



## Multicultural Services

### Information sheet for carers of CALD children and young people

*The information is adapted from work by Elizabeth Vonk in Cultural Competence for Trans-racial Adoptive Parents (2001).*

This information is a self-reflection on the ways carers can support CALD children maintain links with their culture and deal with racism and racial prejudices in mix culture placements.

#### Practical ways to support cultural maintenance:

- Maintain regular contacts with other people of cultural backgrounds in our lives such as friends and also attending community groups/activities.
- Support young people to learn about their cultural, linguistic and religious backgrounds.
- Include information about the young person's family history, cultural and religious heritage in Life Story Work.
- Support and encourage young people to develop positive friendships with children from other cultural backgrounds.
- Aim to settle in areas with higher culturally diverse population.
- Enrol the child in schools with culturally diverse student/ teacher population.
- Purchase books and other entertainment materials that reflect the culture of the child.
- Provide opportunities for the child to learn and maintain their birth language.

- Seek services that aim to support the cultural, linguistic and religious maintenance of the child or young person.
- Aim to involve religious leaders in the life of a child if necessary.
- Recognise and support the role of the birth parents in cultural maintenance where this is part of the approved care plan.

### Helping CALD children respond to racism:

- Educate the young person about the realities of racism and discrimination.
- Highlight the negative impacts of racism and discrimination on children from CALD backgrounds.
- Openly discuss racism at home with young people from CALD backgrounds.
- Teach young people strategies for dealing with racism.
- Help young people from CALD backgrounds to develop pride in their appearance and culture.
- Help young people understand that being discriminated against does not reflect personal shortcomings.
- Validate feelings of hurt and anger as a result of racism and racial prejudices.
- Seek support from peers, services and networks in dealing with discrimination and racism.

### Cultural understanding

- An understanding of how our cultural background influences our attitudes, beliefs and behaviours.

- An understanding of feelings, attitudes, beliefs and behaviours towards people from a child's cultural background.
- Respect for the cultural, linguistic and cultural heritage of child.
- Recognise that the child may be experiencing cultural confusion, conflict or change and provide support if necessary.
- An understanding that the child may be exposed to discrimination or prejudice by virtue of being placed in a non-CALD family.
- An understanding of the unique needs of young person from CALD background.