

## Module 2

### Parental/Family History

**AIM:**

- **Gather information to formulate a pen picture of the parents**
- **Understanding of parental and family history and how this may have influenced their current lifestyle, parenting capacity and family functioning – Linking the past with the present.**

#### Parental/Family History – Developing an insight

This session is aimed at you getting an understanding of the adult's childhood and family history that will support your understanding of their current behaviour and lifestyle and identify key factors impacting on the parent's ability to keep child safe.

Support the parent to link the past childhood experiences with their current parenting, this can help them recognise what needs to change.

**Allow the parent to explore their own individual stories as they tell you about their family history.**

- Parent/s Profile – where were they born, who they lived with? Their culture, language and religion and the impact this has on their lifestyle. Explore their past and current health needs, are they taking any medication. If they have current health issues how do these impact on their parenting? Did they have significant physical/ mental health problems and if so at what age? Did they experience any trauma, any significant events that occurred in their life?
- Explore parent/s own childhood experiences explore their attachments e.g. who comforted them, praised them etc. what were their positive memories and how that impacts on their parenting.
- Ask them to describe each parent. Where they affectionate? Did they express their love? Were they strict, how were they disciplined? Did they play with them? Did they support them with school/homework? (Ask for examples). Did their parents have physical, mental health problems or substance misuse?
- Explore the family's behaviours and family culture, what are good behaviours and have a positive impact and things that may have a negative impact.
- Explore history, previous relationships and past experiences and how these link to current behaviour and lifestyle. Are they able to reflect on these relationships and identify those that were positive relationships and those that were not?
- Explore parents own support needs and support networks, determine the level of support available and if this is realistic (ask for examples) identifying which are supportive influences and those that may not be.

- Who are the people in their lives that support them practically and emotionally?
- Explore:
  - ❖ Housing - Describe the property; is it adequate for the child/ren?
  - ❖ Finance – What is their income, how they manage and organise their money, if on benefits are they claiming all they are entitled to? Are any aspects of their life impacting on their financial stability?
  - ❖ Employment issues and the impact of these on their functioning as well as how these factors impacted historically
- Did they ever feel frightened for their safety growing up, when and why?
- Explore how these influences have led them to where they are now and where they want to be in 1 years' time or 5 years' time.
- Are they able to accept advice?
- Listen to their life experiences.

### Suggested Tools & Resources

- Genogram
- Parental / Family History and my Life Story
- My life story worksheet
- Family History and breaking the cycle
- My social network worksheet
- Motivation – 'Where I am now' and where I would like to be in 1 years' time and 5 years' time.
- Strengths sheet
- Things I would like to change
- Miracle Question
- Worksheet – Who am I? – Culture and Diversity
- My Income and Finances
- End of Session Template
- The Parents' Interview
- Timeline of My Life
- Social Graces
- Drawing Ecomaps

### Outcomes

- Reaching a judgement on the parent's capacity to change and an understanding of how their own childhood may have impacted on them as an adult and as a parent.
- Having an understanding of the family's culture and values and how these influence the family, their functioning and links to current behaviour and lifestyle.
- Assessment of their motivation to changes they want and need to make and their aspirations for the future for themselves and for their children.
- Identifying strengths and positives aspects of family life/parenting.

- **Analysis of overall circumstances, areas for change, working with the family to achieve areas for change and impact the change would have on the children.**
- **Understanding parents relationship to others and their willingness to work with professionals**
- **Supports linking their past and present**