WANSLEA COPMI Group
Work/Peer Support with 3-6 year old children

A CHILD-CENTRED APPROACH

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Abby Booth
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HOW IT ALL STARTED
WHAT DO WE DO?

- WEEKLY ROUTINE

- Opening ceremony – the week’s high and low
- Snack time – all extremely hungry
- Group time
- Play time
- Closing
Our Group Rules

- Listen
- Be kind
- No interrupting
- My turn/Your turn
- Raise your hand for questions
- Be friends
- Respect each other's stuff
- No hitting
STRENGTH BASED PRACTICE: A RESILIENCE-LED APPROACH

- Attachment and Relationships
- Helping and supporting each other
- Achieving through challenges and learning new skills
- Enhanced self-esteem and a sense of self-efficacy

Jenny Terry
Wanslea
BUILDING RELATIONSHIPS: “They’re just like me!”
AIM OF GROUP

- To increase social, emotional and coping skills for COPMI 3-6 yr olds
- To decrease social isolation
- Safety planning
SAFETY PLAN

- Before my parent get sick I sometimes notice:

- These people know about my parent’s illness and I feel comfortable about talking with them or asking them for help if I need to:

- I would like ...................................... to ask me daily how things are going and I promise to let them know by saying ........................................ if things are not ok.

- I do not want ...................................... to know about my situation.

- If we need someone to help us and I am unable to telephone someone, I will ........................................ which will be a sign that we need someone to check how we are.

- Things which make me feel good and calm me down when I feel worried are:

- In case I need to stay with someone for a little while I would like to stay with:

- I would take the following things with me:

- I would like our pets to be looked after by:
Some tools and references
The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

- Helen Keller
CONTACT DETAILS

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