

COMMUNICATIONS UPDATE

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LIVED EXPERIENCE PARENTING CHANNEL

KINSHIP, PERMANENT CARE AND
ADOPTIVE PARENTS AND CARERS

[CLICK HERE TO
ACCESS PCA
FAMILIES YOUTUBE
CHANNEL](#)

Updates and new audio or video will be communicated in our regular Communications Update.

Please share with other carers or parents and let us know if you have an idea for a topic.

NEW YOU TUBE CHANNEL

Parenting children with complex needs requires great patience, extra time and a good sense of humour as you juggle your family, extended families, work and the educational and financial needs of your family.

The Lived Experience Parenting Channel is a free virtual community to support kinship, permanent care and adoptive parents, carers and families. Learn from other parents or carers how to successfully parent your child and overcome some of the challenges of working from home, home schooling, financial hardship and accessing professional support.

Theories may not work in practice or we may not understand how they should or could be adapted for specific circumstances. Ideas and tips from others with lived experience gives us the confidence to become better parents or carers.

Whether its learning that 'relaxer' is the secret ingredient to managing extremely curly, kinky or frizzy textured hair, or finding out how to set up sensory play activities to build children's confidence, learn from those that have gone before!

The channel features content in the form of audio or videos, or podcasts and webinars. Simply click the link to the left or go to you tube and subscribe or follow the PCA Families channel for updates.

Video Podcast 1

How a rescue cat and sensory play help with trauma and development



Sensory activities can assist young people in finding a calm state. Where trauma is involved, self-regulation and knowing how to soothe may need to be taught or learnt. Whether you like blankets, music, oil burners or water, trial and error helps one to discover what works best. Sensory play helps children who have experienced trauma find their safe place which assists with self-regulation and development.

Young people who are in permanent care, kinship care or who are adopted can often benefit from sensory play. But how do you offer sensory play to your young people? Find out how by learning from like-minded families (with children in permanent care, adopted or in kinship care) about how they offered and succeeded with offering sensory play to their young people.

A transcript with information and photos to illustrate sensory play, plus resources such as books, websites and programs you can access, and a shopping list for what you need, can also be found on the PCA Families website.



News

Covid 19: Astra Zeneca vaccine is available from 3 May to adults over 50 years of age. The Australian Technical Advisory Group of Immunisation, a group of medical and technical experts, advise that the risk of developing side-effects (blood clotting) is extremely rare. They advise the benefits are likely to outweigh the risks and suggest that you discuss the benefit to risk balance with your doctor. See the official communication attached.

[Astra Zeneca Advice April 2021](#)

"Improving the lived experience of young people"

Journal Club



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.

Please join us at our next Journal Club via Zoom on Thursday 6 May 8.00pm Register in advance via Zoom link: [Registration to Journal Club May 6](#)

Topic: How do you cope with an emotionally distant child?

Do you ever wonder what happened to your sweet, affectionate, "glad to be part of this family" younger child? Did your child enter adolescence with a sudden cloud of distance, brooding, and sullen behaviour? Is she/he desperate to be as far away from your family as possible? The challenge is to remain focused on the lesson to be learned, not on the emotion of the moment.

But sometimes you will get angry. There is no such thing as a perfect parent—and you don't have to be perfect to be a good parent. So join us for a conversation with our experienced carers who will share their helpful advice. If you would like a little help before then, click on this link for a useful article which will be referred to during the session.

Click and Connect

Please join our next Click and Connect peer group meeting via Zoom on Wednesday 12 May 12.00-1.00pm.

Register in advance via Zoom link: [Registration to Click & Connect 12 May](#)

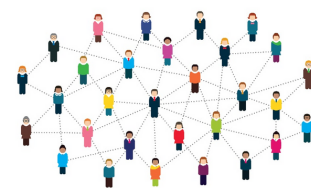
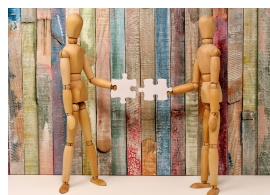
Self-Regulation: The challenges and how to support it.

Most parents have witnessed a tantrum or two. But if your child is at school and meltdowns and outbursts are still frequent, it may be that they are having difficulty with self regulation.

For children who have experienced trauma in the form of relationship disruption, often self regulation challenges can include inappropriate classroom behaviour, defiance, apathy, academic difficulties and overreactions.

Trauma informed strategies can help regulate the flight fight freeze response and strategies that focus on connection and safety can help. Join us to find out what strategies work and to share stories of success!

To Do: At the meeting, please consider sharing an example of where you may have succeeded in helping your child or a friend to self-regulate. We welcome questions at the meeting or you can also email ahead of time.



Click and Connect is run via Zoom every Wednesday fortnight 12.00-1.00pm during school term. 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.

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