

Signs of Safety / Wellbeing / Success – Case Tool

Child's ID:	Date Started:	
What are we worried about?	What's working well?	What needs to happen?
<p>Past Harm/worries</p> <p>Questions to mum / dad (adapt to ask these to the network / professionals)</p> <ul style="list-style-type: none"> What is your biggest worry right now? When did your drug use / violence in your relationships / feeling really depressed etc first start to become a problem? What happened at that time (e.g. who was involved, what led up to it, how did people react / respond?) When did the problems with your drug use, relationship / feeling really depressed etc start to get out of control and affect the children? What did that look like at that time? What's the worst that your drug use / violence in your relationship / your depression etc has been? What been the worst thing to have happened to your children because of the worries about your drug use / your relationship / your depression etc? What do you think your other children would say was the worst thing if we asked them? When did you last use drugs / have problems in your relationship / feel really low or depressed? What happened at that time / what did that look like / who was involved? What do you think the people who know you best would say about how your drug use / violence in your relationship / depression affects you? What would they say about how these problems affected your other children? What do you / the people who know you best think makes your drug use / relationship difficulties / feelings of depression more likely to happen (triggers)? 	<p>Existing Strengths</p> <p>Questions to mum / dad (adapt to ask these to the network and professionals):</p> <ul style="list-style-type: none"> Mum, what do you appreciate most about dad? What are the things that he does or says that make him a good partner? Dad, what do you appreciate most about mum? What are the things that she does or says that make her a good partner? What are all of the ways that you are trying to make sure your baby grows and develops well in the womb? Who has been your biggest supporter / been most excited since you found out you were pregnant? How does this person try to help? Who would be the first person that you would show a picture of your scan to? Who are the people that would help you to get anything you might need for the baby? Who is the first person that you would speak to if you were worried or upset about anything and what do they do that is helpful? Who or what helps you to keep going despite some of the worries going on in your life? If your unborn baby could tell us what it is that you are doing to keep them safe and loved, what do you think your baby would tell us? Out of everyone that you know and have known, who comes to mind as the people (or person) who you think has done a good job in looking after a baby or raising their kids? What is it that you admire about them? How do you think they do it? <p>Midwife:</p>	<p>Safety / Wellbeing / Success Goal(s)</p> <p>Questions to mum / dad (adapt these for the network / professionals)</p> <ul style="list-style-type: none"> If your baby could tell us what they need from you to help them to feel safe in the womb, what do you think they would say? When you think about the life that you want for your baby, what are your best hopes for them? If things were better than they are right now, what would that look like for you? What about dad – what do you think he would want life to be like if it was better than it is right now? <p>Next Steps:</p> <p>This is informed by a scaling question, e.g. depression:</p> <p>on a scale of 0-10, where 10 is that even though you still have days where you feel really low and you'd rather not have to face the world, you've got a plan with your important people that means that you are managing these feelings so that your child is always safe and looked after whether you are feeling good or not and 0 is that things are just awful, every day is a struggle to go on, there is no one that you can count on to look out for you and your baby so your baby learns that they can't rely on anyone and they aren't growing or developing well, where would you rate it?</p>

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<ul style="list-style-type: none"> • If your unborn baby could tell us what is worrying them / what life is like for them in the womb, what do you think they might say? <p>Danger / Worry Statement(s)</p> <p>Question to mum / dad / the network / professionals:</p> <ul style="list-style-type: none"> • What do you worry will happen if things carry on as they are, without changing? • What do you think this would mean for your child now and as they start to grow up? <p><u>Complicating Factors:</u></p> <ul style="list-style-type: none"> • What other things are going on for you that are making life harder to deal with? 	<ul style="list-style-type: none"> • What impresses you most about how mum / dad is managing this pregnancy? • What is going well with the baby’s development and what do you think is contributing to this? <p><u>Existing Safety:</u></p> <p>Questions to mum / dad (adapt these to ask to the network / professionals):</p> <ul style="list-style-type: none"> • What has changed since you last had children’s services involved in your life? • How have you managed to make these changes? • Who helped and what did they do? <p><u>Drug use:</u></p> <ul style="list-style-type: none"> • How are you currently staying in control of your drug use? Who / what helps you to stay clean and sober? • Have there been times when you’ve felt like using heavily but you didn’t want to risk harming the baby? What did you do instead? • When are you least likely to use drugs? What is different about those times? • Who would be the first person to notice that you were back using drugs heavily and what would they do? • If we could ask your other children about what they think helps you to stay away from drugs, what do you think they would say? <p><u>Violence in your relationship:</u></p> <ul style="list-style-type: none"> • What has been the longest period where there hasn’t been violence in your relationship? • What was different about that time? • What was your partner doing differently? What were you doing differently? 	
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	<ul style="list-style-type: none"> • Have there been times were you and your partner started to notice things getting heated and one of you decided to do something different so that no one would get upset or hurt? If so, what did you do instead? How did this turn out? • What might the people who know you best say about how you’ve both managed to sort out any problems in your relationship in a helpful way? <p><u>Feeling really depressed:</u></p> <ul style="list-style-type: none"> • When you are having a better day, what does that look like? What helps with this? • Who are the people who really understand you and respond in a helpful way when you are feeling really low? What is it that they do to help? • Can you think of a time where you really just didn’t feel like getting out of bed, but you knew that you needed to (e.g. that your other kids relied on you) and you managed to do it anyway? What did you do / say to yourself to make this happen? • What would the people who know you best say helps you to keep going, even when you feel like giving up? 	
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Safety / Wellbeing / Success Scale