

COMMUNICATIONS UPDATE

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QUICK LINKS

Journal Club - 3/3/22

Click & Connect - 9/3/22



Video - Attachment and Health



The topic of wellbeing in the caregiving space (kinship, permanent, foster or adoptive parenting) is important. Dr Stacy Blythe offers us advice, from research, that identifies how we might better impact attachment, minimise behavioural issues and improve outcomes when there has been poor oral health or prenatal exposure to harmful drugs or alcohol, or other impacts on executive functioning.

Dr Stacy Blythe is well qualified to advise us as a parent of 8, with 4 biological and 4 non-biological children, and also a registered nurse, associate professor in the school of nursing and midwifery and deputy director of the translational research and social innovation group at Ingham Institute (health and wellbeing that make sense practically).



Find out more by reading the transcript or listening to the Youtube recording [here](#).



"Improving the lived experience of young people"

News - CREATE National Conference

CREATE Foundation are offering their national conference "Voices in Action: Resilient, Resourceful, Remarkable" between 26-29 April 2022. Flexi funding is available to caregivers for yourselves or young people 12-25 yo to attend. The aim is to connect young people, carers, professionals and sector leaders together for shared learning in the out of home care sector for the benefit of all. If your child feels that nobody understands them or they don't know people like them, why not consider having them attend this virtual conference. To find out more or to register see [here](#).

News - People Pleasing

Do you sometimes feel like you are trying to please everyone perhaps at your own expense? Dr Jenn, psychologist, recently published this article on the 5 steps to overcome this [here](#):

1. You don't need to explain your boundaries
2. You can't make everyone happy
3. People will always project their lived experiences onto others
4. You will be more empathetic/or giving if you meet your needs first
5. It's not your job to fix others: offer support and take care of you.

It can't hurt to try new things can it?



Click & Connect - Intrinsic Value & Self Esteem - Learning from Layne Beachley



Please join us at midday on **Wednesday 9 March** by registering [here](#).

TOPIC: How to find ones intrinsic value and build self esteem

Layne Beachley is one of the most successful surfers, male or female, in history with 7 world titles and 29 tour victories. Layne achieved all this despite an experience of a traumatic childhood in losing her mother at 6 and finding out she was adopted at 8.

We will review insights from Layne into how to build one's intrinsic value and self esteem. Sometimes that involves sitting in discomfort and stepping back from others' judgements. At other times it's simply allowing the opportunity to fail and make mistakes.

Does speaking with love rather than judgement allow relationships to thrive? Does that free you up to discuss feelings, the whys and hows and how to build the child's skillset?

HOMEWORK: Please listen to the Youtube Recording by Adoptee Layne Beachley [here](#).

PURPOSE: Each Wednesday fortnight parents and carers come together on Zoom to learn from each other and share challenges and lived experience in our Click & Connect meetings. We share the joys and the struggles and find new ways to tackle situations.

"Delivering trauma-informed services that empower"



Journal Club - Transition to School

Journal Club Thursday March 3 at 8.00pm

TOPIC: "Helping children transition back to school in the COVID-19 era"

REGISTER: [here via zoom](#) After registering you will receive a confirmation email.

DETAILS: Returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents. As children adjust to the new routine, cognitive and/or behavioural difficulties may arise and seem more challenging. So what can be done to reassure or prepare your child? This psychology article has some ideas that may be relevant to discuss. Access the article [here](#)



At present Journal Club is continuing online with the anticipation that we will arrange for face to face sessions as soon as we are able to.

We are looking for suggestions for a name change from Journal Club to something more representative, and for guest speakers and topics that may interest you, so please forward any ideas or queries to deborah@pcafamilies.org.au

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 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.

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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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