

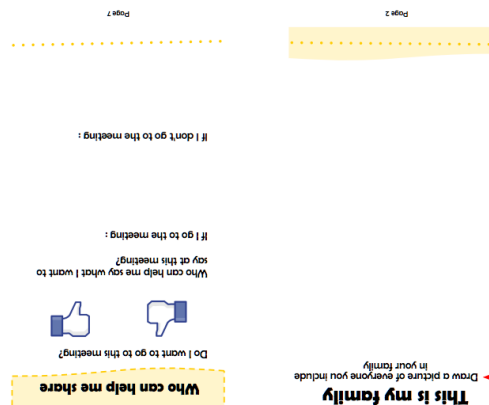
# TO PRINT YOUR WORKBOOKS

## Here's What I Want You to Know...About My Family and My Child and Family Team Workbook:

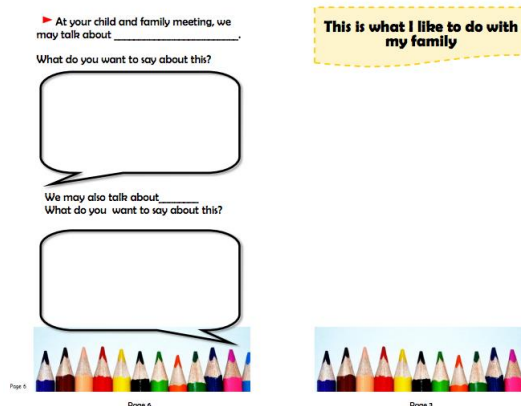
1. If you print the PDF, one-sided, you should have two pages of instructions and four pages of workbook.
2. For a copier machine, to print the pages two-sided in the correct order for the workbook, you will need to turn and stack your pages this way:
  - a. Top page:



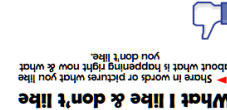
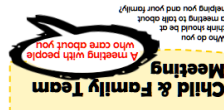
- b. Second page:



- c. Third page:



d. Bottom page:



3. Place the stack of workbook pages in the top tray of the copier, and select the **1-sided to 2-sided** option before printing. This should copy the pages so that when folded down the middle the pages are in the correct order and oriented the correct direction.

## Child and Family Teams Workbook

This document offers basic guidance for use with the “Here’s What I Want You to Know about My Family and My Child and Family Team” Workbook. This workbook is intended to support discussion and preparation conversations for younger children who are to be included in child and family team meeting processes. It is important to remember that often times the child/youth perspective provides a different view than the adults at the table. Their view offers important information for the team to use when making decisions and developing plans. The workbook should be completed with the child/youth with the support of a social worker, counselor or another identified support person.

*“Involving children/youth in the CFT meeting is a critical and complicated issue. However, it is not a question about **whether** the children/youth should be involved in the process, but rather **how** they should be involved in the process.”*

NC DSS Policy-Chapter VII-Child and Family Team Meetings

Below is a description of EACH page of the workbook:

Page 1 (Cover Page: [I Want to Say Something Workbook](#)[Here’s What I Want You to Know...About My Family and My Child and Family Team](#))

- Introduce the workbook to the youth by sharing that it will be used to help them think about what they might want to share with others at a Child and Family Team meeting. This workbook will walk through some of the places their ideas will be important to this meeting.

Page 2 ([This is my family](#))

- This page offers a chance for the child/youth to tell you who they include in their family. Encourage the youth to think about anyone they consider family (including family pets, neighbors who help them like family, etc.). This page gives the worker or support person concrete ideas about who might be important to the youth.

Page 3 ([This is what I like to do with my family](#))

- Share that one thing that we talk about at the meeting is the good stuff that is happening in their family (strengths). To get a better idea about what is fun or good about being in their family, encourage them to draw or write down what they like to do with their family. (This is really to get the youth to start thinking about strengths in a non-threatening way.)

Page 4 ([What I like and what I don’t like](#))

- Let the child know that we want to know what they like about what is happening right now and what they don’t. Do not direct this question to

address any one thing, but just let the youth share in pictures or words how they are feeling at the moment.

Page 5 ([Child and Family Team meeting](#))

- This introduces the process of a child and family team. The support person can share more details about the CFT with the youth. Depending on the age of the youth, you may share the purpose of the CFT and who is invited. The child/youth should think about who they want at the meeting (either to support them, speak for them or just because they think the person should be included in the conversation).

Page 6 ([At your child and family team meeting](#))

- This supports the child/youth in having say regarding specific areas to be covered at the CFT. The worker needs to think through areas that directly involve the child/youth that they could have some say in determining outcomes/plans.

Page 7 ([Who can help me share](#))

- After walking through the previous pages, the youth should be made aware of the specific details of the CFT (when, where, who will be there) and let them know that you will support their participation and voice. Let the youth know that the information they developed on the previous pages can be shared by them at the meeting or shared by someone they are comfortable having speak for them at the meeting. The worker can talk about options for participation: have someone represent them, go for part of the time, go for the entire time, have a support person who can help them communicate if/when they are uncomfortable. (You can leave this page blank and give the child/youth some space to think about it and get back to you.)

Page 8 ([Back](#))

- This reiterates that their say is important and that this book is meant to help them think about what they want to say.



► **Child and family team meetings**  
are how we get people together to talk  
about how to help you and your family.

- You are an important part of your family.
- We need to hear what you think.
- If you can't be at the meeting, we still need to know what you have to say.
- Use this book to think about your family and what you want to share with this team.



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**Here's What I Want  
You to Know...**

► About My  
Family and My  
Child and Family  
Team



This book belongs to:



# This is my family

▶ Draw a picture of everyone you include in your family

.....

## Who can help me share

Do I want to go to this meeting?



Who can help me say what I want to say at this meeting?

If I go to the meeting :

If I don't go to the meeting :

.....

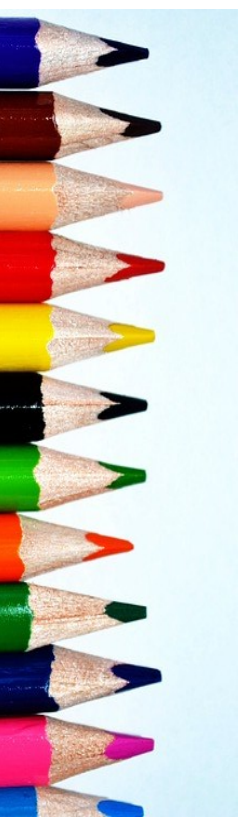
▶ At your child and family meeting, we may talk about \_\_\_\_\_.

What do you want to say about this?

We may also talk about \_\_\_\_\_  
What do you want to say about this?



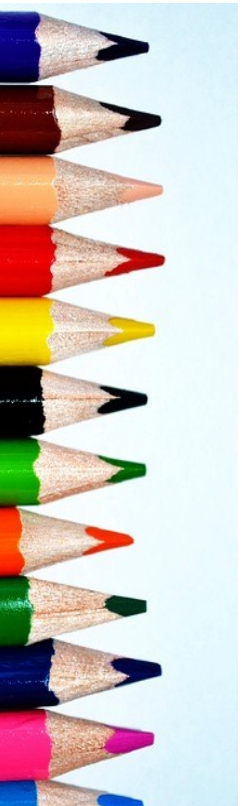
**This is what I like to do with  
my family**





# What I like & don't like

▶ Share in words or pictures what you like about what is happening right now & what you don't like.



## Child & Family Team Meeting

Who do you think should be at a meeting to talk about helping you and your family?

A meeting with people who care about you



Who are the people in the picture above? Use the extra space to draw anyone else who should be included

