

# Top Tips for Contingency Planning

One

Ensure the plan is written in partnership with the child/family and involves anyone else relevant such as an extended family member.

Two

Consider what factors might be likely to trigger a crisis and how this might affect the family.

Three

Include strategies which have worked in the past to de-escalate or resolve concerns.

Four

Be solution focused.

Five

Ensure all aspects of the plan are realistic, practical and feel achievable for the family.

Six

Write the plan in an open and transparent way with families, recognising achievements as well as sharing potential concerns.

Seven

Make sure the plan is simple, easy to understand and up to date.

Eight

Communicate the back up plan with any relevant person who is supporting the family and might have a role in back up planning.

Nine

Record contact details for any 'safe people' identified in the plan.

Ten

Be clear on what action would need to be taken at which point should the plan fail.