Date of initial Early Help Assessment: 01/01/2021

Date of review: 01/05/2021

Review number: 1

(So that you can track the number of action plans that have been developed and reviewed)

Date of previous review: 10/03/2021

# Family Details

Details of all subject children - please include all of the children in the family:

| **Name** | **Address** | **DOB/EDD** | **Gender (leave blank if prefer not to say)** | **Ethnicity** | **Religion** | **Did they attend the meeting?** |
| --- | --- | --- | --- | --- | --- | --- |
| Bart Simpson (10) | 742 Evergreen TerraceSpringfield | 23/02/2011 | Male | Mixed/Multiple Ethnic Groups | Christian |[x]
| Lisa Simpson (7) | 742 Evergreen TerraceSpringfield | 15/05/2013 | Female | Mixed/Multiple Ethnic Groups | Christian |[ ]
| Maggie Simpson (6 months) | 742 Evergreen TerraceSpringfield | 04/09/2020 | Female | Mixed/Multiple Ethnic Groups | Christian |[ ]

Details of all parents/carers/guardians in the family - please include all of the adults/carers/guardians:

| **Name** | **Relationship to the child/ren** | **Parental Responsibility?** | **Address** | **Gender (leave blank if prefer not to say)** | **Contact Details****(email/contact number)** | **Did they attend the meeting?** |
| --- | --- | --- | --- | --- | --- | --- |
| Mr Homer Simpson | Father | ☒ | 742 Evergreen Terrace, Springfield | Male | Mixed/Multiple Ethnic Groups | Christian |
| Mrs Marg Simpson | Mother | ☒ | 742 Evergreen Terrace, Springfield | Female | Mixed/Multiple Ethnic Groups | Christian |

Communication needs (including language) regarding any of the people (including adults and pre/non-verbal children) to be included in this assessment:

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| No communication needs identified, however, Mrs Simpson does suffer with social anxiety and can become overwhelmed in meetings where there are lots of professionals. Mr Simpson will try to attend all meetings with Mrs Simpson (work permitting). In his absence, Mrs Simpson’s friend will accompany her to meetings. |

Details of the people who are supporting the family:

*(Record all agencies involved e.g. GP, HV, pre-school, school, etc.**Contact details are important and should include a phone contact number and email where the**professional is happy for this to be shared with the family)*

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| **Name of the people who are supporting the family** | **Role/Relationship** | **Organisation** | **Contact Details****(email/contact number)** | **Lead Professional** | **Did they attend the meeting?** |
| Mrs Smith | Family Link worker | Springfield school | MrsSmith@Springfieldschool.org.uk01454 123456 | ☒ | Mrs Smith |
| Mrs Jones | Head Teacher | Springfield school | MrsJones@Springfieldschool.org.uk01454 123456 | ☐ | Mrs Jones |

# 2a. General Update (Please include the views of family members and professionals)

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| **How have things been since we last met?**Use the boxes below to have a conversation about the current situation - some of these updates can be copied and pasted into the update box (below), where they relate to specific actions on the previous plan (see section 2b). |
| Mr & Mrs SimpsonThere has been some improvement with Bart’s behaviour at home and Mr Simpson and I are communicating more about the children, but we feel that we still need advice around managing certain behaviours with the children, like when they argue and bicker. Sometimes this gets too much when I’m home alone with all of the children and I don’t know what to do. I think it would be helpful if someone could visit the house to see what it’s like.SchoolThe support I am giving to the family is going well but I feel that they may need additional support from a family support agency who will be able to visit the family home to offer regular 1:1 sessions. |

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| **What has been going well?*** Please include all the family’s views and those of the practitioner(s), in their own words where possible/appropriate.
* How have things been better? When have you been able to do things differently and how has this helped?
* Who are the people who have helped things be better and what have they done that has helped?
 |
| Bart* “I like spending more time with mum and dad and they seem ‘more happy’. Dad is not grumpy when he gets home from work.”

Mr & Mrs Simpson* Bart is starting to respond well to the warnings we give him to come off his computer games. We’ve noticed that he is a lot calmer when getting ready for bed.
* We are finding the Sleep Toolkit helpful and it’s starting to make a positive difference to Bart’s bedtime routine.
* Maggie is getting on really well and I (Mrs Simpson) have started to go to some baby groups which is helping my mental health as well.

School* Bart tries hard in our 1:1 sessions and he particularly likes using different colours to express how he is feeling – please see the ‘Volcano in my Tummy’ worksheet.
* I have shared different resources with Mr and Mrs Simpson on different ideas and strategies to manage the children’s behaviour, which they report are using at home.
* We can tell that Bart is getting a good night’s sleep because he looks rested and seems more alert with his learning.
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| **What hasn’t gone as well as you had hoped? Are there any more significant events/concerns that we are worried about since we last met?** (Remember to include actions related to these new concerns within the new Early Help Plan below).* Please include all the family’s views and those of the practitioner(s), in their own words where possible/appropriate.
* Why haven’t things progressed or changed as you had hoped? What else needs to happen to enable these changes to be made?
* How serious is the event/concerns and how does it affect everybody’s wellbeing?
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| Bart* “I find the sessions with Mrs smith hard; they make my head go fuzzy.”

Lisa* “Bart can still get angry a lot and it makes me worried as sometimes he might throw things at me”

“Mr & Mrs Simpson* We are still finding it difficult to cope with certain situations at home with the children, like when they are arguing with each other. It seems that if we try and break them up then it makes the situation worse.

School* The 1:1 sessions with Bart are progressing slower than first thought as he struggles to concentrate for more than 5 minutes at a time so we have to break the sessions down with play.
* I feel that Mr and Mrs Simpson may need additional parenting support sessions to build on what I have already completed with them as they still report difficulties in managing the children’s behaviour at home, especially Bart’s.
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# 2b. Specific updates against agreed actions on the previous plan

(Please copy and paste actions from previous plan and add an update in the final column)

| **What needed to be done?** | **By whom?** | **Update – what progress has been made towards achieving the actions?** |
| --- | --- | --- |
| Mrs Smith to work with Bart around managing his feelings and emotions. Mrs Smith to work through the ‘Volcano in my Tummy’ book and the feelings/emotions resources. Mrs Smith to provide weekly 1:1 sessions with Bart for 30 minutes over 6 weeks. | Mrs Smith (school) & Bart | **Ongoing:** The 1:1 sessions with Bart are progressing slower than first thought as he struggles to concentrate for more than 5 minutes at a time so we have to break the sessions down with play. |
| Mrs Smith to work with Mr & Mrs Simpson and Bart around introducing a ‘computer/gaming timetable’ to help remove this as a trigger for poor behaviour. Mr & Mrs Simpson will also introduce 20 minute, 10 minute and 5 minute warnings so Bart knows how long he has left on his devices. | Mrs Smith (school) and Mr & Mrs Simpson | **Ongoing:** We are still finding it difficult to cope with this. Bart hasn’t bought into the timetable and his behaviour can get bad quite quickly when removing his technology. |
| Mrs Smith to work with Mr & Mrs Simpson around behaviour management strategies/techniques and bedtime routines. | Mrs Smith (school) and Mr & Mrs Simpson | **Ongoing:** There are times when Bart is calmer before bed but it isn’t consistent. It can unsettle Lisa and Maggie’s sleep time. |
| Adults in school will continue to monitor Bart’s behaviour at break times and lunch times and will feedback to Mrs Smith if there are any issues. | Mrs Smith (school) & lunch break supervisors. | **Ongoing:** Bart seems to be making some good friendships and we are finding the times we have to intervene are reducing. |
| Mr & Mrs Simpson to read the ‘Sleep Toolkit’ to help get Bart into a good sleep routine. | Mr and Mrs Simpson | **Ongoing:** Mr and Mrs Simpson have read the toolkit and have got an idea of the changes they would like to make but are finding it difficult to implement these at home. |
| Mr & Mrs Simpson to ensure that they communicate about the children’s behaviour on a daily basis so that Mr Simpson can follow up on any issues when he returns from work. | Mr and Mrs Simpson | **Ongoing:** This has got better but Mr and Mrs Simpson still find that they are not always consistent in their approach to managing behaviour. |
| Mr & Mrs Simpson to arrange protected 1:1 time for all of the children on a weekly/fortnightly basis. This will enable Bart to have the attention he craves from both of his parents. | Mr and Mrs Simpson | **Complete:** All the children have dedicated time. Lisa and Bart have enjoyed picking activities for this time. |
| Mrs Simpson to contact her Health Visitor/GP around her mental health. The Health Visitor can be invited to the next meeting if appropriate. | Mrs Simpson | **Complete:** Mrs Simpson has contacted the GP and is now on medication which she feels is helping. Mrs Simpson is also on the waiting list for talking therapies. |

**3. New Early Help Plan**

* What needs to be done to make the changes and by when?
* Who can help the family achieve these changes, what specifically can they do? Who do we need to tell about the plan?
* Remember to include any new worries or concerns and any ongoing actions from the previous plan.

Ending the Early Help Plan – if the Early Help Assessment and Plan is no longer required or parent(s)/carers are no longer consenting to the plan, please ensure you notify Compass so we can amend our records.

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| **What needs to be done?** | **By whom?** | **By when?** |
| Mrs Smith to continuing to work with Bart around managing his feelings and emotions. Mrs Smith to work through the ‘Volcano in my Tummy’ book and the feelings/emotions resources. - **Mrs Smith to break the sessions down into smaller sections to help Bart concentrate.** | Bart SimpsonMrs Smith | End of Term 6 |
| Mr and Mrs Simpson to have support with using the information they have learned from the sleep toolkit to implement bedtime routines at home. – **Referral to Families Plus (5-18) to support Mr and Mrs Simpson with embedding the bedtime routine.**  | Mr & Mrs SimpsonMrs Smith | 07.05.21 |
| Mr & Mrs Simpson to ensure that they communicate about the children’s behaviour on a daily basis so that Mr Simpson can follow up on any issues when he returns from work. – **Referral to Families Plus to support with being consistent in their approach with boundaries, rules, and routines.** | Mr & Mrs SimpsonMrs Smith | 07.05.21 |
| Mrs Smith to work with Mr & Mrs Simpson and Bart around introducing a ‘computer/gaming timetable’ to help remove this as a trigger for poor behaviour. Mr & Mrs Simpson will also introduce 20 minute, 10 minute and 5 minute warnings so Bart knows how long he has left on his devices. – **Referral to Families Plus to support the parents with this boundary and support them with getting Bart to follow this.** | Mr and Mrs SimpsonMrs Smith | 07.05.21 |
| Adults in school will continue to monitor Bart’s behaviour at break times and lunch times and will feedback to Mrs Smith if there are any issues. | Mrs Smith (school) & lunch break supervisors. |  |
| Mrs Smith to complete three houses exercise with Lisa to understand her lived experiences and identify if she needs any support. | Lisa SimpsonMrs Smith | End of term 6 |

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| **Date of next review:** | **13/06/2021** |
| **Venue:** | Springfield School, Springfield Road, Springfield. |

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| **Child/Young Person’s Comments on this review*** How do you think the plan is going so far? Are you happy with the progress you have made so far? Is it helping things get better?
* Has everyone done what they said they were going to do or explained to you why not?
 |
| **Child/Young Person’s Name** | **Comments** |
| Bart Simpson | I think I will like it more if I chat with Mrs Smith for not as much time. |
| Lisa Simpson | I am a bit worried about speaking to Mrs Smith but I might feel better when I tell her how I feel because Bart can be mean sometimes.  |

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| **Parents/Carers’/Guardians’ comments on this review*** How do you think the plan is going so far? Are you happy with the progress you have made so far? Is it helping things get better?
* Has everyone done what they said they were going to do or explained to you why not?
 |
| **Parents/Carers’/Guardians’ Name** | **Comments** |
| **Mr Simpson** | I am happy with the plan, we would have like for things to have got better quicker but we know that school are working really hard with Bart to help him. |
| **Mrs Simpson** | I think the extra support from a family support worker will really help me and Mr Simpson get our ideas out of our heads and work in person. We have been really trying and are really thankful for Mrs Smith helping us figure this all out for our family.  |

**4. Consent & Signatures**

Does the family consent to share this document with everybody involved and to keep a copy on a secure database with the Local Authority? Yes \*Please ensure parents/carers are aware that this assessment will be shared with the Local Authority/Compass and stored on their secure database.

Has a consent form been signed and attached? Yes

Are there any exceptions as to who the parent(s) do not consent to share this document with? No

If so, who? (Please state in box below)

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**Assessor Information**

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| **Name:** Mrs Smith | **Role:** Family Link worker |
| **Organisation/Team/Service:** Springfield School | **Office Address and Postcode:** Springfield School, Springfield Road, Springfield. |
| **Contact Telephone No:** 01454 123456 | **Email Address:** Mrs.Smith@Springfieldschool.org.uk |

**Reviewers’ signatures**

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| **Parent/ carer/ guardian signature:** Parents signed the information sharing and consent form, which is stored in school. | **Date:** 01.05.21 |
| **Young Person’s signature:** Bart did not sign but is aware of the plan. | **Date:** 01.05.21 |
| **Assessor’s signature:**  Mrs Smith | **Date:** 01.05.21 |

**Please send this Early Help Review and Action Plan to** **compass@southglos.gov.uk**