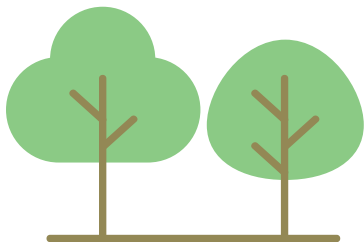


## IS PC-CARE FOR ME?

PC-CARE is for any caregiver who is motivated to improve their relationship with their child and to learn new caregiving skills.

PC-CARE is suitable for a wide range of caregivers including biological parents, adoptive, foster or kin caregivers, and for children who may have experienced trauma.

Caregivers need to be willing to practice at home and spend 5 minutes in play with their child on a daily basis.



## FAMILY INTERACTION PROGRAM



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Parklands Drive, Southport QLD 4215



(07) 5678 9105



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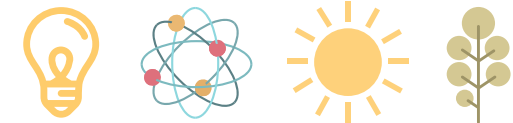


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## PC-CARE

(Parent-Child Care)



## WHAT IS PARENT-CHILD CARE?

Parent-Child Care (PC-CARE) is a 7-session dyadic treatment program for families interested in improving caregiver-child relationships and are willing to learn new child behaviour management strategies. It serves families with children aged 1 to 10 years.

### BENEFITS

- Improved caregiver-child relationship
- Increase in caregivers' confidence in ability to manage their child's difficult behaviours
- Improved emotional regulation for the caregiver and their child
- Reduction in caregiver stress
- Less behavioural concerns - a reduction in disruptive, defiant, and/or aggressive behaviours
- Reduced trauma-related symptoms
- Supports adjustment to a new home or family situation



## WHAT DOES PC-CARE LOOK LIKE?

PC-CARE involves 1-hour weekly sessions over a period of 7 weeks.

These sessions are designed to be in-person, but they can also be provided via telehealth. The appointments include:

- 1 pre-treatment assessment and behaviour observation, and
- 6 weeks of caregiver-child coaching sessions

Each PC-CARE session includes:

- A check-in with the PC-CARE specialist to address skill progress and behaviours over the past week
- A brief education component with both the caregiver and child
- Live coaching where the PC-CARE specialist coaches the caregiver to use the new skills and strategies during play with the child

- A check-out with the PC-CARE specialist where progress will be reviewed, and “Daily CARE” will be assigned.

### GOALS OF PC-CARE

- Build up caregiver and child's strengths
- Improve caregiver-child relationship
- Improve child behaviours and increase child compliance

## WHAT WILL I LEARN?

Trained therapists use real life coaching to practice challenging situations and teach effective strategies including transitions, providing compliance friendly environments, selective attention, positive reinforcement, modelling, calming, appropriate choices & rules, giving effective instructions, relationship recovery and more.