

Cumbria Early Help - Signs of Well-being Practice Expectations and Bottom Lines

SOS Principles	Cumbria Values	Practice Expectations and Bottom Lines
Working Relationships are at the Heart of Practice	Child Centred Family Led Think Family	General - We will always be respectful to children and their families. - We will be professionally curious. - We will share information with other professionals to support the well-being for the family, this will be undertaken with consent unless this would put the child at risk of significant harm. - On our first discussion with the family, we will give the family our Early Help leaflet so they understand more about Early Help and what we can do to help and support them. - We will ask solution focused questions to clarify what we are worried about, what is working well and what needs to happen next (what well-being would look like). - On the first visit we will make sure children understand why we are involved and what we are worried about. - We will use a direct work tool (e.g. three houses) with the child to talk to the child about what they think is going well, what they are worried about, and what they would like to be different. - We will aim to complete a genogram with the family as soon as is appropriate. - We will talk to them about friends and family members that are supportive and could be part of their support network/TAF, as well as any difficult relationships or complicating factors. - We will support the family to identify worry, wellbeing. - We will help the family, the network/TAF develop a plan that shows everyone how the wellbeing needs of the child/young person are going to be met. - We will review the Early Help plan on a regular basis (a maximum will be 6 weekly). - We will work creatively with families using appropriate tools, techniques etc to support them to engage. Team Around the Family/Network Meeting - We will support the family to identify their worries wellbeing, using questions and tools including the step-down to Early Help plan (where appropriate) to support these conversations. - We will support the family to arrange a TAF/network meeting as early as possible, involving members of their network and appropriate professionals who may provide support to the family. - We will share our draft worry statement and wellbeing goal with the family, the TAF (including their network) and develop this in their own words to outline the reason why we are involved, and what it will look like when success and wellbeing are achieved.

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		- At the TAF meeting (which includes the identified support network), all will scale the situation from 0-10 and explain their reason for the score. - We will help the family and their support network to come up with wellbeing or success goals that will address each worry statement and we will show everyone that the child's needs are going to be being met. - We will ask solution focused questions to help the family and the support network/TAF test out their family action plan. - Everyone in the TAF including the support network and the children will get a clear and understandable copy of the plan.
Adopt a Stance of Critical Enquiry	Evidence Based, Risk Sensible	- We will triangulate all the information that people are telling us; children, family, support networks and professionals, in addition to what we are observing in the family life. - In meetings we will scale on a scale of 0-10 the family's situation to enable us to measure progress, to look at the impact of the Early Help Family Action plan on the children's wellbeing, and to ask solution focused questions to plan how we can move up the scale as a TAF. - We will record our conversations in a clear and accessible way so families will only have to tell us their story once. - Professionals will use consistent, evidence based tools where appropriate. - We will request a Child and Family Assessment if deemed necessary.
Land grand aspirations in everyday practice	Solution Focused Intentional	- We will prepare our questions based on the worries before each session with the child or family member; being clear in our own mind the purpose of the session. - We will prepare for meetings to make sure they are clear, concise and focused; with the wellbeing and success goal in mind and celebrate successes. - We will provide the family with a timeline of when we would aim to end the work with them; giving them hope for sustainable change in a realistic time. - We won't move the goal posts if things go wrong but we will ask more questions to the family, network and TAF to develop and adapt the current plan to help them reach their wellbeing goal. - We may seek support from other agencies with family consent via the Early Help and Family Support Panels. (This may result in an outcome for a Child and Family Assessment led by a Social Worker).
Early Help Bottom Lines		
- All assessments will include the seven stages of analysis (past worries, future worries, complicating factors, existing strengths, existing well-being, well-being goals and next steps). These will be clear, solution focused and realistic. - There will be a Family Action Plan. - TAF/ Support Network Meetings will be held with every family and we will use scaling questions to measure progress. - Direct work will take place with the child/young person, in order to have their voice and understand their lived experience. - Genogram. - Chronologies. - Family/Support Network. - Where a family is being considered for transfer to social care, ensure all relevant information is shared, which would include mapping, plans, genograms and chronologies.		

