

## **Prompt Sheet for Professionals completing the CAF for pre-school and unborn children**

### **Caution**

Please note due to babies developing at different rates from pre-birth to 4 years old that some of the questions below will not be appropriate at the suggested ages. The titles are intended for guidance only and not to panic parents if their children are not at that particular development stage.

### **HEALTH**

**How would you rate your child's health overall on a scale of 1-5; 5 lots of problems 1 no problems at all?**

**What is on your mind there? Why is it on the number it is?**

### **General Health**

What is his/her favourite food?

Does your child have a good appetite?

Do they like fruit and vegetables?

Is he/she usually well or frequently ill/injured?

Who is the GP and dentist?

When did your child last see the GP and dentist?

Does your child have any health conditions such as asthma?

Does your child see any other doctors/nurses/therapists?

Are you waiting for any specialist medical referrals?

Do you feel the child is getting all the medical services needed?

If not what is missing?

*(Unborn)*

Have all the pre-natal health appointments been kept such as scans and so on for the unborn baby?

Who is your GP, midwife and health visitor?

Are there any current health concerns for your unborn baby (for example parental substance misuse, parental high alcohol intake, domestic abuse, concealed pregnancy until the late stages and so on?)

### **Physical Development**

*(Under 12 months)*

Is your child meeting developmental milestones in terms of weight, being weaned, learning to crawl/walk and so on?

*(12 months and above)*

Does your child do physical activities regularly such as football, walking, jumping on a trampoline, dancing etc? Do they enjoy it?

What exercise do they enjoy most and how often do they do it?

Does he/she need to wear glasses/hearing aids and if so does he/she have them?

Do you think the child is a similar height and weight to other children of their age?

Does your child spend much time outside and if so doing what?

### **Speech, Language and Communications**

*(24 months and above)*

Do you have any concerns about your child's speech?

Is your child able to express him/herself effectively, confidently and appropriately?

Does your child initiate conversation, listen to others?

Is he/she able to negotiate; reach an understanding by compromising with you (i.e do a deal)

### **Emotional and Social Development**

*(12 months and above)*

Does he/she attend nursery or parent and toddler groups (or both)?

*(24 months and above)*

Who are your child's friends?

Does your child play well with other children?

What games does your child enjoy doing with other children?

Who does he/she spend most time with?

Does he/she spend much time alone?

Does your child tell you how they are feeling?

*(All children)*

Does he/she seem happy in himself/herself?

What makes him/her happy?

What makes him/her sad?

Who would your child go to if they felt unhappy?

Who is he/she closest to?

Has your child experienced loss, bereavement or separation?

### **Behavioural Development**

*(All children)*

Are there behavioural difficulties?

Does your child behave in an aggressive way?

Does he/she get into trouble at nursery?  
Does he/she get into trouble at home?  
Is your child withdrawn at times?  
How does your child cope with stress?  
Are you struggling with managing your child's behaviour?  
Are they struggling with managing their own behaviour?  
How do you manage their behaviour (boundaries, for example saying no)?  
If there are difficulties how are you coping?

### **Identity, including self esteem and self-image and social presentation**

*(24 months and above)*

Does your child appear confident in him/herself and in what they can do?  
Can your child name a special thing about him/herself?  
Do you have any concerns about him/her feeling excluded and not 'fitting in' either at nursery or at home?  
Does he/she choose clothes to wear for themselves?  
What are his/her favourite clothes to wear?

### **Family and Social relationships**

*(12 months and above)*

Does your child get on with their siblings?  
Are you and your child close?  
Do you have any worries about your own relationship with your child or his/her relationship with other members of the household?  
Does he/she have other role models they can turn to in their life other than you?  
Does he/she help care for anyone?

*(24 months and above)*

Do you have any concerns about his/her ability to socialise with other children?

### **Self-Care skills and independence**

*(24 months and above)*

Does he/she clean their teeth, dress and undress themselves and feed themselves?  
Do you have any concerns about things he/she cannot do for themselves?  
Do you have any concerns about potty training and toileting?  
Does your child know how to ask for and accept help?  
Does he/she show respect to him/herself and others?  
Do you have any concerns about his/her ability to cope with big changes in life such as transition from nursery to primary (*if that age*)?

**What number would you like your child's health to be on? What needs to be done to achieve that? How would that make you feel knowing your child's health needs are all being met?**

## **LEARNING**

**How would you rate your child's learning overall on a scale of 1-5; 5 lots of problems and 1 no problems at all?**

**What is on your mind there? Why is it on the number it is?**

### **Understanding, reasoning and problem solving**

*(24 months and above)*

Does your child understand simple instructions?

Does your child understand consequences of their actions i.e if they do something wrong there will be a consequence or if they do something right they will be rewarded?

### **Progress and Achievement in Learning**

*(24 months and above)*

What nursery does your child go to?

Are there any concerns about possible learning difficulties?

What is his/her favourite story book?

How well is he/she doing in nursery?

What does he/she enjoy learning about at the moment?

What is their first language?

Is he/she learning other languages such as Welsh?

### **Participation in Learning, Education, and Employment**

*(24 months and above)*

Does he or she have to miss nursery? (If so for what reasons?)

Is the child able to listen and concentrate?

Is he/she interested in learning?

### **Aspirations**

*(All children)*

Do you have ambitions for your child, for example, doing well at nursery or school once they go to school?

Do you encourage him/her to do well?

Do you feel your (unborn) child has the opportunity to do well?

**What number would you like your child's learning to be on? What needs to be done to achieve that? How would that make you feel knowing your child's learning needs are all being met?**

### **PARENTS AND CARERS**

**How do you manage as a parent on a scale of 1-5; 5 there are lots of problems, 1 there are no problems?**

**What is on your mind there? Why is it on the number it is?**

#### **Basic care, ensuring safety and protection**

Are you happy with your home?

Is there anything about your home which makes you feel unsafe? (for example, is your home in good repair and a safe place?) If not, what would make it a better place to live?

Do you have everything you need to keep your home clean?

Do you have everything you need to keep yourselves clean?

Do you have any worries about not meeting your child's basic needs (for example, ensuring he/she is fed, safe, kept warm, is well and is appropriately dressed?)

Do you have people you can call on if you need help to ensure your child is safe?

If there was an emergency how would you call the services you need?

*(Unborn)*

What basic care will you be providing for your baby?

Are you able to provide a safe environment for your baby once born i.e a safe, secure and warm home?

If there was an emergency how and who would you call?

How prepared are you for the birth of your baby i.e what items have you got (for example cot, bedding, push chair, bottles, clothes and so on?)

Do you have any worries about caring for your baby?

#### **Emotional warmth and stability**

Who lives in your home with you and the child? How long have they lived with you?

How long have you lived where you are?

How many times have you moved in your child's life?

Do you have a good support network?

Who do you turn to for advice and support if you need?

How are you coping/managing at the moment?

If anything, what are you struggling with?

How does your child respond to being praised?

Is he/she happy to be hugged?

Does he/she seek hugs?  
How does your child respond when you tell them you love them?

*(Unborn)*

Where will you live when the baby is born?  
Who will support you?  
Do you feel you are already starting to bond with the unborn baby?

### **Guidance, boundaries and stimulation**

What are your child's favourite toys at home?  
What things do you and the child enjoy doing together?  
Are mealtimes and bed times the same each day?  
How often do you say no to your child? What are the reasons? How do they respond?  
Do you ever feel you struggle providing consistent boundaries at home?  
If so, what are the main challenges?  
Are some adults in the child's life contradicting you over boundaries?  
How do you discipline him/her and does this work or do you feel you need some help and advice?  
What rewards do you give when he/she does something well?  
How does the child respond to rewards when they do something well?

**What number would you like this to be on? What needs to be done to achieve that? How would that make you feel if you achieved that?**

### FAMILY AND ENVIRONMENT

**How would you rate the family on a scale of 1-5; 5 there are lots of problems regarding your family and 1 there are no problems at all?**

**What is on your mind there? Why is it on the number it is?**

### **Family history, functioning and wellbeing**

Who is in your family? *(sketch a family tree)*  
Is there conflict within the family?  
Are adults often stressed?  
Are there positive relationships within the family?  
Do you feel you are a positive role model to your child?  
(If parents live apart) Does your child see other parents or previous step parents?  
Is your child aware of and in contact with siblings/half siblings who are not living with you?  
When was the last time you did something enjoyable as a family and what did you do?  
Would you like to do more enjoyable things as a family?

### **Wider family**

Does your child see or phone wider family members such as grandparents, aunts, uncle and cousins?

Who do you get support from (family members/close friends/neighbours)?

Do friends offer help?

Is your family affected by any particular difficulties at the moment for example bereavement, mental health issues (such as depression etc), domestic abuse, relationship breakup, anti-social behaviour, criminal behaviour, substance misuse, caring for someone etc?

Does anyone in the family have contact with the police (or courts or prison)?

### **Housing, employment and financial considerations**

Do you have any concerns about your accommodation?

Does the home have good amenities such as heating, sanitation, water, cooking facilities, hygiene and no overcrowding?

Is it warm and free from damp?

Can you make hot food and drinks?

Do you all have at least one other set of clothes which are the right size for you for this time of year?

Do you feel the home meets the needs of your child and family?

Do you have any worries about being homeless?

Do you or other adults work in your family or are you on benefits?

Are any adults working long hours and often tired and stressed?

If not working do the adults in the home have plans to work?

Do you have financial worries?

### **Social and community elements and resources, including education**

What local community resources do you use? (for example GP, nurseries, library, leisure centre etc).

Are there any resources you would like to use but can't due to cost, transport, inaccessibility for disabled people etc?

What is the worst thing about living here?

What is the best thing about living here?

Do you feel safe where you live?

**What number would you like your family to be on? What needs to be done to achieve that number? How would that make you feel to achieve that number?**

