rehabilitation Centre for Children and the Manitoba FASD Centre. The Network provides opportunities for parents and caregivers of children with FASD to meet together in a hopeful, supportive environment to share ideas and resources through support-group meetings, information events, and recreational activities. To become a member of the FASD Family Network and receive news and information, please register by calling Rita at (204) 258-6601 or emailing rdrohomereski@rccinc.ca

Visit our websites for more information: www.fasdmanitoba.com
www.sscy.ca