# Resource to support parent- practitioner virtual conversations using Family Partnership based practice Guidance Notes

Aims:

- To make the most of the little time you have with families during Covid-19
- To provide a structured framework for a 20- 30 minute contact which you can amend to your service context
- To create shared agreements and plans with parents whilst remaining supportive and influential
- To use alongside relevant professional practice guidance and local safeguarding and risk policies

Notes for practitioners:

- Invite partnership
- Be brief and straightforward
- Be warm and engaging
- Avoid too much information

Top Tips for success to share with clients:

- Focus on a little to achieve a lot!
- Share your next steps and have regular check ins with a supportive friend/partner
- Focus on what is going well

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#### FAMILY PARTNERSHIP South London and Maudsley MODEL **NHS Foundation Trust** Practicalities (1 minute) Partnerships are developed Hello it's......Is it ok to talk now or should I call back? from the very first moments How much time have you got?.....I'm calling Agree practical aspects of the because.....Let's do some introductions contact Show you will do your best to take parents needs into account Record time available, date and who else is around

### Off - Load and settle in (2 minutes)

Our Shared Understanding (3 minutes)

How are things? How are you doing? Is it easy to talk now?

- Acknowledge parents' immediate worries and concerns
- Check what is on the parent's mind
- Help parent 'let off steam'

#### Our Agenda (3 minutes) You What is most important

What is most importan you to discuss today?

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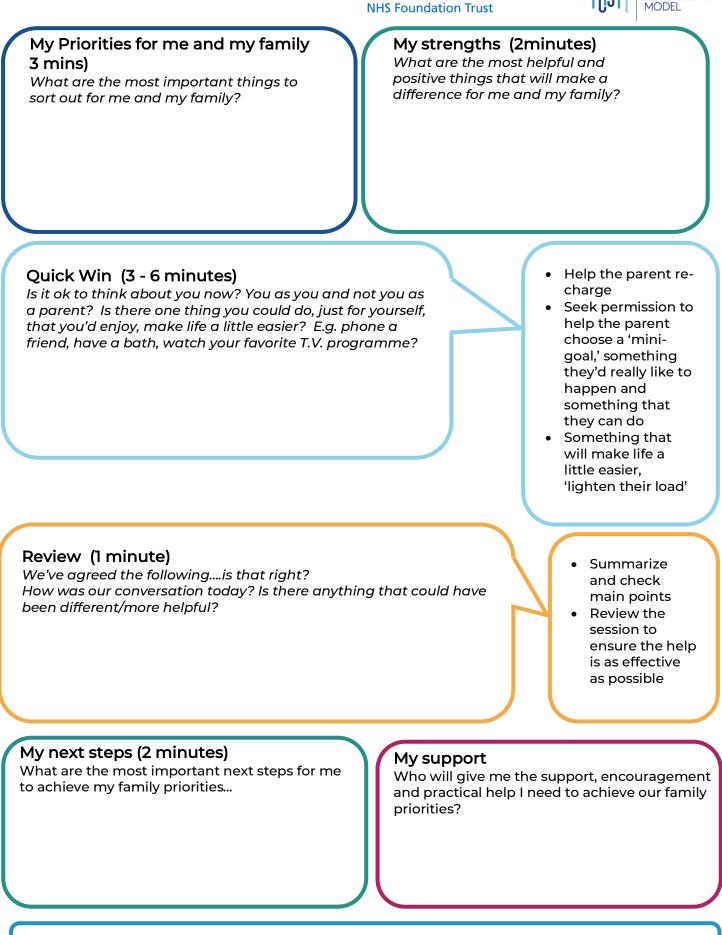
Things I need to cover for

- Listen, show empathy and summarize parents' ideas and concerns; explore their needs and check that you have understood them correctly
- Develop a shared understanding of the families' situation, their strengths as well as difficulties
- Be realistic and respect parents' reality
- Agree what is enough at this point to remain useful and helpful



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FAMILY PARTNERSHIP



Anything else?

Date/time of next meeting.....