

## For Kids: Staying in touch with family

In this video, young people explore their experiences of family time and the importance of children to know and be connected to their family in meaningful ways.

### Reflections

Tarnie talks about not feeling safe during visits with her mother. How do you make sense of the impact and experiences of family time for children and young people in care?

How do you advocate through the lens of a child when making decisions about family time? How do you keep them connected safely if they are expressing distress?

Aidan talks about the power and control he gained once adopted to stay in touch with his family in ways that worked for him. What are the benefits and risks of flexible, child-led family time arrangements?

### Your plan

How will you seek and listen to the views of children and young people about who they want to be connected to or spend time with, and how?

How will you make sure you are 'being of most use' when it comes to establishing meaningful family time for the child? What role will you play?

How will you check in with carers to understand their capacity and willingness to support children's connection and relationship needs with family?

How will you help carers and family understand the child's needs and their responsibilities and role in ensuring family time is meaningful, enjoyable and safe for the child?

How will you demonstrate transparency and accountability in your communication with children, carers and birth families about family time?

## **Group supervision questions**

How can we best support this child to stay connected to their family, community, culture and network regardless of where they live?

How can we do things differently and creatively when traditional family time arrangements do not work in the child's best interests?