

Families Do Achieve Change

Reflections from a practitioner
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What Would I do Differently ?

- ❑ The majority of the mothers had been or continued to be in an abusive relationship with Father of the unborn.
- ❑ With Domestic abuse work we encouraged the mothers to make safer choices in regards to ending the relationship with the unborn's father.
- ❑ It was felt to be a positive outcome when the mother ended the relationship with the abusive partner , however often the relationship resumed in some form.
- ❑ The familiar themes emerging from both parents of adverse childhood experiences reinforced the connection between them,. The troublesome interactions we worry about actually felt safer for them
- ❑ Learning and acting on what we know:
 - ❑ There are Two Parent experiences in Recurrent Care Proceedings

Putting the puzzle together Fathers Matter Too



Fathers Matter Too

- The Focus of the Early FDAC Assessment pathway was of the mothers. However in Coventry we did engage some of the fathers in some meaningful activity that had positive outcomes.
- A high percentage of these fathers were young, were care experienced, and had adverse life experiences that were often unresolved.
- Learning Point : Work at helping these fathers to think about themselves, their partners and their children is Key to transformation in the relationships the have with themselves and intimate partner and others .

Fathers Matter Too

- We know what the importance of our experience of being parented is , but I found a common feature between these fathers was more specifically the Quality of the relationship they had with their own mothers.
- They had often witnessed parental conflict, had little positive parenting scaffold and regard to women, that could help them step up to the hard task of parenting or form healthy adult relationships.
- If I was setting up a recurrent care service today the assessment pathway would support both parents on an equal footing

Reflections

- My reflections in the work I feel privileged to be involved in is this.....
- The women wanted to feel in control in their out of control world. They didn't want to feel "done to" or given ultimatums about their choice of partner who was often the only person in her life that knew her "inner child" The often encouraged separation on CP grounds often brought with it further experiences of loss and grief.
- The women's desire to create a "Family unit" an experience that many had not had, became all consuming. Therefore it was hardly surprising to me that this compromised their own self nurture & neglect of their own needs, which of course impacted upon her parenting capacity.

Reflections

- An service “Success” would be a model that creates a space whereby both parents are supported to **Move Forward Together on their own individualised pathways** ,.Both are given an equal opportunity and access to the professional expertise.
- This could bring a richer understanding of each others preoccupations, being more able to make informed choices about the future of their relationship from a transparent platform. Even if the parents do not stay together they will have a better understanding of themselves, will be clearer about choices they have made and why, and have goals and aspirations for their futures. If both parents are helped to think about themselves in different ways, supported to mentalise their own selves, they will be better equipped to mentalise their child needs and more likely to be in a position to see the world through the eyes of their child.

With the right support at the right time even the most vulnerable can ACHIEVE the greatest of things

