

Exercise

Going to a friend's BBQ

So how can we use this when caring for a child day-to-day? We must start using simple questions to guide our own decision making.

You are thinking of going to a friend's BBQ and debating whether or not to take your child with you. Firstly, you need to think about the experience the child will have.

What may your child experience while you are there, both positive and negative? For example, loving family, cuddles with lots of people, music, BBQ smells, talking and laughing, sunshine, change to their routine.

Positive experiences for the baby / child:

Negative experiences for the baby / child:

Describe how you think your child will feel about being at the family BBQ:

Imagine how that child may feel on different days at different times. For example, if they have recently had a cold or if they have had a sleepless night the night before. What are the emotions or factors that may affect how they experience the BBQ?

Your child's emotional state on the day:

Your decision:

Do you attend the BBQ or not?

Circle your answer:

YES / NO

Now try to think of your own example situations. Something that you may do, an event you have been looking forward to or something you may be tempted to do with your child.

Write them in a list below. With your social worker, you should consider the events that led up to the referral to work with Children's Social Care.

- 1**
- 2**
- 3**
- 4**
- 5**

Now complete the same exercise for your own scenario. You should try to complete at least one or two.



Scenario 1:

Positive experiences for the baby / child:

Negative experiences for the baby / child:

How you think your baby / child will feel about being in the situation?

Your child's emotional state on the day:

Your decision:

Do you expose your child to that situation?

Circle your answer:

YES / NO

Scenario 2:

Positive experiences for the baby / child:

Negative experiences for the baby / child:

How you think your baby / child will feel about being in the situation?

Your child's emotional state on the day:

Your decision:

Do you expose your child to that situation?

Circle your answer:

YES / NO