**Signs of Safety and Wellbeing - Early Help Conversation Log - Guidance**

The Early Help Conversation Log is built on the principles found in Birmingham Signs of Safety and wellbeing (SOSW) toolkit .

The document can be used by pracitioners from any service with;

child/ young person only

parent/ carer only

a combination of both

The Early Help Conversation Log is a multi-purpose document which could be used as a precursor to the Early Help assessment or as an in-house document to record conversations with child(ren)/ family.

If using within the Early Help framework it can support the discussion between practitioner and child(ren)/ family about the Early Help offer. The information gained from this conversation can then be used to inform the Early Help assessment.

**How to use the form**

Ensure that the details requested at the top of the form are completed – the space for a Unique Identifier is for an in-house reference number.

The image of the three houses is specifically designed to be used with children; they can write or draw their feelings and thoughts. Use the three headings (houses) to capture and record the following;

**House of Worries** – things that need to change

**House of Good Things** – things that are going well ,things that help you escape your worries

**House of Dreams** – how things would look if your worries were gone

The subsequent section is to be used by practitioners to understand the lived experience of the child and the resources availiable to the family to enable an informed conversation around the next steps . The layout is similar to the three houses image and seeks to capture strengths and resources as well as concerns . Please see the following examples of the questions that could be used to gain a child/ young person / families thoughts and feelings.

|  |  |  |
| --- | --- | --- |
| **What are we Worried About?** | **What is Going Well?** | **What needs to Happen?** |
| **What** has happened **, what** have you seen ,that makes you worried aboutthis child/ young person ?**When** you think about **what** has already happened to ………**what** do you think is the worst thing that could happen to ……..because of this problem ?**Are there** things happening in ……………,s life or family that make this problem harder to deal with ?  | **What** do you like about ………..**what** are his/her best atributes ?**Who** are the people that care most about ……….?**What** are the best things about how they care for …….?**Who** would ……say are the most important people in his/her life ?**How** do they help …….grow up well ?**Has there** been times when this problem has been dealt with or was even a little better? **How** did that happen? | Having thought more about this problem now **, what** would you need to see that would make you satisfied that the situation is at a 10 ?**What** would ……need to see that would make them say this problem is completely sorted out ?**What** do you think is the next step that should happen to get this worry sorted out ? |

**Start with What`s going well**

Good practice in using this framework is to start the “whats going well “ and then move backwards and forward between the first two colums as the lived experience for the child(ren) are explored to enable and informed approach to “what needs to happen “

**Scaling**

Ask the members of family to answer the stated question honestly and tick the checkbox that most represents how they feel about their situation.

**“On a scale of 0-10 where 10 means this problem is sorted out as much as it can be and zero means things are so bad for the young person you need to get professional or other outside help , where do you rate this situation today ?”**

**Next Steps**

**Family**: if a parent/ carer has been involved in the ‘Early Help conversation’ this section is to be completed with their thoughts on what action they intend to do next. An example of such an action might be ……..

*My next steps are to talk to my wider family about my concerns – they may be able to support me to get things going well again .*

**Practitione**r: Use one of the checkboxes to indicate which action you have taken; then use the section underneath to expand on what the action will be and why you feel it’s neccessary