

Nourishing the first spark of connection

Remember that there is enough love to go around

Children thrive when they are surrounded by people who love them. When parents know what is happening for their child, they can support them and the adults around them to make the most of Family Time.



Your child may be trying to:

- Adjust to changed routines
- Understand where they belong
- Avoid upsetting you
- Sustain friendships
- Stay in touch with family
- Express difficult emotions
- Work out what they want from Family Time



What you might be feeling:



Parents can help by:

- Telling them you are proud of them
- Reassuring them that you are okay
- Celebrating the positives with them
- Avoiding promises you can't keep
- Being consistent
- Asking what they want to do
- Involving their carers
- Focusing on making time together enjoyable
- Sharing photos, drawings and letters
- Giving honest, age-appropriate answers to questions
- Bringing a toy or something they can take home



Strengthening all the sparks of connection

How parents can support the adults who care for their child and improve Family Time

There are things parents can do to show support for their child and strengthen important connections at Family Time.



Your child's carer may be:

- ⚡ Balancing care needs of multiple children
- ⚡ Lacking information about your child's history
- ⚡ Getting to know your child
- ⚡ Following agency rules
- ⚡ Lacking certainty about how long your child will stay with them



What they may be feeling:



Uncertain



Stressed



Helpless



Overwhelmed



Protective

Parents can help by:

- ⚡ Suggesting a meeting with carer and caseworker
- ⚡ Showing you want to help your child settle in
- ⚡ Being open about your goals and feelings
- ⚡ Listening to their goals and feelings
- ⚡ Suggesting that you have a communication book
- ⚡ Sending letters/photos to update them and your child



Your child's caseworker may be:

- ⚡ Balancing the needs of multiple families
- ⚡ Following policies and procedures
- ⚡ Experiencing burnout and stress
- ⚡ Continuing to develop skills and knowledge
- ⚡ Facing time or resource pressures
- ⚡ Coping with staffing shortages

What they may be feeling:



Frustrated that they can't make things better



Pressured by the agency



Blamed by families for past decisions

Parents can help by:

- ⚡ Suggesting how to support you and your child
- ⚡ Allowing them time to respond to your queries
- ⚡ Keeping records of agreements
- ⚡ Being open about your concerns
- ⚡ Giving details of your culture, values, beliefs
- ⚡ Updating them on changes to your situation
- ⚡ Asking for advance notice of caseworker changes

