

# CARE

[lwb.org.au](http://lwb.org.au)

## **What does 'Competence Centred' mean for caring?**

A core principle of the CARE Model, our guide to how we interact with children and young people, is to be Competence Centred.

Helping children to believe in their own competence and in themselves and their abilities, gives them confidence and self-worth. It helps them to feel able to try and practice new skills and adapt to new situations. We want them to have the abilities, knowledge, values and attitudes they need to negotiate everyday life now and into the future. As well as learning basic life skills, children and young people need to learn how to negotiate, problem solve, cope with stressful situations, seek assistance and how to have good relationships with other people.

We know that children and young people entering the care system may have missed out on some opportunities to build skills. They may not understand their own potential or see themselves as capable young humans. They need Carers who provide a safe place to practice new skills, make mistakes and try again – they need to understand that a mistake is not a failure but a learning opportunity. They need opportunities to find out what they are good at and explore what gives them satisfaction and joy. It is important for Carers to focus on the strengths children and young people have that can be harnessed to help nurture them to develop life skills and the capacity to navigate their world. Great Carers take on the role of nurturing teacher and are always keen to grow their own competencies as well.

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## Children need someone who believes in their ability to succeed

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In considering your readiness to start the journey of becoming a Carer at Life Without Barriers, it's helpful to think about the ways in which you've felt a strong sense of belief in your own abilities, and how you might be able to help a child or young person see just how wonderful and capable they are.

### Some questions to consider are:



How have your skills, knowledge and attitudes helped you navigate your life?



What and who encourages you to develop new skills?  
What high expectation messages are helpful?



What might a child's goals be?



What are the skills and abilities you might work on together, like playing a new game or learning a new sport? What other life skills are being learned at the same time?



How has pointing out a strength helped you to succeed? How does it feel when people notice positive things and comment on them?



What can you do to help children use their strengths to experience success each day?

Learning to believe in yourself 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 children see the strengths they have which helps them to develop competence in other areas of their lives.

Are you ready to help a child see how amazing they are?



# 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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