



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.



Discover what helps reduce your stress and take time out, finding ways to maintain positive mental health. Find out what helps reduce your stress, and assists you to best care for the children and young people in your life.

Remember, it's OK to reach out and ask for support. Being a carer is an important role. 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 or children you are caring for.

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.

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

Listen to the child or 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. These don't have to be huge events, something as simple as a picnic in a local park can be lots of fun and create happy memories.

Celebrate and support the achievements, values and interests of children and 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.

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

* 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.