

COMMUNICATIONS UPDATE

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EVENTS
Click & Connect
Wed 10/5/23
Share & Connect
Thurs 4/5/23

Flexi-Funding

Better Futures

Helpine

CAP

ADDITIONAL COSTS OF CARE

INDEPENDENCE, EDUCATION, EMPLOYMENT

REFERRALS, ADVOCACY

CARER ASSISTANCE



Youtube Recording - Flexible Parenting and a Yarn Help Avoid Burnout

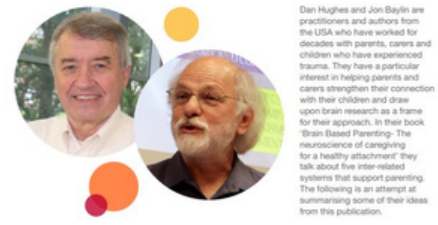
LIVED EXPERIENCE PARENTING CHANNEL
KINDNESS, PERMANENT CARE AND ADOPTIVE PARENTS AND CARERS

Dr Alberto Veloso who is a psychiatrist, paediatrician and Dyadic Developmental Psychotherapist has worked extensively in the foster care system and with children with ADHD, ASD or mental health needs. He wants you to know the importance of regulating your own brain and the need to take care of yourself first so that burnout and blocked care in your brain doesn't damage your child. So what can you do instead?



Consider really understanding Dan Hughes and Jon Baylin's brain based parenting summary on how to strengthen your parenting systems. Use the power of a yarn and gathering all the people in your child's life to talk through issues as they arise. If you don't get a hospital admission after waiting hours at an emergency crisis centre, it may actually be for the best. Hospital admissions aren't always the safest spaces for children with a trauma background. Time spent waiting offers time for coregulation, where you soothe your child through your connection. Some constructive advice to really help realise the power of co regulation and self care and why both are so, so important to make time for. Listen to the recording or read the transcript [here](#).

The 5 Parenting Systems according to Dan Hughes and Jon Baylin



Dan Hughes and Jon Baylin are practitioners and authors from the USA who have worked for decades with parents, carers and children who have experienced trauma. They have a particular interest in helping parents and carers strengthen their connection with their children and draw upon brain research as a frame for their approach. In their book 'Brain Based Parenting: The neuroscience of caregiving for a healthy attachment' they talk about five inter-related systems that support parenting. The following is an attempt at summarising some of their ideas from this publication.

- 1. The Parental Approach System - the ability to feel safe and stay open and engaged while interacting closely with our child.
- 2. The Parental Reward System - the ability to experience parenting as pleasurable, satisfying, and rewarding.
- 3. The Parental Child Reading System - the ability to understand, attune to, and empathize with our child.
- 4. The Parental Meaning-Making System - the ability to make sense of our experiences as a parent and to understand how we came to be the parent we are today.
- 5. The Parental Executive System - the ability to regulate our internal states, monitor the quality of our connection with our child, and engage in timely repair of our relationship should it need it.

Events - Share & Connect (JC)

TOPIC: DR VICKI RUSSELL - FASD ADVOCATE

DATE: Thursday 4 May at 7.30pm

LOCATION: Zoom online

TOPIC: Dr Vicki Russell PhD is a Churchill Fellow (2001). Vicki worked for 30 years in non-government sector management in the delivery of trauma counselling; alcohol and other drug prevention; and neurodevelopmental disability (Fetal Alcohol Spectrum Disorder). She trained in narrative practice and has a Certificate of Mastery in the Fetal Alcohol-Neurobehavioural approach (USA).

Vicki has developed and delivered education and training programs on trauma and FASD to professional and non-professional groups across all levels of prevention.

Vicki will introduce Fetal Alcohol Spectrum Disorder and explore the diagnosis and the outcomes for the individual across the lifespan, including strategies for management.

Vicki will also look at and open up for discussion the impact for those who care for individuals living with FASD.

REGISTER: [here](#)



News - Triple P Fear Less Anxiety (Kinship Care)

Triple P and Berry Street are offering their Fear Less program to kinship carers for free to help with learning new strategies to managing children's anxiety. Covering topics like understanding and modelling anxiety management, emotions coaching, flexible thinking and constructive coping over six sessions on Wednesdays (10am-12pm). Well worth an investment of your time. And you get a \$50 voucher towards a family activity on top of the learning! Enquire about or book into the program by calling Jo on 9450 4700. Find out more about the Triple P program generally [here](#).

Triple P Fear Less Kinship Group Program

A free online six-session parenting program for carers of children experiencing anxiety. Open to parents living in the Cities of Darebin, Yarra, Banyule, Nillumbik and Whittlesea.

Do you care for children who are not your immediate family members either fulltime or part time or for respite care? This could be a voluntary or non-voluntary arrangement.

Fear-Less Triple P supports you to learn new strategies for managing the child's anxiety. This program is for carers that are concerned about the children's anxiety and would like to learn strategies they can put in place to support the wellbeing of children and the family. Content is suited to caregivers of children aged from 6 to 14 years.

The topics covered in this program include:

- Understanding how anxiety works,
- Becoming the best possible model of anxiety management for their children,
- Becoming effective emotion coaches,
- Understanding and teaching the value of flexible thinking,
- Managing their children's anxiety effectively, and
- Using constructive coping.

This program will be run in a group setting online, with other carers. It will include 6 x 2 hour weekly sessions.

All families involved will receive:

- Triple P Fear Less Parent Workbook
- Parent Pack – including resources for both children and parents to help implement strategies from the program
- A \$50 voucher for a family activity.

How to make an enquiry:
Contact Jo from the Triple P Kinship team by emailing triplepkinship@berrystreet.org.au with your name and contact number. Alternatively, call our office on 03 9450 4700 (ask to be put in contact with Jo) to book a time to complete enrolment. Cut off for enquiries is 12/5/23, however due to limited spaces we encourage you to reach out ASAP.

Dates*:

Session 1: 17/5/23
Session 2: 24/5/23
Session 3: 31/5/23
Session 4: 07/6/23
Session 5: 14/6/23
Session 6: 21/6/23

Location: Online via Zoom

Time: 10am – 12pm

* Please note attendance to all sessions is required.

News - Mental Health

Mental Health Australia are offering people with lived experience, carers and support organisations a webinar on health records and advance mental health directives. Wednesday 17 May 6.00 to 6.30pm. Register [here](#).

More about Mental Health Australia [here](#).



News - Ageing Advocacy COTA

Heard of COTA, Council On The Ageing, who represent the interests and rights of Australians over 50 years old? COTA seek to influence government, corporations and the community on the positive aspects of ageing and work to protect the rights of older Australians too. Find out more about their advocacy [here](#).

News - Eating Disorders

Research reveals parents and carers bare the brunt of the rising burden of eating disorders in children. Key findings included that parents and carers would see 3.5 therapists before finding one that could help and they would spend an average of 70 days in caring for their child, with median out of pocket expenses of up to \$20,000. Read the report [here](#).

Events - Click & Connect

TOPIC: YOUR BIGGEST PARENTING CHALLENGE

DATE: Wednesday May 10 12.00 to 1.00pm with hosts Liz and Sonia

TOPIC: The biggest parenting challenge. What is yours?

You may have a clingy child, a child that cant concentrate, a child that is easily overwhelmed or a child that wont sleep alone or is tired all the time. Or you may have challenges with schools, family or biological family. It may be that one of these is your biggest parenting challenge, or something else. Please join with us to share some of your experiences in parenting and lets learn from the collective wisdom in the group how to navigate the many challenges in parenting. We are often not alone in our experiences!

If you like to read, learn more about the Australian Institute of Family Studies practice guide on supporting parents with challenges, including problem behaviours, boundaries and more [here](#).

REGISTER: [here](#) via Zoom Link



Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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