

AN ONLINE GUIDE TO FAMILY RELATIONSHIPS & CHILD DEVELOPMENT RESOURCES FOR KINSHIP CARERS ON THE KCV WEBSITE

**Many of these resources are also of
interest to permanent, foster and
informal carers**

2024
October





GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: admin@kinshipcarersvictoria.org

www.grandparentsvictoria.org.au

www.kinshipcarersvictoria.org

Kinship Carers Victoria
acknowledges the support of the
Victorian government.



Families,
Fairness
and Housing

How to use this guide

There are easy ways to access these resources:

1. View the contents presented in this guide, and much more, on the KCV website at

- <https://kinshipcarersvictoria.org/resource-booklets/>
- <https://kinshipcarersvictoria.org/podcasts-videos>
- <https://kinshipcarersvictoria.org/fact-sheets/>

or by doing a web search for Kinship Carers Victoria

- <https://kinshipcarersvictoria.org/>

2. Use the QR codes below to access the Resource Booklets, Podcasts/Videos and Factsheets pages on the KCV website



Contents

(Click on each title for more detail)

- **LGBTQIA+ families & communities (Resource Booklet)** 6
- **Mental health & family relationships (Resource Booklet)** 6
- **Planning for more effective access visits (Resource Booklet)** 7
- **Children & young people with an emotional/physical disability (Resource Booklet)** 7

- **Diet & nutrition for neurodiverse children & young people (Podcast #30)** 8
- **Issues with education for children & young people in out-of-home care (Podcast #29)** 8
- **Preparing for access visits (Podcast #27)** 9
- **The benefits of play (Podcast #26)** 9
- **The health of children in kinship care (Podcast #10)** 10

- **Age-appropriate sexual behaviours (Factsheet)** 11
- **Aboriginal culture (Factsheet)** 11

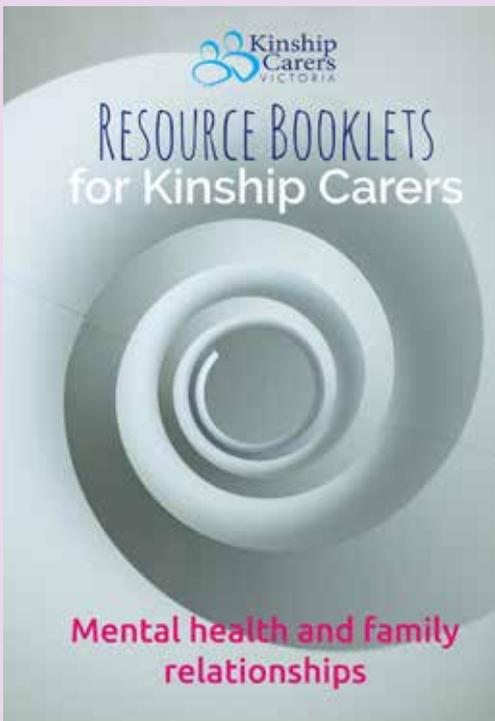
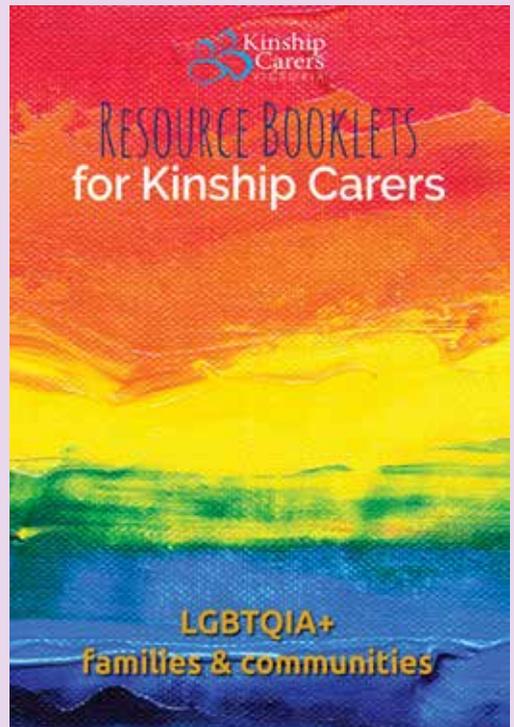
- **Early Parenting Centres (EPCs) (Resource Flyer)** 12
- **Pathway to Good Health for Children in Care (Resource Flyer)** 12

LGBTQIA+ families & communities

A comprehensive listing of agencies and organisations offering online, telephone and face-to-face counselling, support, services, referrals, seminars, professional development, workshops and social events for all members of the LGBTQIA+ community.

Includes organisations such as QLife, Queerspace, Zoe Belle Gender Collective, Wire, Rainbow Families, the Victorian Pride Centre, Transgender Victoria, Parents of Gender Diverse Children and many more.

[Click here for more detail](#) →



Mental health and family relationships

Extensive list of government, not-for-profit and other organisations and agencies providing crisis support, online, telephone, video and face-to-face counselling, information, services, community forums, legal advice, referrals and financial advice on issues relating to mental health and families.

Includes Lifeline, Kids Helpline, QLife, MensLine Australia, 1800 RESPECT, the Butterfly Foundation, Yarning Safe and Strong, the National Alcohol and Other Drug Hotline, Griefline, MINUS18 and many others.

← [Click here for more detail](#)



Planning for more effective access visits (from podcast)

Based on an adapted transcript of KCV's podcast on access visits. Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

In this podcast, we spoke with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

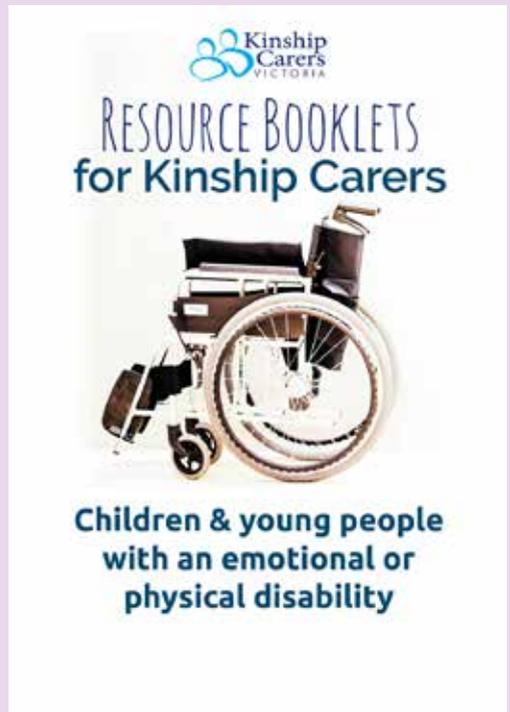
[← Click here for more detail](#)

Children & young people with an emotional/physical disability

This booklet contains a comprehensive list of bodies offering support for families of children with disability, injuries, illness, a neurological condition or additional needs.

Includes organisations offering playgroups, online, telephone and face-to-face counselling, inclusion programs, mindfulness resources, equipment and therapies programs, assessments, peer support, advocacy and more.

[Click here for more detail →](#)



Podcast #30 – Diet and nutrition for neurodiverse children and young people (Mar 2024)



[Click here for more detail](#) ↑

about the effect of diet/nutrition on children with autism, ADHD, OCD and other types of neurodiversity.

What is neurodiversity? This is a term describing the idea that people experience and interact with the world in many varied ways, but there is no one 'right' way of thinking, learning, or behaving, with these differences not viewed as deficits.

Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition, joined Kinship Carers Victoria to speak in depth

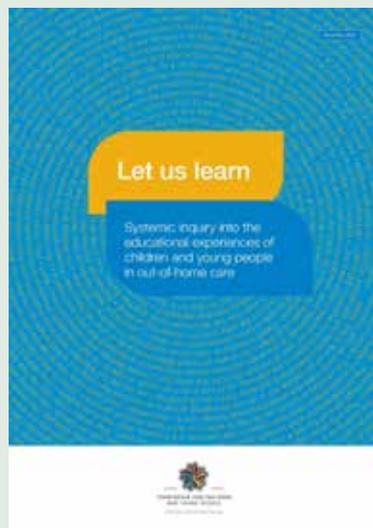
Funded by 

Podcast #29 – Issues with education for children and young people in out-of-home care (Jan 2024)

In this podcast we speak with Victoria's Commissioner for Children and Young People, Liana Buchanan, about the Commission's *Let Us Learn* inquiry report, tabled in the Victorian parliament in November 2023.

The report shows that the education engagement and outcomes for children and young people in out-of-home care trail significantly behind those of their peers.

Liana explains why the Commission conducted the report and outlines its reaction to the findings. She also discusses some of the Commission's most pressing recommendations resulting from the inquiry.



[Click here for more detail](#) ↑

Funded by 

Podcast #27 – Preparing for Access Visits (Nov 2023)

Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

The visits can be formal or informal, and sometimes they are supervised by a professional, such as a child protection worker or agency worker, or even by the kinship carer themselves.

In this podcast, we speak with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

A resource booklet on this issue is available online via the KCV website or by calling the office.



[Click here for more detail](#) ↑

Funded by **Carer Kafe**

Podcast #26 – The Benefits of Play (Oct 2023)



[Click here for more detail](#) ↑

What does the latest research tell us about the benefits of play for the wellbeing of children and young people? The February 2023 edition of the Royal Children's Hospital National Child Health Poll – *Australian Families: How we play* has some findings of great interest to kinship carers.

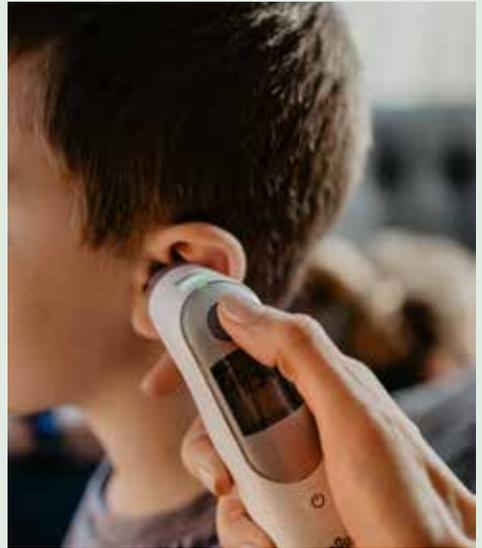
In this podcast we speak with paediatrician, researcher and child health advocate Dr Anthea Rhodes, the founding director of the poll. Anthea has clinical interests in the health needs of the vulnerable child, with expertise in child behaviour and development.

Funded by **Carer Kafe**

Podcast #10 – The health of children in kinship care (May 2019)

The health of children in kinship care is of primary concern. Resources must continually be put into finding ways to improve health care outcomes for children in out of home care.

In this podcast KCV speaks with Dr Karen McLean, paediatrician with the Pathway to Good Health Clinic, the Sleep Disorders Clinic, the Royal Children's Hospital, the Murdoch Children's Research Institute and the Department of Paediatrics with the University of Melbourne.



[Click here for more detail](#) →

Funded by



Families,
Fairness
and Housing

Age-appropriate sexual behaviours



**CENTRE AGAINST
SEXUAL ASSAULT
CENTRAL VICTORIA**

[Click here for more detail](#) ↑

Sex play and sexual behaviour is normal in children and young people. Age-appropriate behaviours do not require intervention by carers and professionals.

But some behaviours signal the need to watch for the frequency and persistence of these behaviours. If a child or young

person exhibits several of these behaviours, or they continue despite clear requests to stop, seek advice from Child Protection or your agency.

Still other behaviours are indicative of very concerning sexual behaviour. Most of these behaviours require immediate professional advice, particularly if they are accompanied by secrecy, anxiety, tension, coercion, force, compulsion and threats.

This factsheet includes listings of Sexually Abusive Behaviour Treatment Services (SABTS) and Centres Against Sexual Assault (CASAs) across the state.

Aboriginal culture



VACCA
Connected by culture

[Click here for more detail](#) ↑

This factsheet provides a snapshot of information to help carers enhance their knowledge about Aboriginal culture in Victoria, and the cultural needs of the child or young person they are caring for. Further information about caring for Aboriginal children in out-of-home care can be found in the Caring for Aboriginal and Torres Strait Islander children in out-of-home care resource developed by the Victorian Aboriginal Child Care Agency (VACCA).

Culture plays a key role in an Aboriginal child or young person's development, identity and self-esteem, and in determining their overall wellbeing. As a relative carer of an Aboriginal child or young person, carers have a significant role in fostering their Aboriginal identity and connection to culture. If carers prioritise and understand the importance of Aboriginal culture to a child or young person's wellbeing and positive development, and bring this into the home, they are more likely to raise Aboriginal children and young people who experience better life outcomes.

Early Parenting Centres (EPCs)

EPCs provide specialist, targeted and flexible supports to parents/carers of children aged 0 and up to 4 years, in the areas of sleep and settling, feeding, behaviours, parent-child attachment and strengthening parenting capacity.

EPCs provide a free service that can be accessed by people with or without a Medicare card, including those on visas.

Referrals to the service are usually from:

- maternal and child health services
- maternity services
- general practitioners

Child FIRST (Family Information Referral and Support Team) and Child Protection – delivered by the Department of Families, Fairness and Housing (DFFH).



[Click here for more detail](#) ↑

Pathway to Good Health for Children in Care



[Click here for more detail](#) ↑

The Pathway to Good Health initiative delivers health screening, assessment, referrals, and health planning to all Victorian children aged 0-17 years entering or re-entering statutory kinship care, foster care, or residential care for the first time.

The priority cohort to receive services are those children

who have recently entered care (in the last three months) either for the first or subsequent times.

If children's health needs are assessed they can be referred and supported to receive the right care they need to prevent poor health and wellbeing.

Child Protection makes the referral to the local Pathway to Good Health program and shares relevant health and social information with the Pathway to Good Health provider.



Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org



Kinship Carers Victoria
is supported by the Victorian Government