

CARERS

Carers play their part to protect and care for children and young people in their community by keeping them safe and providing them with a space in which they can thrive and grow.

Anybody who may have children in their care at some time is classified as a Carer - for example: child care workers, early childhood professionals, foster carers, friends, healthcare professionals etc.

Being a carer can be challenging, remember, it's OK to reach out and ask for support. Accept offers of help (especially the ones where cooked meals are involved!)

Share your experiences and skills with other carers, and link in with services that can support you and the child/children you are caring for.

Discover what helps reduce your stress, and assists you to best care for the children and young people in your life.

Take time out when you feel stressed or upset – it is important to look after yourself to ensure the best safety for the child/children you look after.

Be aware of the signs of child abuse and neglect and seek help for children who are at risk and who have been traumatised.

Get involved in your community. Joining sporting and other community groups will help you, the children and young people to have fun and meet people.

Encourage and help facilitate relationships with family members where it is possible.

Listen to the child/young person and involve them in planning things. This will support their developing identity and allow you to better meet their social and emotional needs.

Make plans for enjoyable “together time” – this can help build close relationships with those in your care.

Celebrate and support the achievements, values and interests of children/young people and support them when times are tough. This will build a strong bond that is loving and safe.

Talk about safety and what being unsafe might look and feel like at home, in their community, online or at school, with children and young people.

Make plans about what to do if/when they feel uncomfortable and unsafe.

Attend a child safe training course or information session that will further develop your skills, knowledge and understanding.



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PREVENT CHILD ABUSE & NEGLECT