



# COMMUNICATIONS UPDATE

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Permanent  
Care and  
Adoptive  
Families



## QUICK LINKS

**Journal Club -  
Topic 7/10/21**

**Click & Connect -  
Respite 6/10/21**



## Youtube Video - Say yes more!



This week we learnt from Chrissie Davies, an adoptive and permanent carer, who has worked as a teacher and consultant (Calm the Chaos) to families impacted by extreme behaviours and trauma.

Chrissie wants you to understand children's brains so that you can be confident in the decisions that you're making in the moment, regardless of where you are, who's watching or what other people think about you.

She reminds us children don't need to be happy all the time and that everyone has bad days. But also know that behaviour means something and coregulating, explaining emotions and bringing the child in close, is the way in which we soothe meltdowns. Chrissie suggests that when you truly focus on relationships, trust and connection for your children, rather than control and punishment, they will respond more positively, be more agreeable and simply lighter. When you are more relaxed around boundaries, you can save your time and energy for the big things, like sleeping, eating or speaking kindly and the lifelong skills that our children need.

Chrissie suggests you say yes more and start each day anew!

Access the Youtube recording [here](#).

**"Improving the lived experience of young people"**

## News - Wills

Thought about updating your will to include provision for children, one of which may have a disability? If so, Duncan Legal have put together some thoughts on what you might consider. Worth a read and worth thinking about.

See their resources [here](#)



## News - COVID-19 Vaccinations

The Victorian Government has recently released guidelines for Covid-19 vaccinations for children in out of home care, including links to help with explaining the options to your child. See their resources [here](#)

The Centre for Excellence in Child and Family Welfare is hosting a COVID-19 vaccine briefing for kinship, foster and permanent carers in Victoria. This session is an opportunity to hear from clinical professionals on vaccines, and to raise any questions you may have about the rollout and vaccines themselves. We encourage you to register via Zoom link [here](#)

## News - Transition from School to Uni

If you are interested in personal stories about children transitioning from Year 12 to University, please join this parent webinar which will highlight some of the tips and tricks. Tuesday 28 September at 7.00pm. Register via Zoom to join [here](#)

## AGM - Save the Date

This years Annual General Meeting will be held on **Wednesday 27 October** between **4.00 and 6.00pm**. We will share registration details shortly.

## Journal Club

**Topic: To be determined**

Please join us at 8pm on **Thursday October 7** by **registering [here](#)**



**"Delivering trauma-informed services that empower"**

## Click and Connect - Respite

### Topic: Respite



Please join us at midday on **Wednesday 6 October** by [registering here](#)

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

Respite care can be a tricky situation. The best advice is to set yourself up from the start with friends and family that will help support your journey. However, for many us, there are so many demands on us that it often feels like we can't take a break or hand over the reigns to someone else.

But the truth is you can and you should. **It is in your child's best interests to have a rested caregiver.** Its a part of the National framework in out of home care and in disability (NDIS), so you are entitled to it and you should demand it.

We will discuss respite options so you can take a break and what to do if there is an emergency. Camps are also another option that provide respite and can tap into the particular needs of your child. We will look at the options and where to get support. We will share learnings and knowledge from and between caregivers in the meeting.

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.

## 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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