



A Practitioner's Toolkit: Promoting, Supporting and Safeguarding the Wellbeing of Children & Young People in Perth and Kinross

Checklist No 1: Reflective Practice

Who can use this Checklist and when can it be used?

All practitioners and managers in all services/agencies can use this Checklist to reflect on any early worries or concerns they may have witnessed or identified. This is a self-reflective Checklist.

Name of Child or Young Person		Age	Date of Birth
No	Question	Notes	
1	<i>What have I seen?</i>		
2	<i>What have I heard?</i>		
3	<i>What do I feel is unusual or different?</i>		
4	<i>What has actually happened?</i>		
5	<i>What is my concern?</i>		

What is the information telling me?

Using this Checklist, analyse the information gathered and ask yourself the key question, **“what is this information telling me?”**.

Consider the information gathered and identify the key risk factors for the child or young person or the parent/carer and their wider world. The Checklist will highlight the specific areas of concern/need/risk (your evidence) and should give you an overview of what you consider to be the key issues.

Now form a view as to the level of concern/need/risk for the child or young person or the parent/carer, taking account of the interaction between the child or young person or the parent/carer and their wider world.

What is the information telling you about the level of concern/need/risk?

What is the information telling me about the level of concern/need/risk? *(Consider frequency, duration, severity, single or accumulative in nature - significance of factors in reaching a conclusion about the level of concern/need/risk).*

What am I going to do next?

Date Completed

Completed By

Line Manager

**Getting it Right
in Perth and Kinross**

Helping children be the best they can be