

# BUILDING A RELATIONSHIP WITH CARERS

## PARENT PEER SUPPORT PROJECT



### GETTING ON WELL WITH THE PEOPLE CARING FOR YOUR KIDS CAN HELP YOU STAY CONNECTED TO THEM.

Children who see their parents and carers communicating well and being friendly can learn how to relate well to others. Children can trust and feel safe with carers who are respected and supported by their family and who respect and support their family in return.

Carers are important to your children – acknowledging what they are doing for your child can be a great start to building a positive relationship



Carers can assist or resist your involvement with your child – so it is best if you can work together with them

If you don't know them already ask if you can meet the carers – maybe without the kids at first – so you can get to know each other



Think about what you might say when they ask you “When am I coming home?” or “How long am I staying with the carers?”

You might say something like “I am not sure - I am doing what I can to make our family safer and better for you” or “I know this is hard but it's better for you to stay here now.”

Time spent with your children can be exciting but stressful and may be upsetting for you and your child. Carers can see that kids are upset after spending time with you and they can worry about this

“I have been able to work with the carer and agencies in making decisions regarding my child. We have been able to get to a point where we have achieved unsupervised visits, which is important to maintain my connection with my child.”

“She calls her carer ‘mum’ and at first, the first time I heard that I cried. I just lost it. I was like, ‘no, she is not your mother’. But I understand. A mother is someone who feeds you, loves you, cares for you, puts you to sleep at night, reads you stories- so I can see why my daughter calls her ‘mum’. It doesn't hurt so much anymore.”

Be reliable, turn up or phone when you say you will and give as much notice as you can if you have to change



Acknowledge your feelings to your kids and listen to how they feel that you so you can comfort them and help them to be more settled after their time with you



Kids can love you and be fond of their carers too



Encourage your children to enjoy the time with the carers – not to feel guilty and to enjoy activities they are doing with carers.

Think of ways to help the carer look after your child – tell them about allergies or things your child likes or dislikes.



More ideas from the FISH website:

<http://www.finclusionh.org>



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