

Building Relationships for Stronger Families

Recommended Programme of Help



KEY INFORMATION ►

The practitioner you have seen has recommended the following intervention. Please read to find out more.

Family Check-Up and Everyday Parenting

Who is it for?

Parents living together with a child or children aged between two years and 17 years old (as a couple or individual).

What does it consist of?

Four sessions.

Why does it help?

The Family Check-Up is an intervention for reducing children's problem behaviour through changing parent-child interactions, centred around the needs of parents.

(continued overleaf)

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020 7641 3523



Asian Family Counselling Service
Individual, Couple and Relationship Counselling



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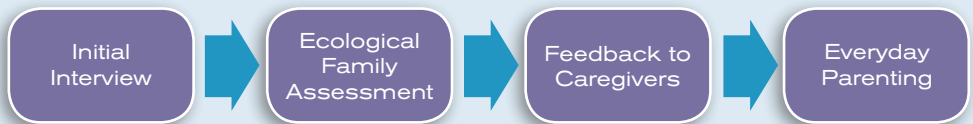


Elfrida Rathbone
RELEASING POTENTIAL
Cambian

How does it work?

- ▶ The Family Check-Up is an effective, brief intervention. It is designed to engage families in treatment and help to improve domestic life by changing behaviours – how you relate to each other.
- ▶ Families attend a three-session process that consists of an initial interview, comprehensive assessment, and feedback that includes discussion about family management skills and processes.
- ▶ Following the Family Check-Up, one additional meeting is held to look at goals the parents have set themselves, based around day-to-day parenting tasks and how they may be achieved in order to help family life moving forward.

Family Check-Up Process



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