

COMMUNICATIONS UPDATE

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Journal Club - Meet the Interim CEO



Please save the date for our next Journal Club meeting, via Zoom on Thursday 3 June 8.00-9.30pm. Our Interim CEO Amanda Bresnan will be joining us this week so please come along to meet her! We will also be discussing **Tantrums!**

There is so much advice about what you should do in parenting. But what do you do in the middle of the grocery store when your toddler is having a tantrum? Rationalising with children isn't the only answer!

[See this article](#) which will be discussed.

Register in advance via Zoom link:

[Registration to Journal Club June 3](#)

Journal Club is run via Zoom on the first Thursday of each month 8.00-9.30pm to provide support to parents and carers. Typically a brief article is circulated or a guest speaker introduces a topic in which they are an expert.

News - State budget



As you would be aware, PCA Families was very pleased to learn of some excellent news from the Victorian State Budget, including funding for PCA Families' Helpline and expansion of funding to permanent carers with the Carer Kafe program and Better Futures and Home Stretch programs.

The range of initiatives available to families has been documented by the Centre for Excellence in Child and Family Welfare in this link for those interested in learning more!.

[Link to the budget information](#)

News - Home Learning

Home Learning Tips

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How is your home learning experience going so far this week? What else can you do to support your child. See our tips for enhancing home learning! If you have some other ideas, please share with us on Facebook.



<p>LEARNING SPACE</p> <p>Create space for learning GREAT LIGHTING, COMFORTABLE, PENS, PENCILS & CALCULATOR AVAILABLE, NO DISTRACTIONS</p> <p>Enter and exit the learning space at structured times HAVE YOUR CHILD PACK THEIR LUNCH LIKE USUAL</p> <p>Personalise the learning space</p>	<p>FACILITATE AND SUPPORT</p> <p>Don't Teach BREAK TASKS DOWN INTO COMPONENTS OR QUESTIONS</p> <p>Remind Them of Prior Learning USE WORDS LIKE CREATE, INVENT, DISCOVER, IMAGINE IF, PREDICT</p> <p>Be Forgiving of Yourself and Your Child</p>	<p>SELF-REGULATION</p> <p>Self Regulation Station or Journal WRITE DOWN THOUGHTS AND FEELINGS AND REVIEW TOGETHER, PRACTICE MINDFULNESS ACTIVITIES LIKE BREATHING IN AND OUT FOR A MINUTE, HAVE FIDGET TOYS</p> <p>Play Games and Have Fun MASKING TAPE HOP SCOTCH, FREEZE DANCE, MUSICAL CHAIRS, INDOOR FORT BUILDING, ANYTHING TO GET YOUR CHILD MOVING!</p> <p>Connection Paramount THEY NEED YOU TO BE YOU AND THEY STILL HAVE A TEACHER, SO FOCUS ON HOME LEARNING NOT HOME SCHOOLING</p>
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"Improving the lived experience of young people"

New Youtube Video - [Video Podcast 5](#)

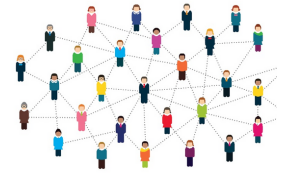


What do kangaroos have to do with developmental trauma and control, shame, hoarding and overeating?

We have all heard the labels: overcontrolling, trouble makers, oppositional, defiant, naughty, problem children and more. Trauma informed helps us shift from starting with "what's wrong with you" to "what happened to you".

However, understanding and responding to trauma is not always easy. It requires us to confront our traditional parenting approaches. Its also complex because we don't always know where it comes from, either because it happened in the very early years or because we don't know the full history attached to our young ones lives. But understanding developmental trauma and how to best meet our child's needs, at home and in the school environment, is so important. Children impacted by trauma have additional needs that need to be met to build their trust and relationships. So tune in to learn more about trauma informed practices!

Click and Connect - Social and Emotional Resilience



Please join our next Click and Connect peer group meeting via Zoom on Wednesday 9 June 12.00-1.00pm.

Topic: Social and Emotional Resilience: What are the components? How to build them in your child.

The need to build resilience and effectively manage emotions is a critical life skill.

It's so very important in children's lives where there has been disruption or trauma as one of the first learning relationships has already been disregulated.

So what are the building blocks to enhance social and emotional resilience, and how do you do that in the real world?

Guess what, joining a parent group is one solution! So why not join us on Wednesday 9 June!

Register in advance via Zoom link: **[Registration to Click & Connect 9 June](#)**

At the meeting, please consider sharing a resilience story!

Click and Connect is run via Zoom every Wednesday fortnight 12.00-1.00pm during school term. PCA Advisor Liz Powell presents the topic very briefly and group discussion flows. The group will be a supportive space that allows natural conversations to flow and you will be honoured as experts of your families and lives.

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](#)

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