

SCHOOL

Background

The family who took part in this GCP2 includes a single mum and her 6 year old child with Special Educational Needs. The child has been at the school for just over 2 years and so the HSLW is familiar with mum and knew that she had some mental health issues.

The child's attendance at school was dropping significantly and mum's seeming low mood was concerning school staff, so they asked to speak to mum.

How was GCP2 introduced?

Mum was invited into school by the HSLW. At this meeting the HSLW expressed her concern for mum's wellbeing. After this useful discussion the HSLW arranged a second discussion where she introduced the GCP2. The HSLW said that she knew mum often doubted herself and her abilities and the GCP2 is a new tool that would help to show mum where she was doing well, and if there were any areas where she needed a bit more support. During this introduction the HSLW picked out a few items from the tool which she knew mum was good at and demonstrated how the tool acknowledged these. Mum was also given a copy of the Parent Guide.

How was the GCP2 completed?

The HSLW has a GCP2 folder with the key GCP2 documents printed within it (GCP2 Tool, Handbook, Parent Guide and Score Sheet). Having the materials printed and organised, helps to make the GCP2 process smoother and easier to understand for the parent.

In total the HSLW met with mum about 6 times. These meetings occurred in school and in the family home. Although this was a big piece of work the HSLW said she felt that if she could build a really positive relationship with mum and help build her self-esteem, this would ultimately have a positive impact in all areas of the child's wellbeing and development, including school attendance.

When the HSLW was talking about the different items and the associated grades, she would always start at grade 5 and work backwards, with the knowledge that most items were unlikely to be a grade 5, and so she felt this was a more motivating and positive way of showing mum that her parenting wasn't as bad as she may believe it to be. Mum was asked her views of each item and she would discuss evidence for this with the HSLW.

What was the outcome?

The HSLW believes the GCP2 process has really helped mum to have better self esteem and confidence about her parenting. Mum is said to be much more aware of her parenting and reflects on this with the HSLW. It has also enabled a much stronger relationship to be forged between the school and mum.

Mum stated: "I found the sessions we had very helpful doing the GCP2. I sometimes struggle to know when I am doing the right thing and beating myself up for doing the wrong things.

Doing the GCP2 really helped me to identify my strengths and weaknesses caring for my son. I still know that there is work that I can do to be better and I also realise that I am not perfect and I can slip up, because even at my worst, I am still doing a pretty good job."