**Tips on questions to ask:**

To help you explore your support networks, here are some things you could consider:

**Examples of Questions for an Adult**

**Central Relationships:**
“Who are the key people in your life right now?”
“Who do you find yourself spending most of your time with?”
“Who would be the first person you would talk to about significant events concerning your
children?”

**Family Dynamics:**
“Can you describe who currently lives in your household?”
“Do you have siblings? Can you share a bit about your relationship with them?”
“Tell me about your extended family. Are your parents living and are they together?”

**Social and Community Engagement:**
“What community groups or clubs are you actively involved in?”
“Are there any regular places you visit weekly?”
“Could you describe your relationship with your neighbours?”

**Support Systems:**
“Who is your go-to person in an emergency?”
“Are you part of any support groups?”
“Does your child receive any external support? What kind and how frequently?”

**Health and Welfare:**
“Who is your primary healthcare provider?”
“What kind of medical or health services do you or your family access?”
“What is your main source of income, and do you receive any financial aid specifically for your
family?”

**Lifestyle and Interests:**
“What does your work life entail?”
“Can you share some of your hobbies or interests?”
“What activities do you enjoy as a family in your leisure time?”

**Relationship Dynamics:**
“How often do you interact with your friends and family?”
“What is the nature of these relationships? Are they mostly positive for you?”
“How influential are these relationships in your life?”

**Exploring Family Boundaries:**
“How open is your family to new experiences and relationships?”
“How would you describe the boundaries within your family – are they more open or more
defined?”

**Service Coordination and Quality:**
“Do the services you use meet your family’s needs effectively?”
“How would you rate the communication and coordination between these services?”

**Assessment of Needs and Resources:**
“Where do you feel you need more support in your life?”
“Are there potential resources or people who could better support your family’s needs?”

**Examples of Questions for a Child**

**Family and Home Life:**
“Who are the people you live with?”
“Do you have any brothers or sisters? What are they like?”
“Tell me about who takes care of you at home.”

**School, Friends, and Best Friends:**
“What do you like about your school? Who are your friends there?”
“Who are your closest friends and what do you enjoy doing together?”
“Is there a teacher or someone at school you feel comfortable talking to?”

**Hobbies and Interests:**
“What do you love to do when you’re not at school?”
“Are there any activities or hobbies you really enjoy?”

**Community and Neighbourhood:**
“Do you know the people who live near you? What are they like?”
“Are there any special places near your home where you like to go?”

**Clubs and Groups:**
“Are you part of any teams or clubs, like sports or music?”
“What happens in those groups, and who else is there with you?”

**Supportive Figures:**
“Who do you talk to when you feel upset or have a problem?”
“Is there someone you love sharing good news with?”

**Routine and Daily Life:**
“What’s a normal day like for you after school?”
“Who do you spend time with on weekends or holidays?”

**Health and Care:**
“Do you visit a doctor or dentist? What’s that like?”
“Who looks after you when you’re not feeling well?”

**Emotional Connections:**
“Who or what makes you feel really happy?”
“Is there anyone you miss or wish you could see more often?”

**Safety and Comfort:**
“Are there places or people where you feel safest?”
“Is there anything that worries you or makes you uncomfortable?”