

SFT Supported Family Time through our Individual Support Service

Welcome to the Supported Family Time (SFT) program, one of our Individual Support Services.



What is Supported Family Time?

Our **Supported Family Time** service works together with families, in our comfortable spaces, to provide a home-type environment to give you the opportunity to learn new parenting skills, spend quality time together and strengthen relationships.

We understand how valuable your time together with your children is, and we are here to support the changes that you wish to make for your future and your children's future.

We talk openly and honestly about things that may be impacting your time with your kids. We also want what is best for you and your family and will support you to reach your goals.

STEPS WE TAKE TOGETHER



Connection, your rights and consent

- ♥ We explain our services and your rights, and to see if you are interested in signing a CONSENT FORM to work with us on your family's reunification goals.

Understanding your family

- ♥ We talk to all family members (even the little ones) about their strengths, worries, support and hopes, and what are the good bits and the hard bits when you all have time together.

Goal setting and planning

- ♥ We develop goals and list actions for you to strengthen your family connections and to give you new skills to assist with your reunification process.

Working together to create change

- ♥ We work together by talking before and after the visit to help you reach your goals.

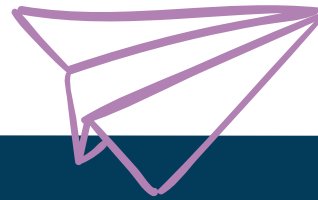
Reviewing progress

- ♥ We talk to you and use resources that help us check how you are progressing with your goals and make sure there is nothing getting in the way.

Celebrating progress and saying farewell

- ♥ As goals are reached, we celebrate together and make sure you have the skills and support you need to thrive and stay safe.

How our Supported Family Time team will work with you.



“ We focus on three main areas:
ATTACHMENT, COMMITMENT and INVOLVEMENT.”

We will talk with you before your visit to make sure your feeling okay and that you remember your goals

We support you to focus on attachment behaviours

OUR SUPPORTED FAMILY TIME TEAM

We will help measure the progress you made and can give feedback to Child Safety

We support you to come to the visits to see your children

We help you to understand child-focused engagement

Three key elements of the parental-child bond models of family visiting.

Attachment

- ♥ Frequent, regular and observable interaction between you and your child
- ♥ Parent and child interaction that is physical and emotional
- ♥ Shared micro-moments that are special

Commitment

- ♥ Turning up every time you are scheduled to have a visit with your child
- ♥ Minimal cancellations
- ♥ Focus on reuniting with your child

Involvement

- ♥ Refers to being child-focused and making good decisions about your engagement during the visit
- ♥ Spending special time together doing activities, playing and talking



Learn more at actforkids.com.au
Act for Kids Limited. ABN 98 142 986 767.



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