

COMMUNICATIONS UPDATE

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LIVED
EXPERIENCE
PARENTING
CHANNEL

KINSHIP, PERMANENT CARE AND
ADOPTIVE PARENTS AND CARERS

New Video - Youtube Podcast 11



Therapeutic parenting & the brain: connection and time Gregory Nicolau

Gregory Nicolau is a consultant psychologist, skilled in crisis intervention, and the founder of the Australian Childhood Trauma Group. Gregory shares his insights into parenting therapeutically with practical solutions and strategies that can be applied in the real world. Gregory highlights the importance of assessing where your child is at developmentally, so that you can give your child help in stressful situations and so that you can offer them the right supports to progress them: art therapy, speech therapy, occupational therapy, psychologists or psychiatrists or other therapists. The therapeutic carer is always looking at how to support and progress the child.

He explains the brain and its components: the reptilian and thinking brain and how we need to fill up the child's mind by continuing to respond to their stressors with calm and connection. Those stressors are often seen in their behaviours, which should be seen as communication, not as good or bad, and not as something requiring consequences or control.

Gregory highlights how to apply his thinking to a typical situation with siblings quarrelling, putting down or hitting out. If you only listen to one video, this one is worth it!

Listen to the podcast by clicking [here](#)

News - Covid-19 Pandemic

For those with young ones remote learning, we have some fun activities to help with connection and boredom:

- 24 hour reading marathons
- take turns in adding words to create stories out loud eg Mum "The" Child "Dog" Mum "Went" "Child "To" and so on
- Sunset BBQ dinner, maybe with a fire
- Advisor Liz suggests Uber Wednesdays
- Dubsmash video duets
- Try some new milkshake flavours
- Loud music and some crazy dancing
- Get outside and take photos of nature
- Write and produce a play.

News - Surveys

Did you receive a Journal Club survey in your email inbox recently or a Flexi-funding survey after an application has been lodged? If so please take the time to respond. They are an important opportunity to capture the value of our services as well as preferences if and when Covid-19 restrictions lift. This information will help us with future planning and funding. We value your input on how we can continue to support you and your family.

We also have two \$50 Coles Myer Vouchers to be drawn for two lucky winners (drawn randomly). Click [here](#) to access the two minute survey for Journal Club. Flexi funding surveys are emailed on completion of applications.

News - External Resources on Website

We are continuing to add resources to our External Resources on our website. This week we have added resources from Berry Street on neuro therapies, Skill Bites from the Australian Childhood Trauma Group (lying, discipline and trauma) and Miriam Rose Foundation.

Click [here](#) to access.

News - Home Stretch and Better Futures

The link to Home Stretch and Better Futures for permanent carers on our website is [here](#)

The Department of Families, Fairness and Housing has begun mailing children turning 18 between July to September 2021 as these will be the first group progressed.

At this stage we are asking that you wait for further information to be made available before getting in touch with PCA Families, DFFH or Better Futures providers.

Referrals to Home Stretch will be gradually progressed when we have the appropriate processes in place and information available. No eligible young people will miss out on support.

We thank everyone for their patience.



**"Improving
the lived
experience
of young
people"**

News - Retreat Postponed

Our weekend retreat for permanent carers was due to occur 24/25 July but will be postponed due to the Covid-19 pandemic. We will be in touch soon to advise new dates!



Click and Connect - NDIS Tips

Please join us at midday on Wednesday 28 July to discuss NDIS.

To register please click [here](#) or see our website for links [here](#).

The NDIS is Australia's national scheme for people with a disability and provides funding directly to individuals. But how do you get started with NDIS? What do you need to meet the eligibility criteria? What if your child is under 7yo - who can you partner with?

If your child has a mental or physical diagnosis, its also important to see if you qualify for registration on Carer Gateway.

Shared learnings and knowledge to share with each other for the benefit of all!

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

We welcome any new parents or carers that would like to join us for one or more meetings.

Journal Club - Relationships Australia



Topic: Relationships Australia Intercountry Adoption Counselling Services

Please join us at 8pm on Thursday 5 August by registering [here](#)

Relationships Australia is now responsible for Post Adoption Support Services (PASS) nationwide. PASS has provided support to both local and intercountry adoptees, adoptive parents and families, and birth parents and families, as well as providing training to allied health professionals about adoption. Relationships Australia also runs Forced Adoption Support Services and supports those growing up in out of home care. There are many common themes!

Nikki Hartmann, Program Manager of Post Adoption Programs and Program Manager Time for Kids has been working in the service since 2006 and joins us as guest speaker.

To view there website visit [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 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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