



THE UNIVERSITY OF
SYDNEY

Research Centre for Children and Families

Fostering Lifelong Connections Resources

Summary of Resources developed as part of the ARC Linkage Fostering Lifelong Connections Project (LP180101332)

Project website: <https://rccf-fostering-connections.sydney.edu.au>

Resource name and link	Description
<u>Roar</u> <u>Order hard copies</u>	An illustrated storybook for young children in out-of-home care. It depicts a lion cub who has big emotions when he spends time with his father and how a gorilla carer and bear caseworker help him understand these emotions and find ways to regulate and enjoy the time he and his father have together. Developed by Billy Black, Expert-by-Experience.
<u>My Family Time is Mine</u> <u>Order hard copies</u>	A guide for young people in out-of-home care that explores their rights to be heard in matters that are important including around Family Time, understanding their emotions and how trauma affects the brain, and how they can learn to take charge of reactions. It is full of practical tips and suggested playlists for relaxation. Developed by Bobby Hendry, Expert-by-Experience.
Wiradjuri Workbook 1: <u>NGUMBAYY - Sounds, Numbers, People & Family</u> Wiradjuri Workbook 2: <u>BULA - Family Terms, Body Parts & Colours</u> <u>Order hard copies</u>	Workbooks designed to support children and their families learn Wiradjuri language together, including during family time. Offers a range of interactive activities and games to immerse children and families in Wiradjuri culture and language. Developed by Diane Riley McNaboe and Associate Professor Lynette Riley.
<u>Resource for parents - Shining your own light on family time</u>	Offers parents practical suggestions for how they can look after their own wellbeing and check in with their own feelings as family time approaches and ends in order to promote positive family time experiences. Developed with mothers who are Experts-by-Experience, Tegan Whittaker and Chantelle Rozzi.
<u>Resource for parents - Nourishing and strengthening sparks of connection</u>	Encourages parents to bring an awareness to what their child and other adult's in the child's life may be feeling and offers practical suggestions for how parents can help to improve family time for all involved. Developed with mothers who are Experts-by-Experience, Tegan Whittaker and Chantelle Rozzi.
<u>Carers as Custodians of Children's Connections: Safe and meaningful connections with birth family</u>	Explores the custodianship role carer's play in nurturing children's connections to family and culture and includes information about why family time is important and how it can be challenging. Developed with the Australian Childhood Foundation.
<u>Linking lives for siblings living separately in out-of-home care: A practical tool for</u>	Offers suggested ways caseworkers can promote 'linked lives' for siblings so they can be part of their 'social convoy' over their lifespan.

<u>caseworkers to promote sibling connections</u>	Developed with the Australian Childhood Foundation.
<u>Words Matter: Trauma sensitive language with children</u>	Highlights negatively charged language that adults use to describe children experiencing trauma-related stress responses. Encourages adults to reflect on what might be happening for the child in that moment and suggests preferable words to use instead. Developed with the Australian Childhood Foundation.
<u>Taking the journey toward a trauma-informed approach to Family Time</u>	Provides information about the importance of bringing a trauma-aware approach to family time and offers casework practices and organisational approaches that promote emotional and relational safety for family time. Includes suggested body-based activities that can be used to regulate the emotional states of children. Developed with the Australian Childhood Foundation.
<u>Trauma Expression and Connection Assessment (TECA)</u>	Developed by the Australian Childhood Foundation and used as part of the Fostering Lifelong Connections practice trial on co-regulation, the Trauma Expression and Connection Assessment (TECA) can be used to better understand changes to the child's nervous system in the lead up to and post family time. The recommendations in the tool are to be undertaken dyadically with an attuned adult. They can support coregulation and relational strengthening so that the child may experiencing soothing and the ability to express themselves verbally to meet their need for connection.
<u>The Bridge and Building Bridges. The Bridge' & 'Building Bridges' films: A viewing guide for caseworkers and social work students</u>	'The Bridge' shares the experiences of an Aboriginal young person in out-of-home care. It explores his yearning to know his family and how reconnecting with them in turn strengthened his sense of identity and belonging. 'Building Bridges' shares the perspectives of Aboriginal caseworkers about the vital role they play in fostering children's connections to Kin, culture and Country. It explores their practice tips including the need to actively listen to the perspectives of children and young people and ask respectful, curious questions to build relationships with families. Developed with Aboriginal caseworkers in Dubbo in partnership with Desert Pea Media, NSW Department of Communities and Justice and Uniting.
<u>Keeping connected with video chats</u>	Offers tips for supporting children and adults to engage with one another during video calls and offers suggested activities that can be incorporated to make video chats fun.
<u>Keeping kids connected by playing online games</u>	Offers tips and guidelines for protecting children's safety online when gaming and offers 10 examples of child and family games that can be played.
<u>10 simple child and family friendly online games</u>	Provides description of 10 child and family friendly online games that can be used for family time including the recommended age and technology needed to play.
<u>Family Time - from a distance, without technology</u>	Explores how children and families can stay connected through sending letters, drawings and cards and offers tips for how adults can support children to engage in letterbox exchanges.
<u>Conversation starters for children and families</u>	Offers tips for supporting children to lead conversations and provides conversation starters that adults can use to get to know children better, find out about their hopes for the future and tap into their imagination during Family Time visits.