

1 What is it?

The SFEF model has a child-centred approach. Central to this is gaining insight into the lived experience of each child in the family. It is essential to gain insight into their world in order to better understand the needs that are or are not being met.

2 How does this help us?

Learning about a day in each child's life, what are the positive parts of the day; what parts of the day they dislike or upsets them, gives us a better understanding of the impact of the parenting behaviour.

3 The lived experience

- Gives the child or young person a voice
- Enables practitioners to step into the child's shoes
- Ensures withdrawn or marginalised children and carers are made more visible
- Enables the differing needs of siblings to be identified and addressed

7 How is it presented?

The information should be available for the first multi-agency meeting and then revisited for each review. When writing up the account of the child's daily lived experience it is important to try to use 'I' and the actual language of the child as far as possible.

4 Who does it?

It should be agreed at the first meeting (strategy/CIN) who is best placed to gather the information from the children. The task should be undertaken by someone who already has a trusting relationship with the child and whom the child will respond to best.

6 How is it done?

There are several tools that practitioners can use to gain the information. Suggestions include:

- Produce a time-line of the day in the life of the child, using a storyboard.
- Use images/symbols, use a clock
- Use tools that are age appropriate.
- Use conversation starters, eg. What is a normal day like for you?

5 Top tips

- Decide where to hold the discussion
- Build a rapport with the child
- Narrow the discussion to one specific day to make it easier for the child to recall
- Use open questions

