

Aim

To understand that foundations need to be in place before having a child and that being a parent sometimes means putting your child's needs before your own.

This activity is designed to be used in a 1-2-1 situation. Ideal for a young person aspiring to be a young parent or who is ambivalent about becoming a parent.

Starting Point

Ask the following question of the young person – remember to keep it as an open question and not to challenge the reasons they give you.

“Why do you want to have a child/become a parent?”

(Ask the young person to write down these answers above the house on the activity sheet.
Ask additional open questions about their answers to allow them to explore their reasons.)

The Foundations

Ask the follow up question.

“What is needed to make this home happy and safe for your child?”

(Ask the young person to stick the labels with paper glue, below the house. If they have ideas that are not already printed encourage them to write their own on the blank labels.)

Potential Prompting Questions

- Which of these foundations have you got in place now?
- What will you need to do to get these foundations in place for your child?
- How important is it to you for your child to have these foundations in place before they are born? (1-10 scale)
- How do you feel if you are not able to provide these foundations now?
- What makes a good parent?
- Who might Dad be?
- How will your partner help you to provide these foundations for your child?
- Who else is in your life who will be able to support you and what type of support will they provide?
- How important is it to you to have a child right now? (1-10 scale)

(1 not important, 10 most important)

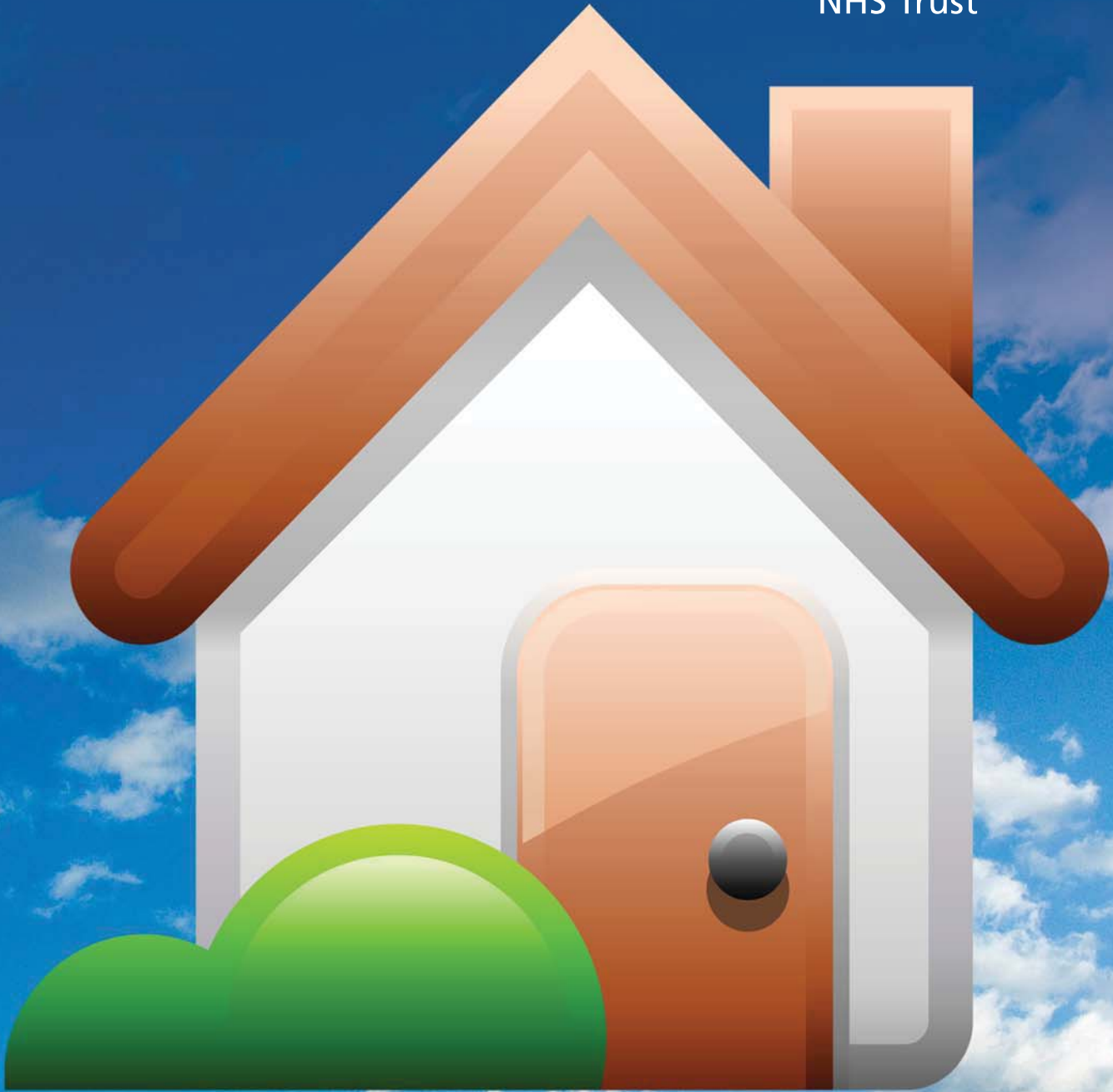
Additional learning points to explore

- If many of these foundations are missing or not in place then it may not be the right time to become a parent.
- Being a good enough parent is about putting your child's needs first
- Becoming a parent should be an informed choice that involves both parents
- Parents are often able to provide more for their child if they wait a bit longer and secure more of their foundations for their child
- If reasons for having a child includes meeting a young person's need (e.g to get a house or keeping a partner) ask the following: “How else can you meet this need?” “What other things can you do to achieve this?”

(Invite the young person to take the house away with them at the end of the session.)

Name:

Solent
NHS Trust



Mum	Friends	Family	Friends
Dad	Boyfriend	Girlfriend	Partner
Gran	College	Exams	Learn To Drive
Grandad	Shelter	Buy a House	Go to University
Healthy Food	Pram	Love	Get A Job I Like
Sleep	Taken To The Doctor's	Warm House	Money
School	Job	Cot	Kept Clean
Time To Learn	To Be Kept Safe	To Be Bathed	Nappies Changed
Affection	Quiet	Clothes	Toys