



COMMUNICATIONS UPDATE

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7/7/22

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Lets Connect
6/6/22



News - Challenging Behaviours

Children who have come from trauma can have a number of challenging behaviours. Everything from difficulty expressing and identifying emotions which may result in internalised stress and anger or volatile outbursts that are difficult to control or other diagnoses like FASD, ADHD, ASD and more.

There are many steps to working through the challenging behaviours and we have many resources that might help.

- Our fact sheets cover aspects such as holding emotional space for your child, self regulation and time in versus time out. Available [here](#)

- Specialist practitioners can help too. Groups like the Australian Childhood Trauma group can help. See [here](#). We have spoken with many in our Youtube recordings. See recordings by Chrissie Davies, Bobbi Cook, Helen Barrett, Liz Powell and Linda Cooke [here](#)

- External groups like NOFASD podcasts 06A and 06B are great examples of teachers and foster carers managing challenging outbursts of unexpected behaviours from triggers. Available on our external pages link [here](#).

- Joining an online or face to face parenting or peer support group can help share and lighten the load. We have many peer support groups and other organisations do too!

Toolbox - Strategies for Challenging Behaviours

- Remain calm and connected and use language for success (thankyou not please, when not if, reflect "You seem..")
- Respond quickly
- Clarify expectations
- Offer simple choices so they have control
- Present consequences
- Give immediate retraining & the opportunity to 're-do'
- Practise, practise, practise
- Keep your child near you
- Offer praise for success
- Re attune and connect emotionally

(adapted from The Connected Child by Karen Purvis)

News - Preventing Challenging Behaviours

Preventing challenging behaviours can be key to successfully managing behaviours. So what are our tips for that? We asked our team and this is what they suggest:

- Observe the challenging behaviours and the possible reasons for it. What were the influences and triggers? Was it the environment? Change? A new person? A smell? You were late? Are they unwell? Tired? Problems at school? Too much screen time? Too little sleep? Understand your child's triggers and plan for them. Set them up for success at school and other environments by advocating for them.
- Give full attention, verbally and non verbally, show understanding and a reflective response "You seem confused by...." or "It appears you are upset or angry about....". Remain calm.
- Keep them safe by bringing them into you using socialisation and behaviour regulation, not punishment. Compassion and connection are key and giving them control. Remember outbursts are a form of communication.
- Offer pre determined escape plans. Pre arranged signals for when anxiety creeps in to leave. Also teach breathing techniques that help them calm down, or body movements such as rocking.
- Use language that sets your child up for success. Language like "When you XX come and see me and we can xx". Use "thankyou" not "please", or "when" not "if", to convey you expect your request will occur.
- Use your "voice of authority" sparingly, such as when you need your child's attention or to reinforce boundaries (at a level that is assertive but not triggering). Don't shout or shame or isolate them.
- Set boundaries, consequences and rules with them when they are calm, not when they are in a dysregulated state.
- Acknowledge good behaviour frequently. Task yourself with acknowledging three positives to one negative. Spend focussed time with your child so they know they are important to you. Just 30 minutes one on one time a day can make a huge difference.
- Sometimes you may need to see a GP and get referred to a specialist for help for a particular diagnosis and treatment. Seek out the help of your local GP and services.
- Sometimes it may also mean trying medication for severe challenges. If so, try it out in a safe space at home and observe how it affects them. Do they manage the activity better? Does it do what its supposed to? Is it meant to have immediate effect? Are there other effects when using certain foods, drinks or other impacts? Does it have other side effects eg tremors, constipation.



What other ideas do you have? Please share them with us at info@pcafamilies.org.au

"Delivering trauma informed services that empower"

News - Get Active

The State Government is offering pensioners and health care card holders access to reimbursements for sport and recreation activities for 4 to 18 year olds. See Get Active Kids Program Information [here](#).

News - Create Grants

Create Foundation has extended their deadline for grant applications to 30 May. Create Club members aged 15-25 may access grants for driving lessons, laptops or learning and education, Find out more [here](#).



News - Edmund Rice Camps

We have the ability to refer participants to the Edmund Rice family camps running the first week of the school holidays from 27 June for 5 days and 4 nights. If families are interested in finding out more see [here](#) and contact PCA Families this week if you and your family are interested in attending.

News - Play, Learn, Grow

Play Learn Grow is a free 24 week program for Victorian parents and carers of 2 & 3-year-old children. Participants receive three short, engaging text messages each week with advice and activities to support their child's learning and development at home. Practical advice and activities focussed on reading, playing, talking and self-care. Find out more [here](#).



Click & Connect (Peer Support)

TOPIC: MOVEMENT THERAPY

DATE: Wednesday 1 June at midday

TOPIC: In this meeting we will review and discuss the Youtube Recording by Yvette Knights on Movement Therapy to assist trauma and developmental delays. Yvette explains how sometimes nothing seems to work to help our children because their 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 offers neuro development therapy, a physical therapy, as a way to help rewire the brain and meet missed milestones (helping with emotions, speech, language, motor development, organisation, problem solving, learning and balance). An option for those with ADHD, Autism and similar experiences. Please join us for this discussion.

REGISTER: [here](#) via Zoom Link

HOMEWORK: Listen to the Youtube recording by Yvette Knights titled " Lets get physical with neuro therapy & fix trauma & developmental delays. Why sitting & karate help!" Available [here](#).



"Improving the lived experience of young people"

Lets Connect (Peer Support) Share & Connect (JC, moved from June 2)



TOPIC: Belonging & Identity with Joel De Carteret - adoptee, filmmaker & more!

DATE: Monday June 6 at 7.00pm

TOPIC: Joel is an adult adoptee born in the Philippines whose remarkable journey proves the power of love can overcome impossible odds. There's an extraordinary ending to this story, but it begins with heartbreak. As a five year old Joel got hopelessly lost from his mother when he wandered away from the family home and into a bustling city market in the Philippines. He searched and searched but couldn't find her, and eventually was taken to an orphanage. Imagine his despair as for the next 18 months this little boy contemplated a future with little hope. But Joel is plucky and also lucky. He's adopted by a caring and loving Australian family. He goes on to lead a happy and successful life here, except something is always missing. Six months ago, 30 years after getting lost, Joel de Carteret couldn't ignore the pain any longer. He had to find his birth mother. But in a country of one hundred million, where would he even start to look.

DETAILS: Connect with other parents and carers in a safe space and share the unique and common parenting experiences of permanent care, kinship care and adoption.

REGISTER: [here](#) via trybooking

News - Flexi-Funding Budget



As at 30 April 2022 we have made more payments than our 30 April budget, so please prioritise any applications for the remainder of this financial year to those that are essential (to 30 June 2022). Flexible Funding is ongoing, so approved applications that may not be paid from the 2021/22 budget, will be deferred to be paid in the 2022/23 year.

Flexi-Funds

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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