

**December 2008**

**Dear Caregivers:**

I am sure that your homes, as is the case with ours, are much busier at this time of the year. School concerts have to be attended, lights have to be hung, baking has got to be done, cards have to be sent, etc.

Though the Christmas holidays are always a wonderful time of the year we must always remember that it can be very stressful for certain individuals. As caregivers we know that sad memories are rekindled in many of our children during the holidays. For instance, some feel a loss of previous family traditions.

Time and time again you as foster parents 'step up to the plate' to replace these with new recollections which often include their extended family members [grandparents, aunts, uncles, etc.]. New traditions are begun in this phase of their lives which often last a lifetime.

I hope that each of you take time play. Slow the pace down a little and 'look after' yourselves while enjoying the company of loved ones.

Your foster parent association has been busy We have recently been on Vancouver Island delivering Insurance training to both foster parents, and Ministry Resource staff. Glen Frederick from Risk Management, and Ralph Libby the BCFFPA Insurance Broker attended these sessions as well. They proved to be very informative, and well attended overall. We will be offering the training in the Fraser Region at the beginning of 2009 and in the North in the spring.

The Federation continues to work hard for you around Rights of Foster Parents and increases in coverage for the Rider Insurance.

Please take a few minutes to complete the survey on pages 9 – 12. It is very important that we receive your feedback. Thank you in advance.

From our home to your home, we wish you compliments of the season and have a happy and healthy New Year.

Sincerely,

Melanie Filiatrault