



COMMUNICATIONS UPDATE

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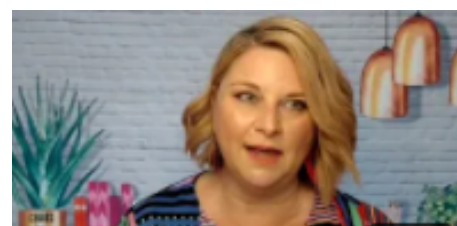
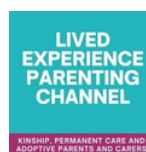
QUICK LINKS

[Journal Club - Topic 4/11/21](#)

[Click & Connect - Orders & Passports 17/11/21](#)



Youtube Video - Emotional Literacy



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

Chrissie explains the importance of finding identity and self worth which comes from intrinsic motivation, nature, creativity, connecting and therapeutic parenting, without punishment or rewards (PACE).

It also comes from removing complacency and being flexible.

Chrissie highlights how our nervous systems is replicated in our children, which means role modelling appropriate responses and consciously labelling emotions and actions are important, to raise children's consciousness.

Choosing optimal learning times is important too.

Chrissie explains the 3 components to emotional literacy, including naming the emotion (do some mirror work), the physical response (such as red cheeks) and knowing what to do with the emotion (such as getting something to eat).

It also requires some uncomfortable time for our children.

Be the family that talks about emotions and where that might trigger your own trauma, or in times where you are simply exhausted, just sit with your child and breathe.

Watch the youtube recording [here](#).

News - Annual Report

The 2021 Annual Report outlines some of the highlights for PCA Families over the year including:

- Recurrent funding for helpline and flexible funds
- You Tube channel – recordings with carers, young people, staff and a range of people of interest
- Continuation of Click and connect – feedback that carers want this offering to continue
- Carer retreat for adoptive parents
- Increased presence and engagement on Facebook
- Great story in the annual report about the impact of flexible funding for a carer

The report is available on the PCA Families website [here](#)



Journal Club - Relationships with birth parents



Topic: A conversation about our relationships with our children's birth parents

Please join us at 8pm on **Thursday November 4** by [registering here](#)

Join Gianna Mazzone, psychotherapist, counsellor and educator at Journal Club to discuss relationships with our children's birthparents.

The 2017 study by Chateauneuf, Turcotte and Drapeau titled "The Relationship between Foster Care Families and Birth Families in a Child Welfare Context: the Determining Factors" may interest many. If you would like a copy, please email deborah@pcafamilies.org.au for a copy.

This study "examined the relationship between foster care parents and birth parents in a placement context and showed that the quality of the relationship dynamics varies according to the following:

- how well and how often the parent–child visits took place,
- the birth parents' characteristics, and
- the foster carers' attitudes.

The results also showed that placements in kinship foster care families were more likely to result in conflict and tension between the two parties than placements in regular foster care families.

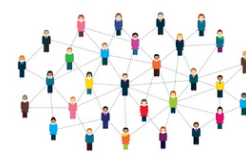
Gianna has over 25 years' experience working in the welfare sector, as well as her own private practice, Gianna is committed to contributing to the growth of strong and healthy individuals, families and communities. We hope you can join us.

"Improving the lived experience of young people"

AGM - AGM & Board Election

PCA Families Annual General Meeting was held via webinar on Wednesday 27 October. We were fortunate to have guest speakers Liana Buchanan, Commissioner for Children and Young People, and Argiri Alisandratos, Deputy Secretary Children, Families, Communities and Disability from Department of Families, Fairness and Housing (DFFH) speak about the importance of supporting Victoria's vulnerable children and their families. We launched a research report on "Permanence and Stability – the missing ingredients for Victoria's most vulnerable children" and Tayarna Cole, a youth consultant from CREATE Foundation shared her own journey of kinship and permanent care. Ordinary business of the Board was also progressed with the annual report and financial statements accepted, and Board members elected including Meredith Carter, Dan Barron and Chris Lockwood.

Click and Connect - Care Orders, Passports and the Child's Voice



Please join us at midday on **Wednesday 17 November by registering [here](#)**

When and what can change in care orders over time and what can you impact? How do passports work? How do you manage birth family contact and share photos and other information? Knowing what is a requirement and what is "best practice" can help in making important decisions surrounding your child. So please join us to discuss this important topic.

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 too!

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](#)

PCA Families cannot guarantee we are able to fund every application and request received.

PCA Families access to COVID-19 funding support will cease at the end of 2021.

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

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