

The 5 Key Principles of Family Safeguarding

**That the parent is the best person to
their raise their child**

**That families should be supported to
enable their children to stay and live
safely at home**

**Local Authorities have a duty to
support families to help them meet
their needs**

**Domestic Abuse, parental substance
misuse and poor mental health are the
main factors that present potential harm
to children within their families**

**Our staff are committed to working in
partnership with families in a respectful,
empathic honest and engaging way**

For more information contact: FSProjectTeam@Hertfordshire.gov.uk



How Motivational Interviewing Supports Family Safeguarding Practice

MI PRINCIPLE:

FS PRACTICE:

Express Empathy

See the world through the Parent or Child's eyes, thinking about things as they think or feel about them. Hear their real experiences in their own words.

We work to make sure that parents and children voices are heard and understood. By doing this the family members are more likely to honestly share their experiences in depth. Mutual trust is built with the family and more meaningful work can be achieved and sustained changes made.

Support Self--Efficacy

MI is a strengths-based approach that credits everyone with having the capabilities within themselves to make successful life changes.

A parent's belief that change is possible (self-efficacy) is empowering and a motivator to action.

We support family self-efficacy by focusing on their successes, highlighting skills and strengths that they already have. This aims to reduce doubt, build confidence and motivation to transfer this to more challenging areas of their life. A parent's desire for change is crucial for success and children's wellbeing and safety.

Roll with Resistance

Resistance occurs when there is a conflict between a person's view of the "problem/solution" or when someone feels their freedom or autonomy is being impinged upon. These can create an ambivalence to change that can be difficult to overcome. MI focuses on not confronting the person when resistance occurs but instead focusing on de-escalate and avoiding a negative interaction "rolling with it" and instead exploring concerns and examining new points of view.

By rolling with resistance, we can disrupt any internal "struggle" the parent may be experiencing that could lead to an argument or resentment towards our support. We do not escalate potential conflicts instead we allow this expression of feelings/ emotions to help the parent to define the problem themselves and develop their own solutions. We strive for whole family involvement and contribution to the plan so there is joint ownership. We "work with" rather than "wrestle" with the family. It is less 'us' and 'them', more a partnership.

Develop Discrepancy

Motivation for change occurs when people perceive a mismatch between 'where they are' and 'where they want to be'. MI works to help people examine the discrepancies between their current circumstances/behaviour and their values and future goals. MI does not develop discrepancy at the expense of the other principles but instead helps people to become aware of how current behaviours may lead them away from, rather than towards, their important goals.

We help parents recognise that their current behaviours place them at odds with their potential ability to care safely for their child and be the best parent they can be.

By working together towards self-identified goals, parents are more likely not to feel judged or "instructed", but feel listened to and supported to make sustainable life changes that benefit the whole family.