

Who do we support?

- **NSW children in foster or kinship care under 15 years of age.**
- **Children who have had two placement changes within 6 months.**

We know that parents and carers are the unsung heroes of our community. We are committed to providing support to them and other special people in the lives of children.

“ **Your life journey is unique and special. We feel privileged to be able to be a part of it.** ”

Caring for children can be a bumpy ride, BUT it can be wonderful, and **we are here for you.**

Our support is delivered to you in a location where you feel safe at a time to suit you and your family.

OurSPACE is partnered with Ngaoara and is committed to using culturally strong practices with trauma healing approaches.

“ **Our kids need you to help them develop and grow.** ”

OurSPACE provides support to children in foster and kinship care, and those who care for them.



**Australian
Childhood
Foundation**

Contact 1300 381 581

info@childhood.org.au // childhood.org.au

Our SPACE

Supporting children in foster care and kinship care to heal in culturally strong ways.



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Childhood
Foundation**

Children need family.

Has your child had a rough start? Is something from the past getting in the way of them enjoying life?

Children's behaviour is their way of telling you how they are feeling.

It takes someone special to seek support. It shows courage and commitment towards changing things for the better and above all it shows LOVE for your child.

Does your child show any of the following signs?

- Trouble sleeping
- Get angry or upset often
- Bed wetting
- Find it hard to make friends
- Have trouble getting to school

Understanding the reasons for your child's behavior will help you find ways to help them.

Our little warriors today can change our world tomorrow.

You are not alone.

Challenges are common, and stress is normal, but we are here to help.

It's okay to ask for help.

How can OurSPACE Help?

We can provide:

- advice
- strategies
- individual assessment
- support for you, your child and the important relationships that surround them.

OurSPACE helps to create a team who support you to care for your children.

With support, children and young people can, and do, recover from the harmful effects of trauma.

Children grow up strong when the adults around them understand and respond to their individual needs.

TOGETHER we can make things better.

It takes a team to raise a child.

Together we can support and provide opportunities for success for children in foster and kinship care.

All carers need support and information. The more we understand our children the more we can find the best ways to look after them.

