

CARE

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What is “Ecologically Oriented”?

Being Ecologically Oriented is a core principle of the CARE Model, which is our approach to how we interact with children and young people. We know that the environments that children and young people exist in, physical and otherwise, help to shape how they interact with their worlds.

Ecological orientation is understanding the importance of the relationship between people and their environments. Helping children to understand and manage their emotions, to take chances to explore their world means providing a caring and supportive environment with models of how to care for themselves and others.

Carers help promote opportunities for growth by ensuring their homes are a space that enhances wellbeing, safety and feelings of belonging.

Ecologically oriented Carers provide a caring and warm environment. They also facilitate connection to, and participation in the community and allow children and young people to interact with a variety of people and life experiences, such as sport, music and activities that connect them with their culture. Caring and supportive environments provide children with a model for how to care for themselves and others. Great Carers are attuned to understanding how the environment can help children do well. An example is making routines fun, as well as predictable and achievable for each individual child.

Children need warm and predictable environments where they can grow.

In considering your readiness to start the journey of becoming a Carer at Life Without Barriers, it's helpful to think how your home environment and daily flow might work for a child or young person in care.

Some questions to consider are:



Think of the last time that you were in a caring and supportive environment. How did that make you feel? What conditions made it supportive?



How were you able to grow and change as a person when the conditions were right?



How can the environment either increase or decrease stress, anxiety and sense of safety? What do you think an ideal environment for a child in care should look and feel like?



What regular routines do you have that help you through your week? What does it feel like when routines are disrupted?



How has being part of a group or having a hobby helped you develop life skills? What lasting relationships have you been able to develop through interacting with community?



Why are routines important for children? What about for children who have experienced disruption, grief and loss?



Why is it important for routines to be both predictable and flexible?

Adapting to new environments is never easy. CARE offers us new and different ways to create the conditions for change in children and young people.

We focus first on helping shape the environment to create safety and belonging for children to connect, grow and thrive.

Are you ready to make your home a place where children can learn how to care for themselves and others?



LIFE WITHOUT BARRIERS

Contact us

For more information on any of the services provided by Life Without Barriers, please contact us on:

1300 592 227



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