

# Early Help Assessment & Plan Practice Pathway

## Moving from worries... to achieving shared goals



What we aim to do	How will we do this?	How will we work with children and families?	Resources and tools
<p><b>Moving from the Worries....</b></p> <p style="text-align: center;">↓</p> <p><b>Family owned planning involving a network: Child/young person Parents &amp; carers Family &amp; friends Workers &amp; community support</b></p> <p><b>in a learning process, enabling them to decide on and practice actions to create and maintain wellbeing and success in their everyday lives</b></p> <p style="text-align: center;">↓</p> <p><b>...to achieving shared Goals</b></p>	<p>Talking to families, children/young people and workers. Listening to different perspectives and ideas about: What's working well? What are we worried about? What needs to happen?</p> <p>Identifying everything positive and building on strengths and existing solutions</p>	<p><i>Working 'with' families rather than 'doing to'</i></p>	<p>SofS Mapping. Next steps planning Building on existing assessments &amp; plans Timeline for planning and support</p> <p>My 3 houses (or similar) with child/young person</p>
	<p>Building a network of support around the child and family: Who are the people who are supporting or could support you?</p> <p>Setting up and supporting an initial Family and Network meeting</p>		<p><i>Building on strengths and existing solutions</i></p>
	<p>Creating an explanation for child/young person: Who's worried? What are we worried about? What are we doing about the worries? Where do we want to get to?</p>	<p><i>Creating a vision and hope for the future</i></p>	<p>Words and Pictures</p>
	<p>Building a plan with the family and network: How can we do more of what's already working? What are the triggers or stressful times that make things harder to deal with? Who can do what to help and support you in your daily life?</p> <p>Reviewing progress and strengthening the plan over time so that we can be confident that the plan can work on the difficult and challenging days as well as when things are going well. Who else can support you, your child/young person, your family? Who will do what in the future if the situation changes or problems arise?</p>	<p><i>Asking questions</i></p> <p><i>Working with compassion and understanding</i></p>	<p>Regular Family Network meetings supporting the family and network to develop a plan and review progress.</p> <p>Safety Journal, Safety Object Scaling progress – are we there yet?</p> <p>Planning for crisis/emergency situations - what is our Plan B?</p>
	<p>Family owned 'everyday' Plan Child's version of the plan</p>		<p>Words and Pictures</p>