



Family Resource Kit – My Plan.

This part of the kit is designed for
Parents/Carers to complete.



This project is a partnership between Womens Health Service (WHS), Western Australian Network of Alcohol and other Drug Agencies (WANADA), Alcohol Education and Rehabilitation Foundation Ltd (AERF). Training provided by Drug and Alcohol Office (DAO).



Dear Parent/Carer,

This kit is designed to assist you and your family in creating a plan in case you are unable to stay with your child/ren or your child/ren need/s to stay with others for a while.

We would like to ask your child/ren to fill in as much information as possible. This provides them with an opportunity to express their wishes.

The information collected in this kit is designed to assist children and will only be released with your consent. The information will remain in the agency

You and your child/ren are important. We hope to support you and your family. If you have any questions please discuss them with your support worker or counsellor.

Yours truly,



Parents/Carer please fill in for your child/ren

My parent(s) will be/are staying at

I will be able to contact them on this phone number

 Address

My doctor is

_____ phone _____

My Medicare no

I have had my immunisations

I take these medicines

I have allergies to

My diet requirements are (eg. Halal, Kosher, etc,)

My bedtime is

My pocket/lunch/transport money will come from

Any other financial needs will be

Any Centrelink entitlements that are relevant?

My cultural/spiritual/religious beliefs are:

This information is valid from _____ (date) to _____ (date).



Parental Consent for Medical Emergency/Dental Treatment

I, (full name)

give consent for my child/ren to be taken for treatment to a Doctor or medical facility in an emergency or in the event that I am unavailable or cannot be contacted.

I agree to them receiving

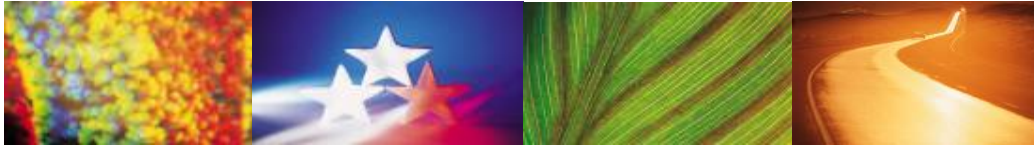
- local anaesthetic
- general anaesthetic (see below)
- blood transfusion (blood type ____)
- surgery
- dental treatment
- immunisations

NB: my child's allergies are

This consent is valid from date: _____ to date _____

Signed _____ Date: _____

Witness _____ Date: _____



Information for Parent(s)/Carers

Many of you will already use these ideas, and have your own individual ways of relating to your child/ren. The information provided here is to support your actions with your child/ren.

Ways to boost your child's confidence

- ☺ Give lots of kisses and cuddles to babies and young children.
- ☺ Smile and talk to them from the earliest age.
- ☺ Give praise for things achieved – like making beds, cleaning their own shoes, cleaning their teeth carefully, kindness to others, doing well at school, honesty, etc.
- ☺ Avoid nagging – either children or adults.
- ☺ Discipline doesn't mean hitting – use the opportunity to teach them about correct behaviour.
- ☺ Care for yourself! You need time out and rewards to cope with the demands of being a parent. Plan for these regularly, go for a walk, take a bubble bath, play your favourite music. If you care for yourself you can more easily care for children.
- ☺ Stay calm and be fair. You are the adult and your child's teacher. Your child will copy your behaviour. When you feel stressed, as all parents sometimes do, get support and talk it over with someone.
- ☺ Spend time with your child! Play with your child. Have some fun times or read together.
- ☺ When children misbehave, let them know they are okay – it's their behaviour that is not okay.
- ☺ Catch your child being good and comment on what you have noticed.
- ☺ Don't be afraid to say 'sorry' when you make a mistake.
- ☺ Encourage children to see 'mistakes' and 'awkward moments' as a natural part of learning and growing.
- ☺ Encourage children to have a support network and identify those people children can go to for help.
- ☺ Discuss good role models with your children.
- ☺ Laugh with your children – not at them.

Adapted from NAPCAN leaflet.



Anxious Behaviours

Child/ren might be feeling anxious about aspects of what could happen, and these are some of the situations that may arise:

- kids can be clingier,
- attention seeking,
- cranky, angry and anxious,
- worried,
- testing or pushing limits or boundaries,
- appear to be punishing parents.

Ways that as parents you can minimise some of child/ren's anxieties. (www.parenting.org)

1. Identify risk factors. Keep your eyes and ears open and discover the types of social pressures that easily influence your child.
2. Be protective. Find ways to lessen the amount of time your child is left unsupervised around sources of negative social influence or pressure.
3. Be a teacher. Empower your child with the skills to help him or her deal with stressful situations.
4. Monitor and plan. Make sure your child can have his or her needs (acceptance, excitement, etc.) met, including maximizing time spent with positive social influences.
5. Communicate. Talk with your child to keep your relationship strong.
6. Be confident and consistent. It may not be easy initially, but with persistence everyone involved will be clear about the situation.



Useful tips in explaining things to kids. (www.parenting.org)....

These could be adapted for whatever situation.....

- ☞ **Giving reasons** is the key to helping children understand what we are teaching them. It is always helpful to understand why things do and do not happen. Understanding how their behaviour affects them and others. Try to explain why some choices are better than others. Learning these connections helps children understand.
- ☞ **Focus on the positive** - We want them to be motivated by the positive things that result from doing things well. Use positive encouragement at all times
- ☞ **Use kid reasons** - There are many types of reasons that can be used with young children, but the ones that seem to work best are those that are important to them. So, whenever possible, use reasons that will show your children how their behaviour affects them.
- ☞ **Use reasons often** - You may need to use a reason several times in similar situations before your child begins to understand. Over time, though, your persistence and patience will help your children learn how their behaviour affects what happens to them.
- ☞ **Be brief** - The attention span of young children can be very short, so the reasons you use need to be just as short.
- ☞ **Be real** - Even though children are young, they learn very quickly. Make sure you use reasons that point out realistic outcomes of their behaviour.



Important Phone Numbers

Ambulance, Fire, Police	000	
Police	13 14 44	
ADIS (Alcohol & Drug Information Service)	9442 5000	1800 198 024
PDIS(Parent Drug Information Service Centre)	9442 5050	1800 653 203
Crisis Care	9223 1111	1800 199 008
Family Helpline	9223 1100	
Parenting Line	9272 1466	1800 654 432
Men's Line(24 hours)	1300 789 978	
Lifeline	13 11 14	
Kids Helpline	1800 55 1800	
PET (Psychiatric Emergency Team)	9224 8888	
Womens Health Services	9227 8122	1800 998 399
Perth Women's Centre	9227 9032	1800 246 655
Health Direct	1800 022 222	
Aboriginal Alcohol and Drug Service	9221 1411	
Yorgum Aboriginal Family Counselling Service	9218 9477	
Domestic Violence Helpline	9223 1199	
SARC (Sexual Assault Resource Centre) (24 hours)	9340 1828	
DVCCS (Domestic Violence Children's Counselling Service) (24 hours)	9328 1888	9340 1828
Centrelink (appointments and opening hours)	13 10 21	
Homeswest	9222 4666	1800 093 325
Translating and Interpreting Service	13 14 50	
Department of Immigration and Multicultural and Aboriginal Affairs – General inquires	13 18 81	
My family contacts		
My Child's School		



Please use the permission slip below if need be.



Permission Slip

I, give _____ (worker) to talk and work through the family resource kit with my child _____

Signed _____ date _____

(Parent /Carer)

(Print name)



Feedback

We would welcome your comments about the content of this kit. Your information will provide us with the necessary feedback to modify future versions of the kit.

Your personal details are not required however some information is essential.

1. Are you a child? Yes No
2. Are you a parent? Yes No
3. Are you a carer? Yes No
4. Are you a worker? Yes No
5. Did you find the information helpful? Yes No

6. What other information would you like to see included in the kit?

7. Do you have any comments you would like to add?

Thank you for your time and effort in completing this feedback sheet.

Please forward it to:

Community Development Officer,

Womens Health Service,

PO Box 32,

Northbridge WA 6865

Email: info@whs.org.au