



COMMUNICATIONS UPDATE

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TOPIC: SAY YES MORE: PARENTING WITH COREGULATION & CONNECTION

DATE: Wednesday 4 May at midday

TOPIC: In this meeting we will review and discuss the Chrissie Davies recording on parenting children through coregulation, connection and saying yes more!

DETAILS: Chrissie shows us that when you truly focus on relationships, trust and connection, children will respond more positively, be more agreeable and this allows you to save your time and energy for the big things, like sleeping, eating or speaking kindly, or lifelong skill building that our children need. Maybe you have tried these ideas already. Lets share and learn from each other. You are the expert on your child and we will honour that while reviewing suggestions we have received in our Youtube recordings.

HOMEWORK: Please consider listening to or reading the transcript from the Youtube Recording by Chrissie Davies titled "Trauma children don't need control or punishment: coregulate, connect & own it! And say yes more!" Access the recordings and transcripts in our Youtube Channel here.

REGISTER: here via [Zoom](#)



"Improving the lived experience of young people"

News - Open Adoption Research

Barnados Australia and Oxford University have released longitudinal research into Open Adoption. This research is aligned to PCA Families recommendation for Simple Adoption for strengthening identity and connection (see our Permanent and Stability Report (2021) [here](#)).

Open adoption

For children whom the court has ruled cannot safely return home, open adoption provides security and belonging for life.

The adopted child becomes a legal member of the adoptive family through a formal court process, whilst still maintaining contact with their birth family which helps them to form a healthy sense of identity.

Barnados Australia and Oxford University longitudinal open adoption research considered the needs, experiences and characteristics of 210 children placed in homes in their "Find a Family" program between 1987 and 2013. The research confirmed that achieving legal, residential and psychological permanence provides a positive context within which vulnerable children are most likely to achieve successful outcomes in adulthood. Find out more in this Youtube clip [here](#) or read the full research transcript [here](#).

News - Reporting Abuse

April is National Child Abuse Prevention Month. Frankly that should be every month! We have gathered some information on reporting abuse Victoria Police offer their reporting sexual offences guide, including an easy English version to help with explaining difficult concepts [here](#). As always, listening without judgement, and in particular reassuring children that they are not at fault are important when responding to disclosures of abuse. DFFH also offer guidance on when to report a reasonable belief of abuse to child protection [here](#). The ESafety Commissioner also offers some great links and advice [here](#) regarding online safety.

Australian Government
Australian Institute of Family Studies
Child Family Community Australia

Responding to children and young people's disclosures of abuse

Listen, reassure and respect

Listen

- Move to a suitable environment, free of distractions.
- Be calm and patient—allow for the child or young person to be heard.
- Let the child or young person use their own words—avoid asking leading questions.
- Avoid "quizzing" the child or young person about details of the abuse.
- Don't be afraid of saying the "wrong" thing. Listening supportively is more important than what you say.

Reassure

- Reassure the child or young person that it is OK that they have told you what's been happening.
- Address any concerns about the child or young person's safety.
- Reassure the child or young person that he or she is *not* at fault, and *not* the cause of any distress you may feel.

Respect

- Respect that the child or young person may only reveal some details.
- Acknowledge the child or young person's bravery and strength.
- Avoid making promises you can't keep—manage the child or young person's expectations.
- Explain to the child or young person that in order for them to be safe you will need to report their experience to someone else.

What happens next?

If a child or young person discloses abuse, you should report it to the relevant authorities.

Mandatory reporting requirements vary throughout Australian states and territories. For information about mandatory reporting requirements including who is mandated to report, see CFCA Resource Sheet *Mandatory Reporting of Child Abuse and Neglect* <www3.aifs.gov.au/cfca/publications/mandatory-reporting-child-abuse-and-neglect>

State and territory contact details for reporting abuse and neglect are available on the CFCA Resource Sheet *Reporting Abuse and Neglect: State and Territory Departments Responsible for Protecting Children* <www3.aifs.gov.au/cfca/publications/reporting-abuse-and-neglect>

Share & Connect (Peer Support)



TOPIC: THE CHALLENGING ASPECTS OF CAREGIVING

DATE: Thursday May 5 at 8.00pm

TOPIC: Gianna Mazzone, psychotherapist, counsellor and educator will be presenting a follow up session to the challenging aspects of caregiving.

REGISTER: [here](#) via zoom

News - Covid-19 Impacts

The 3 year census that assesses children's development in 5 key areas shows widening gaps. In Victoria, the biggest shift is in language and cognitive skills in children who were developmentally vulnerable.

Find out more [here](#).

Adoption Retreat (Peer Support)

ADOPTIVE PARENTS FOCUS ON IDENTITY & BELONGING WHILE SHARING LEARNINGS & NETWORKING. SPECIAL GUES JOEL DE CARTERET.

DATE: Saturday 4 June 10am to Sunday 5 June 3pm

REGISTER: Expression of Interest form to be emailed to deborah@pcafamilies.org.au. Access the form on our events page [here](#).



News - Program Director

PCA Families Board is looking to appoint a Program Director to lead a small and dedicated team and to support the CEO in implementing business, marketing and operational plans across the organisation.

Find out more [here](#).



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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