



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

QUICK LINKS

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

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



Youtube Video - Therapeutic LSW and why a child needs to be a lion!

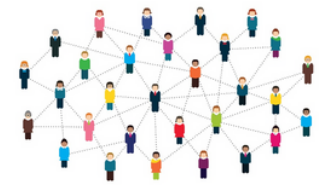


Anna Beeson and Elise Saunders are Therapeutic Life Story Work (TLSW) practitioners who highlight the importance of being curious and wondering together with a child and caregivers to uncover, what can be, one person's untested perspective on history.

Anna gives an example where a child starts school and the next piece of information is a suspension for 3 days, 3 months later. That raises questions - what happened to the young person in between socially, emotionally and physically? Were there any moves? A change of placement? Change of support? Another example they offer is about a child's Mum who went into care as a teenager, or so they thought. The Mum was actually in a group home, which would have significantly impacted her ability to give back or form an attachment with this child. For every one piece of information Anna and Elise have 50 more questions and the information they uncover can significantly change the narrative for the child. That information needs to be shared therapeutically with the child at the right time with the right supports. Even where there is no information, wondering together and making meaning can constructively add to the child's narrative. Learn more by listening to the Youtube recording [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.

News - Mental Health

The Anna Freud NCCF shared this clip on mental health for kids recently. A cute short video to help generate some conversations with children to generate ideas on how to feel better! Access [here](#)



News - Join us on LinkedIn

Please follow PCA Families on LinkedIn to access our trauma informed schools resources and relevant not for profit organisation resources. Access LinkedIn [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.

"Improving the lived experience of young people"

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

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](#)

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



Permanent Care and Adoptive Families, PO BOX 201, FITZROY VIC 3065
info@pcafamilies.org.au www.pcafamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.