

A Day in My Life Practice Guidance

Introduction

- Both national and local Serious Case Reviews into child neglect have highlighted the need to gain an understanding of the child's lived experience and also the importance of measuring change over time. Only by doing this can cumulative or escalating risks be identified.
- There are six versions of the "day in my life" tool. There is a tool specifically written for the following cohorts of children:
 - Pre birth
 - Baby
 - Pre-school aged child
 - Primary school aged child
 - Adolescent
 - A Child with Disabilities

How to use the tools

- The tools are designed to be used alongside parents or with children (where age and development appropriate). They consist of a list of questions, or prompts, to help shape the worker's understanding of the lived experience of the child. They specifically focus on different parts of a child's daily routine and care.
- They can act as a starting point for direct work or as a useful list of questions or areas to explore, to help form a view of the day to day care of a child. They can highlight areas of strength in the parenting and also areas in need of development. It is important to work with parents in a strength based approach in order to create good levels of engagement and the best possible way to achieve sustainable change.
- A template has been created to capture the outcome of discussions with children and their parents. This is a helpful way to capture information and also to review a family's progress. The template can be found on the West Sussex Safeguarding Children Partnership webpage. Other direct work tools can be used with children if more appropriate to capture the discussion, but the prompts should always be considered with the parent or child.

When to use the tools

- The tool is mandatory for all children open to Children's Services where there are concerns about neglect. It can be used to create a baseline for children that are newly allocated to a worker and also to review progress for children that have been open for some time. Here are some examples of when to use the tool:
 - To inform the Child and Family Assessment
 - When a child is allocated to a worker
 - In preparation for an Initial or Review Child Protection Conference report
 - In preparation for supervision
 - For any review

- When the case feels "stuck"
- After a significant change in a family's circumstances e.g. bereavement, new births
- To gather information for a mapping
- To gather information for a Family Network meeting

Review / Contacts / References	
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