

MODULE TOOLS

These are suggested examples to support each module within the parenting programme. Further links to resources are highlighted below. Within your own Local Authority, you will have procedural requirements, and these will highlight specific tools that must be used within those circumstances, for example the locally used DASH assessment. Please ensure that you are aware of the expectations within your own Local Authority.

It is important to note that there is no one specific tool that is right or wrong for each module and often the tools that are relevant are dependent upon individual family circumstances and need, and to support change within the planning and support.

Where highlighted below in bold, these are tools with specific Motivational Interviewing reference. The 'Toolkit for Motivational Skills' highlights that the *"toolkit offers you a simple user-friendly approach to help others REACH for change in any interactions, not just formal interviews"* (Fuller et al 2019) The toolkit identifies that anyone can use the tools within the framework, and that the underlying principles support all communication styles where you are helping others REACH for change'.

Fuller et al describes REACH themes as the following:

R – Rapport

E – Empowerment

A – Ambivalence

C – Focus on change

H – Help others Help themselves

Through using Motivational interviewing tools it supports the conversation and acceptance of the needs as the individual sees them.

Module 1

- Family Plan
- Decision Balance Sheet from **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- Miracle Question
- Self-Assessment of Motivation to Change (Cycle of Change) **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- MI change plan
- Cycle of Change
- Changing behaviours and Finding shared goals and priorities **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**

- Responding to diverse needs **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**

Module 2

- Worksheet – Who am I?
- My life story
- Social GRRRAACCEEESSS
- Culturagrams
- My social network
- My Strengths
- Parental/Family History and my life story
- Who I am and who do I want to become? **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- Ecomaps
- Genogram

Module 3

- Service user Self-Assessment of Motivation to Change
- Things I would like to change **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- Graded Care Profile
- I want to change worksheet **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- 7 Steps to building confidence **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- Decision balance sheet
- Domestic abuse tools
- Drug & Alcohol tools
- Mental Health tools

Module 4 & 4a

- Covid-19 time capsule
- What do you do at home?
- Interview your family
- How I'm feeling
- How it looks to me – CAFCASS
- Explore emotions – worksheets, blobs etc
- Games
- Observations
- Role Play

Module 5 & 6

- What Kids Need (Cards, record chart and instructions)
- Neglect tools (used within your LA as per your procedure)
- Negotiating a plan – Shall I do this or that? **Toolkit of Motivational Skills. How to Help Others Reach for Change (Catherine Fuller; Phil Taylor; Kath Wilson)**
- Flash cards – emotions cards – picture checklists
- Parenting checklists
- Observations
- Knowledge questionnaires (around basic care needs for both child & parent)
- Self-assessment tools – SDQs
- Tools to explore drug & alcohol misuse – alcohol use questionnaire
- Tools to explore domestic abuse (DASH)
- Nurturing Wheel
- Protective behaviours worksheets
- Healthy relationships
- Conflict
- Criminal behaviour
- Resilience tools

Module 7 & 8

- Cycle of Change
- Decision balance sheet
- Moving Forward plan
- End of session template
- Parent/child feedback mechanisms within your Local Authority

Further Resources can be found at the following:

CAFCASS resources for professionals: - [Cafcass resources for professionals](#)

RIP – Practice tools & guidance: - [Practice Tools and Guides for professionals in social care \(researchinpractice.org.uk\)](#)

RIP – using genograms in practice: - [Using genograms in practice \(researchinpractice.org.uk\)](#)

Community Care Tools social workers can use to talk to children: - [Tools social workers can use to talk to children - Community Care](#)

Social Workers Tool box: - [Free social work resources & tools for direct work with children and adults \(socialworkerstoolbox.com\)](#)

A Toolkit of Motivational Skills – Catherine Fuller et al. 3rd edition 2019

Motivational Interviewing for Working with Children and Families – Donald Forrester et al. 2021