**Child Cards**

Child cards are a simple tool for engaging in reflective practice. They aim to strengthen the quality of the relationship between a young person and their worker. They have been developed from ideas presented by Munro 2011 in her final report *The Munro Review of Child Protection: A child-centred system.*

Interviews were conducted, by the Munro team, with 150 children to ascertain their views of contact with social workers. Munro reports that “significant proportions of children are not seen alone by their social worker, have minimal relationships with them, rarely see or discuss their reports or assessments and do not know why critical decisions are taken about their future care.” P.27. Child Cards represent one of the tools that can be used to go some way to address aspects of this deficit by starting to develop relational social work and hopefully encourage the social work student or worker to develop an interest in working at relational depth.

On the front page of the Munro’s review you will notice a range of words which reflect the qualities that young people would want social workers to demonstrate in their practice and contact with them. The larger the word symbolises the greater the number of children expressed it as being important, so experiencing the social worker as Trustworthy is a quality that was cited by the largest number of respondents.

These words are represented on the following page and can be printed onto card and cut out. Mix the cards and arrange them face down. Either within formal supervision or on your own, consider a family you are actively working with. Focus specifically on the child(ren). Pick a card at random and think about what the card means to you.

Now focus upon one of the children and think about what this would mean for him or her. What would they say about how this concept relates to their relationship with you as their (social) worker? Now think about how this facet of your relationship could be improved within your working relationship with this child. Identify how you are going to improve your relationship in respect of this concept. Put these actions into practice and evaluate your development over time, ask for feedback from the young person, does it accord with your own evaluation, if not why not?

You may now think about this concept in respect of another child of the family or chose another card and reflect on this in a similar way.

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| Reliable  | Trustworthy | Accessible  |
| Approachable | Informed | Kind |
| Consistent | Empathic | Supportive |
| Dedicated | Listening | Involving |
| Protection | Open | Hearing |
| Honest | Enthusiastic | Respectful |
| Consistent | Experienced | Continuity |
| Helpful | Rights | Relationships |