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The children in the care of foster- and kin-carers are there because they have experienced some degree of family-changing and life-changing trauma. This group of children are deserving of all the help they and their carers need. Such help may redress some of the damage of trauma and support this cohort to experience healing and calm.

American paediatrician Karl Menninger stated:

'What we do to children, they will do to society'.

In the wisdom of Dr Menninger's observation, we can note that this traumatised group are at higher risk of danger to themselves and to others if their trauma plays-out unchecked.

Addressing wellbeing specifically will support such potential danger to be reduced – in the individual, the family, and society. It will turn the danger toward healing and empathy¹.

The Foster and Kin Carers Association of Tasmania (FKCAT) is clear that to increase the wellbeing of this group of children, their biological parents, and their foster carers, greater access to the trauma-informed services of allied health professionals is required. This means psychologists, speech pathologists, music therapists and occupational therapists, amongst others.

FKCAT has recently initiated a project which provides its members with access to the Circle of Security Parent DVD Program®. This reflective work supports the carers in their positive intentionality and positive, trauma-informed responses toward their foster children. This program has been met with very positive feedback from the participant carers. It is positive action toward wellbeing which the Association would like support to broaden and build upon.

Any process intended to bring expanded wellbeing to Tasmania, must prioritise support for the most injured and the most vulnerable. To do so is to acknowledge not only the value of each in their humanity; but it is also to support community

¹ Greenberg DM, Baron-Cohen S, Rosenberg N, Fonagy P, Rentfrow PJ (2018) Elevated empathy in adults following childhood trauma. PLoS ONE 13(10): e0203886. <https://doi.org/10.1371/journal.pone.0203886>



safety, and to wisely spend welfare capital in early intervention in order to reap the economic benefits of reduction in later public welfare expenditure.

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