

»» Contact is about:

- Making sure that everyone is ok
- You and your child seeing each other and spending time together
- Showing your child that you care about them
- Maintaining and enhancing your relationships
- Encouraging positive play and interaction between you and your child.

»» Understanding Supervision

It is very common that the contact between you and your child will be supervised, especially when children first come into care.

This means that a worker - a Family Resource Employee (FRE) will be with you and your family throughout the contact visit.

The FRE will be required to take notes about their observations during the contact visit, including all the good things that happened, plus any worries they have. These notes will go to your CM who you can speak to about how contact is going at any time.



»» Tips for getting the most out of Contact

- Confirm the contact visit with your case manager the morning of the contact
- Attend all contact visits
- Plan your trip - check transport timetables, how far to walk from the bus stop etc to ensure you arrive on time (or earlier)
- Check about parking - is it free, or will you need coins?
- Bring a healthy snack and something that you can enjoy doing together
- Use a Communication Book to communicate with the Carer about your child's interests and needs, and to find out what they have been doing
- It is helpful for your child if separation at the end of the visit is as smooth and calm as possible. This can be helped by clearing away your activities or food a few minutes before the end
- Reassure your child that they will see you again soon, and gently encourage them to leave
- Remember to take care of yourself at this really difficult time. You may want to talk to a friend or other support person to express your emotions and stay on track.