

# North Somerset Early Help: Let's Talk Tool

Child(ren)'s name(s) and pronouns:  
Parent(s) or carer's name and pronouns:

## What's working well?

This is where you record the good stuff! What do you/your family enjoy? Think about what you feel good about and the things that make you happy. What kind of support are you already benefitting from?

## What are we worried about?

Think about what's important to you and your family. This is where we record your concerns and what we have identified as a concern. What do you think could be better? What have you tried already?

### Family and environmental factors

Who lives at home with you? Do you get on well?  
Are there people around that can help when you need it?  
Is there anyone in the family that needs extra help or support?  
Has anyone you know been in trouble with the police recently? Do you ever worry that they might be?  
Are there any worries around substance use?

### Basic safety and protection

What's good about being at home? Is there anything that could make you feel happier there?  
Do you feel safe at home and with the people you spend time with?  
Do you feel well-supported and confident to meet the needs of everyone in the household?

### Developmental, physical and mental health

Do you feel well in yourself? Have you been to the doctors for anything recently?  
Do you have friends you're close with? Can you tell me about them?  
Do you ever feel especially low or worried?  
Do you or your child have special educational or additional needs, and are these being supported in a way that works for you?  
Have you noticed anyone in the family being over or under sensitive to light, noise, smells, taste, touch, or other senses?  
Do you notice any differences between how your child speaks, learns or acts, compared to other children their age?

### Learning and education

Have there been any problems at school? If there were, did you feel well-supported to deal with them?  
Do you go to school and/or work? How do you find it?  
What do you enjoy/feel you're good at?  
Do you get any extra support to help you learn? Has it been helpful?  
Do you feel like you have everything you need to support learning or playing together at home?

### Housing and finance

What's your home like? What do you like about it? Is there anything you wish was different?  
Do you feel safe where you live?  
Are there people in the family who work? What kind of work do they do?  
Are there any worries around paying for food or bills?

If you need guidance about how to use this tool to have a conversation with the family/child and how to plan the next steps, read the Early Help Strategy. *The questions provided under each headings are prompts only - you do not need to ask every one and they should be adapted according to who you're talking to and what the main worries are.*