



## **Elicit, Amplify, Reflect...Start Over (EARS)**

### **Every Relationship Matters in Norfolk**

#### **Elicit – questions to ask yourself as the practitioner**

- Worries

What worries do you have for the parent's relationship?

Do you feel the parental conflict may worry the child/ren?

Is there danger to the child due to the parental conflict?

Is there anything within or outside the family that may make the reason for conflict complicating?

What worries the family about parental conflict?

- Strengths

How have the parents managed their conflict in a healthy form in the past?

Are there existing approaches the parents have in place to manage their conflict?

Are there any strengths of how parents manage their conflict around their child/ren?

Do the child/ren understand the destructive parental conflict is unhealthy?

Do parents have any understanding of what triggers their parental conflict?

Do parents have any support from their family network?

- Goals

What would the parental conflict in a healthy form look like?

Can parents learn to understand their triggers and stressors for unhealthy conflict?

Would the child say they feel loved by both parents?

What is the child/ren's understanding of a healthy relationship?

Would the family network be able to support parents to manage their conflict?

- Safety actions

Who would have to do what? To ensure the child is safe from being exposed to unhealthy parental conflict.

What would we have to see happening to know the parental conflict is being managed in healthy communication between both parents?

What understanding do we have that the child/ren know how a healthy relationship functions and is communicated?

## **Amplify – questions to ask yourself as the practitioner**

- Worries

What has happened in the parental conflict to cause worry for the child/ren?

How often does the destructive parental conflict happen?

How does the parental conflict effect the child?

What is the child's behaviour in home and at school?

How long has the destructive parental conflict been happening?

Give me the first, constructive, destructive, and most incidents of parental conflict?

How does (complicating factor) make building child safety more complicated?

What about the parental conflict worries the child?

- Strengths

How have the parents developed these strengths?

What happened?

How often has the strength happened?

How does the family network help?

How does the family network support the child around the unhealthy parental conflict?

Who else helps?

What else helps?

What's better since the analysis?

How have the parents' efforts to change their parental conflict for more positive communication benefitted the child?

- Goals

What is the child's wishes and feelings around the parental conflict?

Who should be involved in supporting the positive changes for parents to learn how to effectively communicate?

Is this goal written in a way the child will understand it?

Would the child agree this is the most important goal?

What else could you do to protect your child from the parental conflict?

How many people need to be involved to make sure the child is not being exposed to negative forms of parental conflict?

What can parents do when the trigger which causes destructive parental conflict happens?

Who could parents call upon when triggers to unhealthy parental conflict happens?

If the parental conflict happens at night, who will leave the home to avoid the child hearing unhealthy conflict?

What is (mum/dad's) (willingness/capacity) to do this?

## **Reflect – questions for practitioners to ask parents**

- Worries

Do you feel your disagreements/arguments with your partner could change how you view yourself as a parent to your child/ren?

When your child/ren has seen your arguments/disagreements, what worries you (Dad or Mum) most about this?

Who else in the family network is worried about the unhealthy disagreements/arguments?

Why are they worried about the disagreements?

What is the child/ren's behaviours after they have seen your disagreements/arguments?

Which behaviour concerns you the most? How worried are you (scale worries)?

Of all the complicating factors within your relationship, which would you like to work on first?

- Strengths

What are you both (mum and dad) most proud of in their relationship?

What would (friend, extended family, neighbour) say about your relationship strengths?

What would your child/ren like to see mum and dad do more of together or as a family?

Which strengths are most useful in terms of getting your communication in a healthier form?

What difference would it make to expand your family's support system?

- Goals

What would (child) have to see happening to believe you are both (mum and dad) are now communicating in an effective and healthy way?

What would (grandma/ friend/ community) have to see to believe your communication is being resolved in healthy forms?

On a scale of 0 to 10 what is your willingness, confidence, and capacity to achieve this goal?

- Safety action

How will your child/ren benefit from your communication being managed in a healthy form?

What would (grandma/ friend/ community) say about this proposed action/plan for you both (mum and dad) to be able to communicate healthily to one another?

What would (grandma/ friend/ community) say would increase their confidence that the healthy communication will happen all the time?

What will increase your confidence for healthy communication will happen all the time?

How will we know the healthy communication is happening all the time?