

COMMUNICATIONS UPDATE

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KINSHIP, PERMANENT CARE AND
ADOPTIVE FAMILIES AND CAREERS

QUICK LINKS

**Journal Club -
Topic TBA 2/9/21**

**Click & Connect -
Therapists - who
and when 25/8/21**



New Youtube Video - Counselling, Clay Field, Somatic and Sensorimotor Art Therapy for Behaviour Change

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Chris Storm is a sensorimotor art therapist, child centred play therapist and somatic experiencing practitioner whose desire to learn more offers hope and solutions that are trauma informed.

Chris has experience working in many fields, from specialist teaching in schools to homelessness, family violence and the justice system. Believing that she could be more useful, Chris has studied numerous therapies and it is the safe and sound protocol, a listening or auditory system that helps with calming and felt safety (the child's personal experience of safety). That is Chris' favourite thing with the potential to achieve felt safety following a 5 hour core component combined with therapy support.

Chris has seen mute children start to talk, disregulated children re-engage and children who are adopted or had a traumatic birth and start to life, start to repair their birth process. And she does all this with a sense of fun involving play, art and clay therapy too.

Enjoy the video [here](#) and please comment to let us know what you thought.

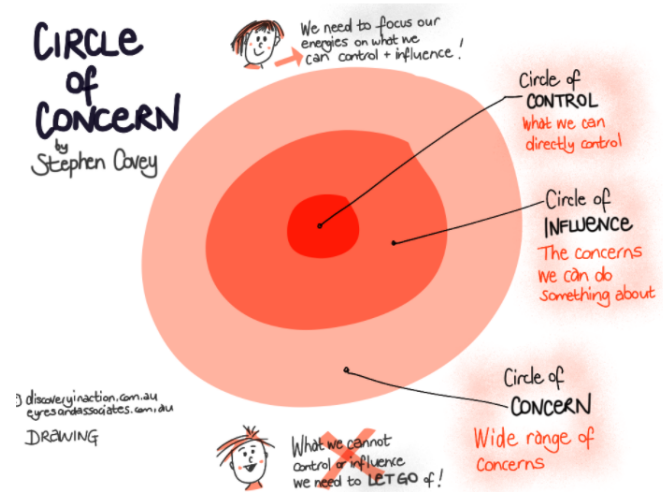
"Improving the lived experience of young people"

News - Circle of Control

Another two weeks with the children at home until school resumes. Its important to be ready with ideas for free time. What can you do to create some routines and fun? Try these ideas:

- Help your child focus on the many items in their circle of control they have power over. Draw three circles and have them label the things inside them. The inner circle is the things they can control (what they eat, wear, play, mood, words, behaviours, thoughts). The second circle is the things they influence (other peoples actions, thoughts and more). The outer circle is the circle of concern (news, Covid-19 pandemic, sports matches, celebrities behaviour, public transport)

- Consider a focus for meals like Taco Tuesdays, Waffle Wednesdays and TexMex Thursdays
- Try scavenger hunts: color based scavenger hunt, stay at home based scavenger hunt, letters for words scavenger hunt or more (see ideas [here](#))
- Pool noodles, blow up pool balls, balloons, pillows: all these items can allow a release of energy with great reward (a whack or two in a safe space can be a cathartic release of energy)
- Chalk or a brush and bucket of water: paint or chalk the concrete
- Sensory play: consider some of the sensory play ideas we have listed after the transcript for our sensory play podcast [here](#)



News - Coping and Resilience, Anxiety and Stress

The THIS WAY UP website offers a range of courses to help with anxiety, stress, insomnia, social anxiety, trauma and a variety of coping tools. Using Cognitive Behavioural Therapy to underpin their courses. Many of the courses are free and for more serious courses, such as post traumatic stress, they can be accessed for free with a doctors prescription.

Alternatively there is a \$59 subscription to allowing unlimited access to the courses. Nice bite size lessons at your fingertips. For example, social anxiety involves 6 lessons including what it is, how to tackle avoidance, exposure therapy, unhelpful thinking styles, challenge thinking styles and learn about social skills. Bite sized learning with lessons, workbooks, action plans and extra resources too.

See [here](#) to access the website.



News - Survey for Carers of Infants

For anyone who has cared for an infant under 1 year old in adoption, kinship or permanent care, Adopt Change and My Forever Family have partnered with Western Sydney University to capture insights into your experience. To access the survey click [here](#).

Click and Connect - Therapists - who and when?

Topic: Therapists - who and when

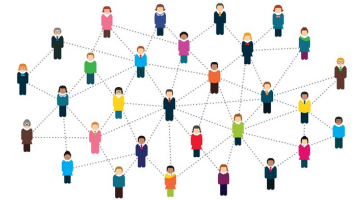
Please join us at midday on Wednesday 25 August by registering [here](#).

See our website for future topics and links [here](#).

There are hundreds of thousands of options for therapy, so how do you work out which professional best suits your families needs? What trauma informed therapy is available? Which one is best for my child? What should I look for? How will I know which therapy is the right one? When does therapy stop? What to do when recommended therapists aren't available?

Shared learnings and knowledge to share with each other for the benefit of all!

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together. We welcome any new parents or carers that would like to join us for one or more meetings.



Journal Club

Topic: To be Determined

Please join us at 8pm on Thursday September 2 by registering [here](#)

Further details will follow once the topic of discussion is finalised.



Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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