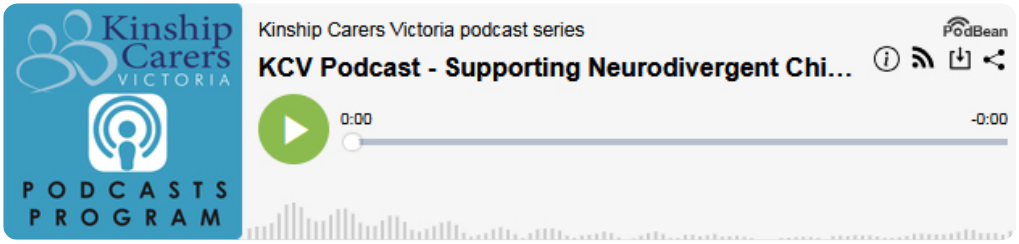

PODCAST
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SERIES

Supporting Neurodivergent Children and Young People (November 2026)



Supporting a neurodivergent young person or child can sometimes feel overwhelming, particularly when behaviours are difficult to understand or when a child seems to struggle with things that others take for granted. Sleep, sensory sensitivities, anxiety, physical discomfort, and the demands of everyday routines can all influence their ability to cope. Understanding these interconnected factors can help us respond with greater empathy and find practical ways to support a child's wellbeing.

In this podcast we speak once again with Nikki Valentini, clinical nutritionist and functional medicine practitioner, who works with neurodivergent children and young people. Nikki's research into neurodiversity has enabled her to explore the many factors affecting the way in which children respond to the world around them.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 7, 8, 9, 10, 12, 19, 23, 24, 27, 28, 31 and 32 .

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

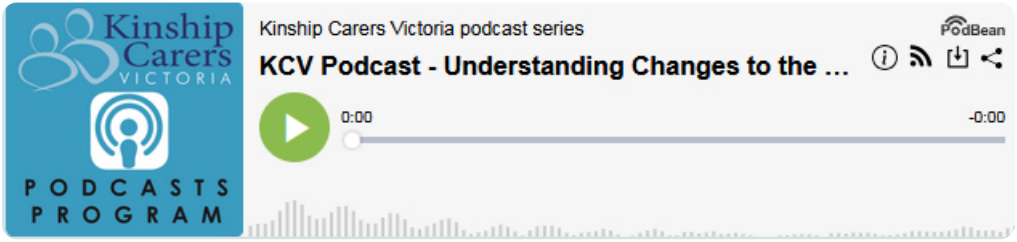
Part funded by CarerKafé

Understanding Changes to the Children, Youth and Families Act (June 2026)



Stabilities amendment & Supporting stronger stable families amendment

In March 2026 the Victorian parliament passed two pieces of legislation that bring important changes to Victoria's Child Protection system. *The Children, Youth and Families – Amendment Stabilities Act* came into effect on 12 May 2026, and the *Amendment Supporting Strong Stable Families Act* is due to commence later in 2026. These reforms are some of the most substantial reforms to the Victorian Child Protection System in more than a decade. In this episode Fleur Ward and Sarah Masters - Accredited Children's Law Specialists and Special Counsel at Coulter Legal - take us through the impact the changes will have of children and families in out of home care.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 9, 10, 12,18, 19, 20, 21,22, 27, 28, 30, 31, 33, 34,35, 37, 39 and 40.

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

Childrens Youth and Families Act 2026: (please read) Best Interest Principles (Section 10, pages 49-58)

VIEW HERE

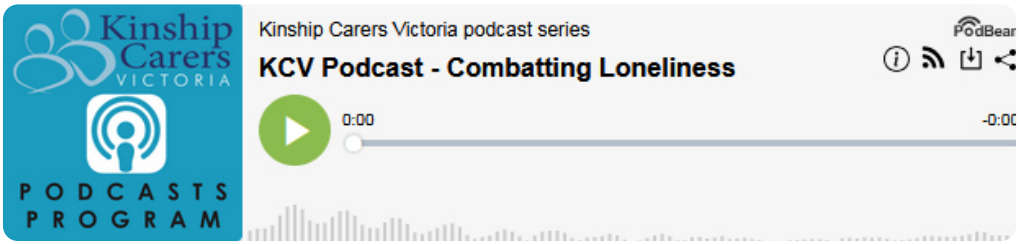
Part funded by CarerKafé

Combatting Loneliness (Apr 2026)



Loneliness is rapidly becoming a serious problem right around the world. For many years we have been hearing about the loneliness that many people feel. This podcast features Assoc. Professor Michelle Lim, who chairs the Ending Loneliness Together project funded by the Australian Government.

We urge you to listen to this podcast and decide on a couple of actions you might take to help reduce the levels of loneliness many people in Australia are suffering.



Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV/GPV/GPA occasional paper on loneliness

VIEW HERE

Part funded by CarerKafé

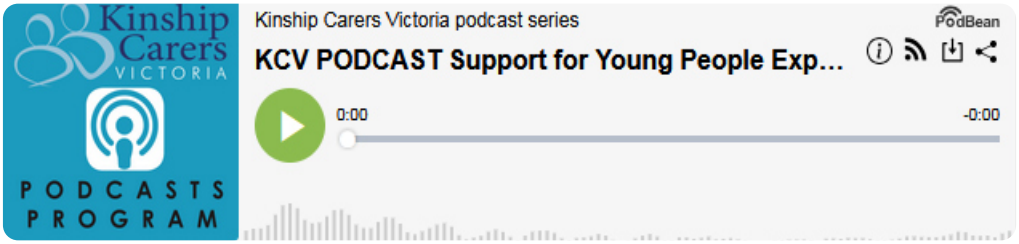
Support for Young People Exploring their Biological Identity (Feb 2026)



In 2024, GPV/KCV developed a statement reflecting its views. At its heart is a simple but powerful principle - that every child and young person has the right to know as much as possible about their biological family and personal history.

Supporting children and young people through this journey - with honesty, care and emotional safety - is an important part of the role many kinship carers hold.

In this episode, we speak with Dr Michelle Blanchard, CEO of VANISH, an organisation that supports people affected by past adoption practices, as well as care leavers and donor-conceived individuals.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 7, 8, 9, 10, 14,16, 21 and 30.

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

Part funded by CarerKafé

The rights of the child (Oct 2025)



Kinship carers play a vital role in nurturing children and young people who cannot live with their parents. Every child deserves to grow up in a loving and culturally connected home – and the United Nations Convention on the Rights of the Child helps make sure of this. Australia has committing to upholding children's rights. What does this mean for kinship carers? How do these international principles connect to the laws and systems that carers deal with every day?

In this podcast we speak with lawyer Fleur Ward, special counsel at Coulter Legal, and her colleague lawyer Molly Quinlan, who explore how the rights of the child apply in Victoria and show how knowing these rights can empower carers to advocate for the children in their care.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 3 , 9, 10, 12, 19, 20, 25, 30, 40

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV UNCRC document

VIEW HERE

Part funded by CarerKafe

LOOKOUT Centres supporting kinship carers (Aug 2025)



For many kinship carers, one of the biggest challenges is supporting a child's education. Navigating enrolments, dealing with schools or early childhood services, managing transitions and making sure the right supports are in place can feel overwhelming.

In this episode, we speak with Murray Geddes, Executive Principal of the South-East Victoria LOOKOUT Centre. Murray explains how the LOOKOUT Centres work and what support they can offer kinship carers.

LOOKOUT Centres were established by the Victorian Government to improve educational outcomes for children and young people in out-of-home care.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 23, 28, 29

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV resource book on Education

VIEW HERE

Part funded by CarerKafé

Navigating difficult conversations (July 2025)



Kinship carers sometimes find themselves in complex situations. Consequently, they might be involved in challenging conversations with schools, case managers, family members and the children in their care. Knowing how to handle these conversations calmly and effectively is a key to making sure a child's needs are understood and that carers feel respected, supported and empowered.

In this episode KCV speaks with educator and wellbeing consultant Megan Corcoran, Director of the Wagtail Institute, about how kinship carers can approach difficult conversations with clarity and confidence. Megan brings expertise and lived understanding to her work in education, psychology and emotional safety, and has a deep understanding of the pressures kinship carers face.



Part funded by CarerKafé

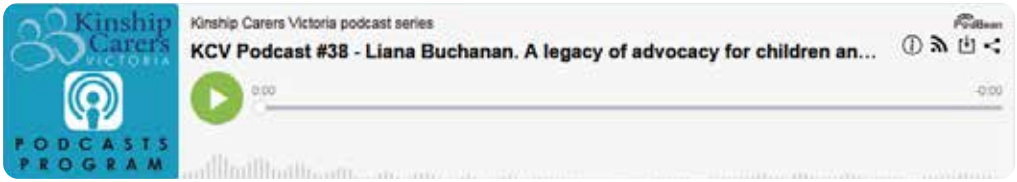
Liana Buchanan – A legacy of advocacy for children & young people (Apr 2025)



Liana Buchanan has been a tireless advocate for children and young people. Appointed Principal Commissioner for the Commission for Children and Young People in Victoria in 2016, Liana was responsible for key initiatives like the Reportable Conduct Scheme and Child Safe Standards.

In March 2025 she was appointed Deputy Commissioner of the Independent Broad-based Anti-Corruption Commission (IBAC).

On her last day as Children's Commissioner, Liana spoke with KCV about the work of kinship carers and about the challenges and successes in her nine years in the role.



Funded by grandparents VICTORIA

New rules governing the CIMS (Mar 2025)



The Client Incident Management System (CIMS) is the program that investigates reports of incidents made against carers who may have mistreated children in their care. Reports against carers do not happen very often. However, over the years, KCV has witnessed some serious breaches of carers' rights, particularly when a report is not upheld. Carers and children have been seriously affected by the unfairness of the processes and are not compensated for years of trauma when a report is not upheld.

In this podcast, lawyer Fleur Ward talks about how the DFFH has undertaken a review of CIMS procedures and has released a new set of guidelines. Carers need to be aware that it is quite easy for a report to be made and that if one is made, they need to listen to this podcast and contact their support agency immediately.



Part funded by CarerKafe

Physical punishment is harmful to Australian children (Dec 2024)



Evidence indicates that physical punishment can lead to increased anxiety or depression in adulthood, and the likelihood of people engaging in violence in later life.

There are alternative discipline practices that don't involve physical punishment. These practices help increase children's understanding of why certain behaviours are not desirable.

Sixty-six countries have legislated against the use of physical punishment on children and a further 27 countries have committed to doing so. Why is Australia not one of them?



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 37, 39

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV Positive Discipline video

VIEW HERE

This podcast links to the KCV resource book on Non-Physical Types of Discipline

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Part funded by CarerKafé

Understanding and embracing autism and neurodiversity in children and young people (Sep 2024)



In this podcast, KCV speaks with Dr Emma Goodall, the Director of South Australia's Office for Autism. Dr Goodall, who is the parent of an autistic adult, has worked extensively in the area of autism, education, research and public policy, and teacher training.

Dr Goodall defines autism and neurodiversity, explains how autism can present differently in different genders, and outlines key things carers need to understand about neurodivergence in order to support the children and young people in their care. She also offers some approaches to help autistic and neurodiverse children develop the skills to self-regulate their feelings and emotions to help with everyday tasks and situations.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 2, 23

Read a summary of the articles in the UN Convention on the Rights of the Child

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Part funded by CarerKafé

Combatting Loneliness (July 2024)



The effects of loneliness have been studied worldwide.

The research shows that being socially isolated or lonely is as bad for your health as smoking, obesity, substance abuse and other mental health issues.

In previous studies by KCV, some carers have described feeling isolated from their former social circles once they became carers.

In this podcast, KCV speaks with clinical psychologist Dr Michelle Lim, Australian scientific expert on loneliness.



Part funded by CarerKafé

Government schools need our support (June 2024)



In this podcast, Director of Grandparents Victoria and Kinship Carers Victoria Anne McLeish speaks with Trevor Cobbold, national convener of Save our Schools. Before retiring, Trevor was an economist with the Australian Government's Productivity Commission and its predecessors for over 30 years. Trevor talks us through the economic and structural inequality in our education system, in particular the under-funding of public schools in Victoria.



This podcast relates to the United Nations Convention on the Rights of the Child - Article 28

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource book on Education

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Funded by grandparents VICTORIA

Family reunification and the law (May 2024)



In this video/podcast Director of Kinship Carers Victoria Anne McLeish and lawyer Fleur Ward talk about the complex and vexed issue of family reunification for carer families.

They speak in detail about the reunification provisions in the *Children, Youth and Families Act (Vic)* and how the current one-size-fits-all foundation of these provisions could mean that they are not serving their intended purpose. The rights of carers to access information contained in children's court orders is also clarified.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 10, 22

Read a summary of the articles in the UN Convention on the Rights of the Child

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Funded by grandparents VICTORIA

Cyber safety for children and young people (Apr 2024)



Children and young people spend significant amounts of their lives online in the cyber world, but how do we ensure that their online experiences are safe?

In this podcast we speak with Susan McLean of cyber safety education organisation Cybersafety Solutions. Susan is acknowledged as Australia's foremost expert in the area of cyber safety and young people, and answers many of the questions carers contemplate.



This podcast links to the KCV resource book on Cyber Safety

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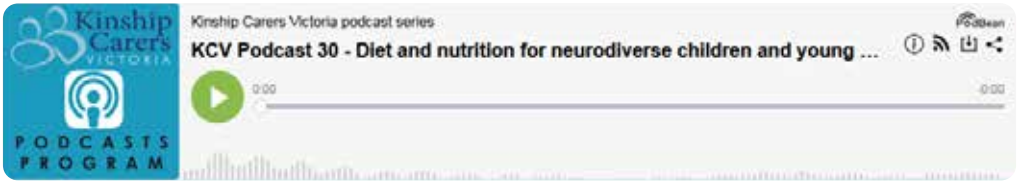
Part funded by CarerKafé

Diet and nutrition for neurodiverse children and young people (Mar 2024)



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



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 24, 27

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource book on Nutrition

VIEW HERE

Part funded by CarerKafé

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.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 23, 24, 28, 29, 32, 40

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV resource book on Education

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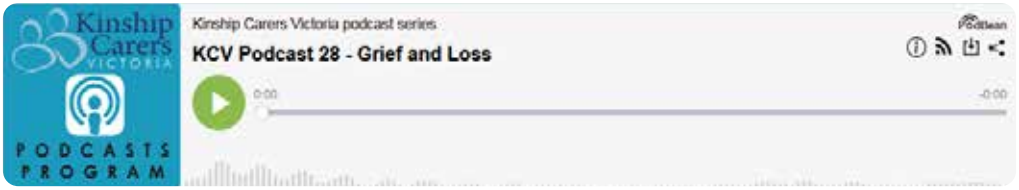
Funded by grandparents VICTORIA

Grief and loss (Dec 2023)



Grief is an unavoidable part of what it is to be human. When individuals and families experience a loss, every member of the family processes their grief in different ways. Carers need to face the difficulty of managing their caring role while knowing how to help children understand their grief – all whilst also trying to accept and deal with their own feelings.

In this podcast we speak with Janice Butera from Grief Australia who shares her knowledge about the challenges that can occur for families when faced with loss. Janice also offers some strategies for families to use in navigating their way through these difficult periods.



This podcast links to the KCV resource book on Grief and Loss

VIEW HERE

Part funded by CarerKafé

Preparing for access visits (Nov 2023)



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

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

In this podcast, KCV speaks with Adam Lyons from Lancaster Consulting about the more common issues carers face in preparing children for access visits and outlines strategies for debriefing children afterwards.



This podcast relates to the United Nations Convention on the Rights of the Child - Article 37

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource book on Planning for More Effective Access Visits

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Part funded by CarerKafé

The benefits of play (Oct 2023)



What does the latest research tell us about the benefits of play for the wellbeing of children and young people? The report *Australian Families: How we play* has findings of great interest to kinship carers.

In this podcast KCV speaks with paediatrician and researcher Dr Anthea Rhodes. Anthea has clinical interests in the health needs of the vulnerable child.



This podcast relates to the United Nations Convention on the Rights of the Child - Article 31

Read a summary of the articles in the UN Convention on the Rights of the Child

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Part funded by CarerKafé

Nutrition (Aug 2023)



What are the latest trends in nutrition? What does research say about what and how we should eat? And what should children with neurodevelopmental disorders eat?

In this podcast KCV speaks with Nikki Valentini, Clinical Nutritionist and functional medicine practitioner.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 24, 27

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource magazines on Nutrition

VIEW HERE

Part funded by CarerKafé

Carer learning and development (Jul 2023)



Gaining the skillset and knowledge needed to fulfil the kinship carer role can seem daunting, especially when the young people in a person's care have learning issues or have suffered trauma.

DFFH has set aside funding to support learning and development for carers via Carer KaFE.

In this podcast KCV interviews one carer who tells us about the things she realised she needed to learn and the support she sought once she became a kinship carer.

And we hear from Adam Lyons of Lancaster Consulting, who have been providing specialised support services and training for kinship and foster carers for well over a decade. Adam describes the program they run through Carer KaFE and the workshops and training they provide for carers.



Part funded by Carer KaFE

The importance of quality sleep (Apr 2023)



Sleep plays a vital part in our wellbeing – do we get the right amount of it?

Clinical psychologist Dr Damon Ashworth, author of *Deliberately Better Sleep*, talks with KCV about the three major factors affecting our sleep and issues such as waking up at night, napping, the right amount of sleep and the long-term effects of not getting enough sleep.

This podcast also includes interviews with two carers who share their stories around their sleeping patterns and how they manage this whilst dealing with their kinship carer responsibilities.



This podcast relates to the United Nations Convention on the Rights of the Child - Article 31

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource book on The Importance of Quality Sleep

VIEW HERE

Part funded by CarerKafé

Benefits of hobbies & other pursuits (Apr 2023)



In a recent survey on stress and wellbeing conducted by the Australian Psychological Society, four in five participants found activities like listening to music and spending time on a hobby were effective ways of managing stress.

Finding an enjoyable pastime can also improve social connections, and stave off depression or anxiety.

In this podcast, KCV speaks with two carers on their carer circumstances and about what part hobbies and other meaningful pursuits play in their lives.



Part funded by CarerKafé

The benefits of exercise (Feb 2023)



This podcast outlines the benefits of exercise, with suggestions for carers on different types of moderate exercise and how they can incorporate them into their lives.

Includes advice from fitness expert Nic Dorian of Castlemaine Women's Health & Fitness.

The podcast also features interviews with two carers who share details of exercise they practise.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 17, 25, 32

Read a summary of the articles in the UN Convention on the Rights of the Child

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Part funded by CarerKafé

Relaxation techniques for carers (Nov 2022)



Deep breathing and meditation can provide a sense of calm, peace and balance that can benefit emotional wellbeing and overall health through reducing stress.

The podcast features an interview with Eliza Terry, from YogaLiving. Eliza has been teaching Iyengar Yoga since 1998, and teaches mindfulness meditation, with a strong focus on breath work for relaxation.

The podcast also includes interviews with two carers who share details of their own experiences with trying relaxation and breathing techniques.



This podcast links to the KCV resource book on Relaxation Techniques for Carers

VIEW HERE

Part funded by CarerKafé

Diet and stress (Oct 2022)



There is much information currently available about how, what and when to eat.

In this podcast KCV speaks with clinical nutritionist and functional medicine practitioner Nikki Valentini.

Nikki explains how certain foods and nutrients help us deal better with stress and anxiety while other types of foods and eating patterns have been linked to increases in these feelings – and even to other psychological issues and illness.

The podcast also includes interviews with carers who share their relationship to food and some of their dietary patterns.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 24, 27

Read a summary of the articles in the UN Convention on the Rights of the Child

READ HERE

This podcast links to the KCV resource magazines on Nutrition

VIEW HERE

Part funded by CarerKafé

Connecting with others (Sep 2022)



Many carers have developed strategies or networks to assist them in overcoming feelings of isolation.

This podcast provides suggestions for kinship carers on how they can form meaningful connections with friends, family, neighbours and the community to help them support their own physical and psychological wellbeing.

The podcast also includes interviews with several carers who share their experiences of challenges the carer role has brought up and how they have managed social isolation before, during and after the pandemic.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 9, 10, 37

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV resource book on Running a Support Group/Being a Representative

VIEW HERE

Part funded by CarerKafe

Self-care for kinship carers and how to prevent burnout (Sep 2021)



In this podcast, KCV speaks to psychologist, lecturer and researcher Dr Melissa Weinberg, an Honorary Fellow from the Dept of Psychology at Deakin University.

Melissa speaks about the need for carers to monitor their own physical and emotional state so that they may be able to fulfil their role as carer and avoid burnout.



Funded by VICTORIA State Government | Families, Fairness and Housing

Sleep and wellbeing (Jun 2020)



In this podcast on sleep and wellbeing, KCV spoke to psychologist Dr Melissa Weinberg, Honorary Fellow from the Department of Psychology at Deakin University.

Dr Weinberg discusses the effects sleeping poorly or well can have on a person's physical and psychological health and suggests a series of valuable tips on how carers can improve their own patterns of sleep as well as those of the children or young people in their care.

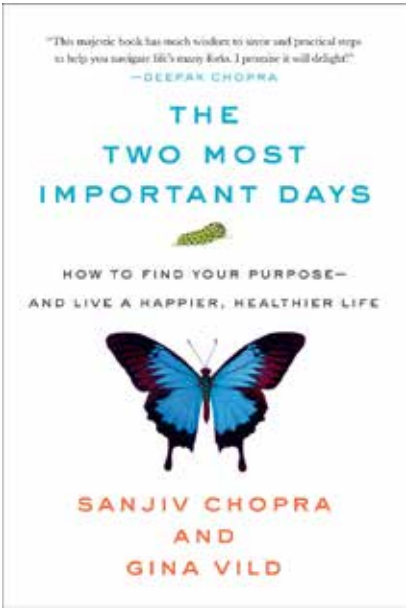


This podcast links to the KCV resource book on The Importance of Quality Sleep

VIEW HERE

Funded by VICTORIA State Government | Families, Fairness and Housing

Creating happiness (Apr 2020)



Dr Sanjiv Chopra is a professor of medicine at the Harvard Medical School, a best-selling author and sought-after motivational speaker.

In an episode of The Bucket Podcast (@ thebucket.com) broadcast on 10 October 2019, Dr Chopra spoke about his book, *The Two Most Important Days: How to Find Your Purpose and Live a Happy and Healthy Life*.

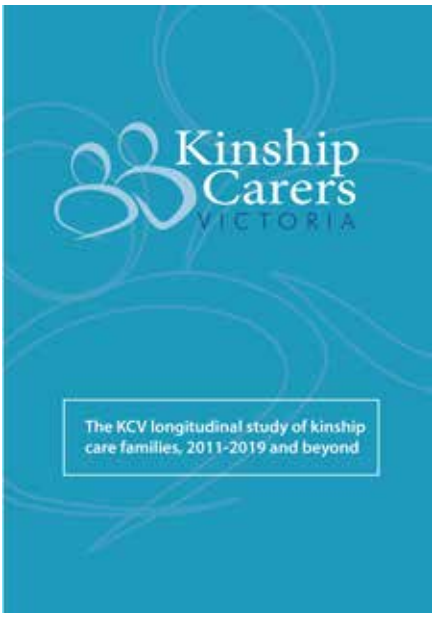
This KCV podcast draws on the contents of his book and that podcast to present evidence on how happiness can be a choice in our lives.

Dr Chopra contends that there are four things that have been scientifically shown to be associated with happiness: friends, forgiveness, giving and gratitude.



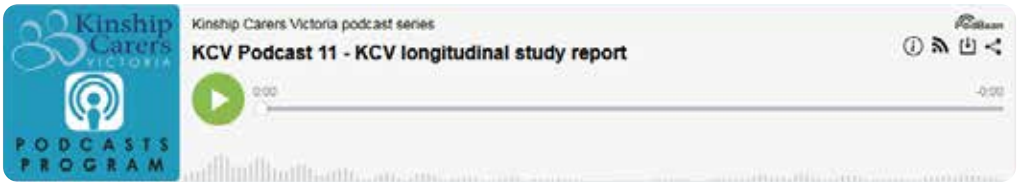
Funded by VICTORIA State Government | Families, Fairness and Housing

KCV longitudinal study report (Jul 2019)



In 2019 Kinship Carers Victoria released the eighth report on its longitudinal study of kinship carer families, begun in 2011 (and which was eventually concluded in 2020).

In this podcast, Director of KCV Anne McLeish discusses why the study was established, as well as providing an analysis of the latest report findings, which show that, for the most part, kinship care arrangements for the families in the study continue to be stable.



This podcast links to the KCV report of this study VIEW HERE

The 10th and final report of the study is available via this link: https://kinshipcarersvictoria.org/longitudinal-study/ and can be downloaded here: https://kinshipcarersvictoria.org/wp-content/ uploads/2020/11/KCV-Longitudinal-Study-of-Kinship-Care-Families-2020.pdf

Funded by grandparents VICTORIA

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.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 3, 23, 24

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV resource book For Children & Young People with an emotional/physical disability

VIEW HERE

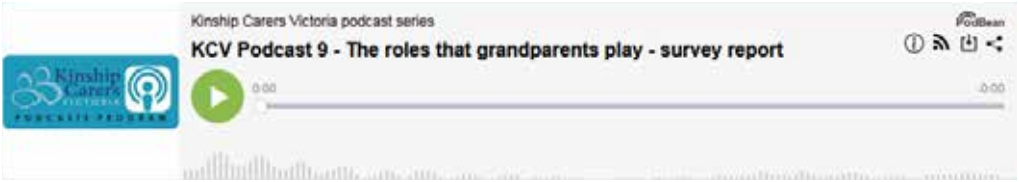
Funded by VICTORIA State Government | Families, Fairness and Housing

The roles that grandparents play survey report (Apr 2019)



In 2019 Grandparents Victoria released a report of a survey titled 'The Roles That Grandparents Play'.

Director of GPV, Anne McLeish, speaks about the reason for conducting the survey and about the findings, which highlight the varying roles grandparents play within Victorian families and the community.



Funded by grandparents VICTORIA

LOOKOUT Centres (Aug 2018)



In this podcast, Anne McLeish (KCV Director) discusses how education is a key factor in ensuring positive outcomes for children. KCV believes children have the right to a high-quality education that ensures all students experience success at school.

This has led KCV to call for reinforcement of the capacity of the state's LOOKOUT Education Support Centres in their efforts to support children and young people in out-of-home care.

Murray Geddes, Principal of the LOOKOUT Centre for the South Eastern Victoria Region, also explains the role the centres play and how kinship carers and the children in their care can benefit.



This podcast relates to the United Nations Convention on the Rights of the Child - Articles 23, 28, 29

Read a summary of the articles in the UN Convention on the Rights of the Child

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This podcast links to the KCV resource book on Education

VIEW HERE

Funded by VICTORIA State Government | Families, Fairness and Housing

Kinship carer wellbeing (Jul 2018)



This podcast addresses the issue of carer wellbeing.

Director of KCV, Anne McLeish, talks about how KCV works to better protect and promote carer wellbeing and about the various projects employed to do so.

We visit one of KCV's artist-in-residence sessions and talk to participants about the value of the experience.



This podcast links to the KCV resource book on Carers' Wellbeing

VIEW HERE

Funded by VICTORIA State Government | Families, Fairness and Housing

The importance of kinship carer wellbeing (May 2018)



This podcast addresses carer wellbeing. Director of Kinship Carers Victoria (KCV) Anne McLeish talks about why the physical and emotional health of kinship carers and their access to support services is important and how KCV works to better protect and promote carer wellbeing.

Two kinship carers also speak about their personal perspectives on this key element of kinship care.



This podcast links to the KCV resource book on Carers' Wellbeing

VIEW HERE

Funded by VICTORIA State Government | Families, Fairness and Housing

Welcome to the KCV podcast series (Apr 2018)



This program is the first in a series to be produced and published online over the following years. It features an interview with Anne McLeish, Director of KCV.

Anne talks about the aims of the podcast series, plus the mission and scope of activities of KCV, and she touches briefly on the range of issues facing both carers and the children in their care which will be addressed throughout this series.



Funded by Kinship Carers VICTORIA