

WORKING WITH CARERS: WHY IT MATTERS AND HELPFUL TIPS

A Resource for Parents written by Family Inclusion Strategies Hunter Peer Parent Expert

Why getting on well with carers can help

- Getting on well with the people caring for your children can help you stay connected to them.
- Children who see their parents and carers communicating respectfully can learn healthy ways to relate to others.
- Children are more likely to feel safe and settled when they see carers and parents respecting each other.
- Carers play an important role in your child's life right now. Acknowledging what they are doing for your child can be a positive first step.
- Carers can either support or make it harder for you to stay involved in your child's life — working together can make a real difference.

Tips for building a working relationship with carers

- If you don't already know the carers, ask the caseworker if you can meet them, possibly without the children at first, to get to know each other.
- Be respectful, even when the situation feels painful or unfair.
- Be reliable:
 - Turn up or call when you say you will
 - Give as much notice as possible if plans need to change
- Start small.

A short message about your child's likes, routines, or comfort items is enough.

- Keep the focus on your child.

Try to communicate about your child's needs rather than the court case.

- Set boundaries.

You are not required to share personal details or discuss the court matter with carers.

- Use written communication if that feels safer.

Texts or emails can help reduce misunderstandings.

- Ask your caseworker for help if communication is difficult.

They can support or mediate contact if needed.

- Protect yourself emotionally.

It's okay to step back if communication becomes harmful or overwhelming.

A communication book can help you stay connected to your child's day-to-day life.

Keep messages short, calm, and focused on your child. Use it to share routines, comfort items, and things that help your child settle. Avoid using the book to discuss court matters or disagreements. Remember others may read it – write respectfully. If something upsets you, pause before replying and get support if needed.

“Once I stopped seeing the carers as the enemy, things got easier for my child and for me. Working with them didn't fix the pain, but it helped my child feel calmer and more secure, and that mattered.”

“When the court asked the carers for their opinion, it helped that we had worked together. They spoke about my involvement and how my child responded to time with me, and that made restoration easier.”

Working with carers does not mean you agree with the removal.

It means you are still parenting in the ways available to you and putting your child first.

If your child's carers need support to keep you included here is a useful resource you can send to them <https://carersforkidsnsw.org.au/news/how-carers-and-parents-can->

Contact Information:

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