



# COMMUNICATIONS UPDATE

[WWW.PCAFAMILIES.ORG.AU](http://WWW.PCAFAMILIES.ORG.AU)

## QUICK LINKS

[Journal Club -  
Topic 7/10/21](#)

[Click & Connect -  
Respite 6/10/21](#)



## Journal Club

### Topic: Neuro Development Therapy



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

There is often an element of a child's unknown history and underlying trauma which can impact relationships and development. **You may be doing all you can but nothing seems to work because the children's brains haven't yet been primed for development.** This may be because the brain is stuck in fight, flight, freeze or because milestones have been missed.

**Yvette Knights offers neuro development therapy, a physical therapy that helps with rewiring the brain and meeting missed milestones.** The science behind it is based on

polyvagal theory. This therapy can help with emotional regulation, speech and language, motor development, organisational skills, problem solving skills, learning and balance.

Diagnoses like ADHD or autism and situations like food intolerances, anger and tantrums or self harming can be helped.

Yvette's journey started with a friend who struggled with reading and writing well into their teens. Neuro developmental immaturity was the cause of the problems. After completing a movement program specifically designed to treat the source of the problem, the learning difficulties disappeared. Watching someone you love experience difficulties leaves you forever changed. It was then that she wanted to help others discover the source of their learning challenges and differences, and help them to overcome them. Yvette has a background in childhood education and postgraduate studies in neuro developmental therapy and is the owner of [movelearnconnect.com](http://movelearnconnect.com)

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



## News - Join us on LinkedIn

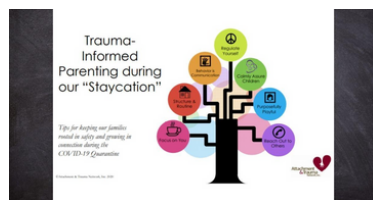
It's official! We have joined the LinkedIn Community. Yay! Sadly we only have two friends on LinkedIn so please follow PCA Families on LinkedIn and like our posts to grow our community. LinkedIn is a business to business platform that reaches 60% of the adult population and is an ideal platform to share resources with educators and schools to build trauma informed schools, and an ideal medium for collaborating with other not for profit organisations. We hope you can join our community and look forward to comments you might have about what we share.

Please follow us on LinkedIn by accessing our details [here](#).



## News - External Resources

There are some additions to our external resources on our website that may interest you. To access these resources click [here](#)



**ATN:** Parenting advice from a trauma-informed lens on how to keep grounded and stay connected during the Covid-19 Pandemic Staycation, and other trauma informed advice.

**Deb Dana** offers her rhythm of regulation, based on polyvagal theory, in podcast or written form, including teachings on how to regulate involuntary physiological systems, like heart rate, blood pressure and digestion. Important for moving from protection to find connection.



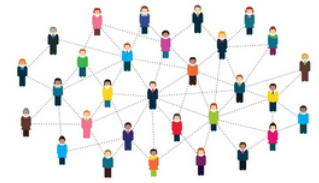
**Robyn Gobbel** is an educator dedicated to understanding why humans behave the way they behave and how the brain works after experiencing trauma. She offers a response to children's behaviours in a way the creates healing, not just behaviour change.



## 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.

**"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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