

Child and Family Snapshot



Child's name: _____

Child's age: _____

Date: _____

Safety

These simple tools can be used creatively with parents and children to gather an understanding of their worries and their strengths. The **family snapshot tool** provides an overview of the family issues. The **child snapshot tool** is intended to be recorded separately for each child, so we can reflect on their individual needs.

Distil the essence or the 'headline' issues so that everyone understands what our focus is. Think holistically and synthesise the information you have gathered into simple language that is both clear and family sensitive. Avoid jargon and make sure that it is meaningful for the children and the parents/caregivers.

It is only a point in time 'snapshot' summary, but if you review and complete the tool at different points in time, it will create an opportunity to notice and celebrate success and change, or highlight the need to respond differently. Listen to the family's story and respect their pace, while not losing sight of the concerns about the children. The focus on outcomes for the children and family enables reflection on what needs to happen next and with what degree of urgency. Think critically about how the system has responded previously and what we could do now to be more effective.

The family meeting tool can be used as a prompt to guide discussion. Key themes can be summarised under the headings during family meetings, case conferences and care team meetings.

In supervision or reflective practice sessions, it could be used to clarify the goals and the 'where to from here' tasks, under the headings of safety, stability and development.

A copy of this snapshot should be recorded on CRIS or CRISP. This page can be accessed by downloading it from www.dhs.vic.gov.au/for-service-providers/children,-youth-and-families/child-protection/specialist-practice-resources-for-child-protection-workers

Consider:

- Physical
- Emotional
- Sexual
- Neglect
- Cumulative

Consider:

- Connection to primary caregiver
- Connection to family
- Connection to school and friends
- Connection to community
- Connection to culture

Consider:

- Health and growth
- Education and learning
- Social, Emotional and Behavioural

Family Snapshot

Family name: _____

Date: _____

Concerns

What worries us?

Strengths

What are the positives?

What strengths have the family drawn on in other difficult times?

Constraints

What would get in the way of things getting better?

What have we tried before that didn't help?

Future picture

What would it look like if things were better?

What would there be more of/less of?



Child Snapshot

Child's name:

Child's age:

Date:

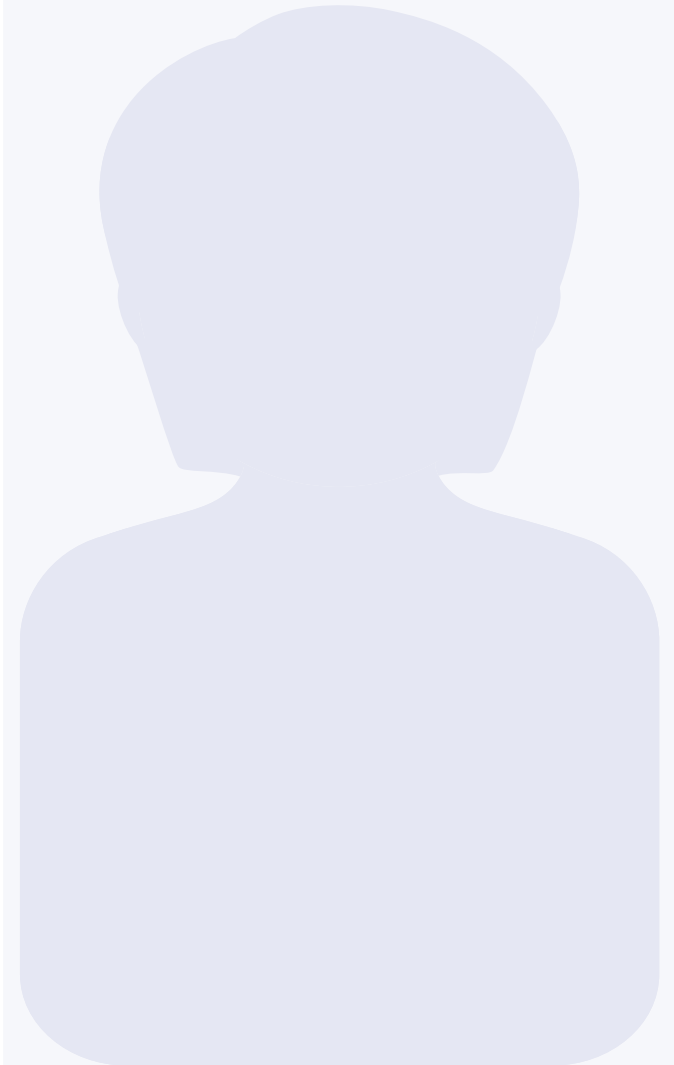
Safety



Stability



Development



Worries & Strengths

Simple Guide to Genograms

A genogram or family tree is a useful tool to gather information about a young person's family. This visual representation of a family can help you to identify patterns or themes within families that may be influencing or driving the young person's current behaviour.

Most young people really enjoy this opportunity to talk about their family history, and it can work as a good tool to build trust and rapport in a working relationship. However be aware that some young people may find seeing a visual picture of the state of their relationships confronting, particularly if the majority of relationships in their life at present are conflictual or distant. Use this tool sensitively and in cases where you think it will be useful to help promote healthy change and the development of more positive relationships in the young person's life. **A copy of this genogram should be recorded on CRIS or CRISSP.**

With the young person

- Aim to gather information about at least three generations: the young person's generation, their parents and their grandparents.
- Include significant others who lived with or cared for the family.
- Start with drawing the family structure, who is in the family, in which generations, how they are connected, birth/marriage, deaths etc.
- You may ask them to tell you a bit about each person.
- As the young person tells you about family members and relationships, make a note alongside the name.
- Ask about relationships between family members
 - Who are you closest to?
 - What is/was your relationship like with...?
 - How often do you see...?
 - Where does...live now?
 - Is there anyone here who you really don't get along with?
 - Is there anyone else who is very close in the family? Or others who really don't get along?
- Ask about characteristics or habits of family members, particularly those relevant to your role: health issues, alcohol/drug use, physical and mental health, violence, crime/trouble with the law, employment, education.
- Ask about family values, beliefs and traditions.
- Try to explore patterns and themes.
 - Who are you most like?
 - What is...like? Who else is like them?
 - Did anyone else leave home early? Is anyone else interested in art, etc?

Symbols for drawing the genogram or family tree



Female symbol - name, age



Male symbol - name, age



Unknown gender



Married - add the year or ages



De facto relationship - commencement date or ages



Separation - date or ages



Divorce - date or ages

List children in birth order and put names and ages either within the symbol or underneath.



Death - a small cross in the corner of the symbol (record date if known)



Dotted circle - this can be used to enclose the members living together currently, for example, who the young person is living with.



Conflictual relationship



Very close



Distant relationship

Source: <http://www.strongbonds.jss.org.au/workers/families/genograms.html>