Shining your own light on Family Time

Remember to care for yourself so you can care for your child

Ask for help

- To give you space
- To support your choices
- To talk about what is going on for you
- To understand your feelings
- To process changes
- To exchange photos with your child
- To write letters to your child

Create an action plan

- Start with small steps
- Make a vision board
- List what you need to get on track
- Seek support to make your plans a reality

Self-awareness

- Do a mindfulness colouring-in book to ground yourself
- Sit somewhere quiet and focus on regular breaths
- Start tracking your moods
- Connect to your special place

Self-care and healing

- Take time out just for you
- Relax with friends
- Power your body with good food
- Keep a journal of how you feel
- Listen to music that brings you joy
- Be active – you can even dance inside the house!
- Take a walk in nature
- Get crafty – make something to give your child

Notice and celebrate successes

- Count the small things – even if it's getting out of bed!
- Track each thing you have done to reach your goal
- Keep records of courses, community sessions or workshops you have attended

Make small goals

- For your personal growth
- For your time with children and family members
- For making Family Time more positive
- For reigniting important connections
- For initiating changes to legal orders

This resource was co-designed with experts-by-experience, Tegan Whittaker and Chantelle Rozzi
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For more ideas and resources for parents, go to:
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Check in with your feelings as Family Time approaches and after it ends

Ask yourself:

What helps me feel grounded?

What helps me feel out of control?

What helps me show my child they are loved?

What do others notice when I am doing well?

What if I am not feeling okay?

Things to remember:

★ Know your limits and your triggers
★ Notice and accept the feelings that come up
★ Have some games and activities up your sleeve
★ Pack some healthy snacks

What can I do to make the visit good?

★ Quality is more important than quantity when it comes to time together.
★ Do something nice for yourself or arrange to speak to someone after a visit to prevent a downward spiral.
★ Have some strategies in mind for when you are finding things hard.

What if I am not feeling okay?

★ Ask to have a phone or video visit instead this time
★ Talk to people involved in Family Time about your feelings so they don’t misunderstand why you were not there

Things to remember:

★ Give as much notice as possible if you need to cancel a visit and suggest an alternative so your child knows you want to see them.
★ If you continue to struggle with visits, get professional help to unpack the issues and work out a way to get visits back on track.
★ The hard moments will pass.