

Supporting
parents with
care
experience

The power of words



Parents with care experience tell us that they often feel

1. Judged

2. Stigmatised

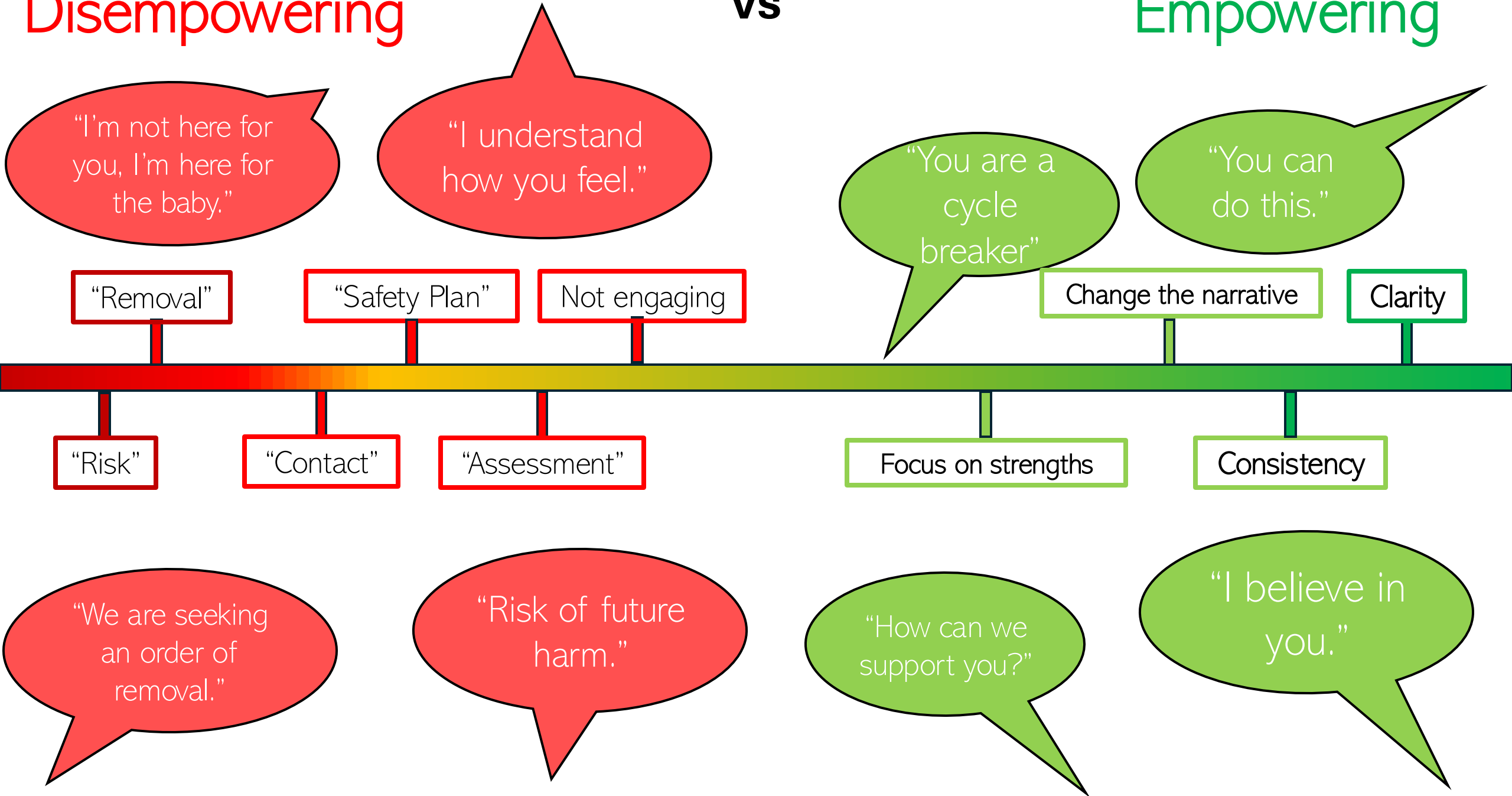
3. Discriminated against

This is unacceptable

Disempowering

vs

Empowering



Language that CARES

- **C**lear, straightforward and understandable
- **A**sk the child or young person what words they prefer to be used*
- **R**espect what the child or young person says by using their chosen words
- **E**xplain official words that need to be used so everyone understands their meaning
- **S**upport and challenge other professionals to use language that cares

Working with Parents in and Leaving Care

A co-produced
guide

1. PLEASE READ the Charter – Supporting Parents in and leaving care
2. Be honest with me, as early as possible about what you think the likely outcome will be. This gives me the choice to make an informed decision about our pregnancy
3. See our potential as parents, give us a fair chance
4. Help us to find our village, show us. I need peers and people in my community
5. Help us find courses and learning that will support us to understand your worries
6. Make it clear what you want from us, be black and white!
7. Include Dads by making contact with Dads, don't do it through the mum
8. Believe in us, that gives us hope
9. Listen to and involve my/our corporate parent and the other professionals around us, they know us better and are part of our village
10. It will take time for us to trust you, I'm worried you will take our baby away



An example of good practice

J was my social worker and believed in me. J used to say to me

“you’re doing so well”

She never judged me

When I admitted to how I was feeling she never used it against me

J trusted me and that trust went both ways

She trusted me and I trusted her

She told me to keep going!

This approach meant that I felt listened to and safe to be open and honest. This created safety and built my resilience.

The Village

The Baloo Project

Brave and Limitless, overcoming obstacles

Keeping families together

Are you a care experienced mum or dad to be, or care experienced parent with a child aged 0-5? You're invited to the Christmas party themed launch of The Baloo Project:

When: Friday 19 December 11am – 1:30pm

Where: The Marina Centre (Freedom Leisure), Great Yarmouth Seafront

Transport: You can bring a worker, for example your personal adviser, or residential worker. We can book you a train or bus ticket – please let us know.



What to expect

- Meet father Christmas and your baby/child will get a present
- Free use of the Inflatazone
- Soft play for the little ones
- Hot chocolate and Christmas treats
- Safe space to talk
- Connect with other parents and form new friendships



This project has been developed with a parent with care experience called Sky. If you would like to speak to Sky about the project please ask and we'll arrange for contact. **Please let us know you're coming so we can make sure we've got presents ready.**

Book your place by emailing: karla.george@norfolk.gov.uk

