

MY JOURNAL

REFLECTIONS AND NEXT STEPS



ABOUT THIS BOOK

Your thoughts

This booklet belongs to you. It's a chance to think about your family and help you decide what you'd like to do next.

Nobody has mastered the art of parenting. It's unusual for family life to be a smooth ride for anyone but it can be even harder to be a parent when there are other significant challenges going on. Most people would like family life to be easier as it can massively impact your mental health when issues with family life add to other difficulties.

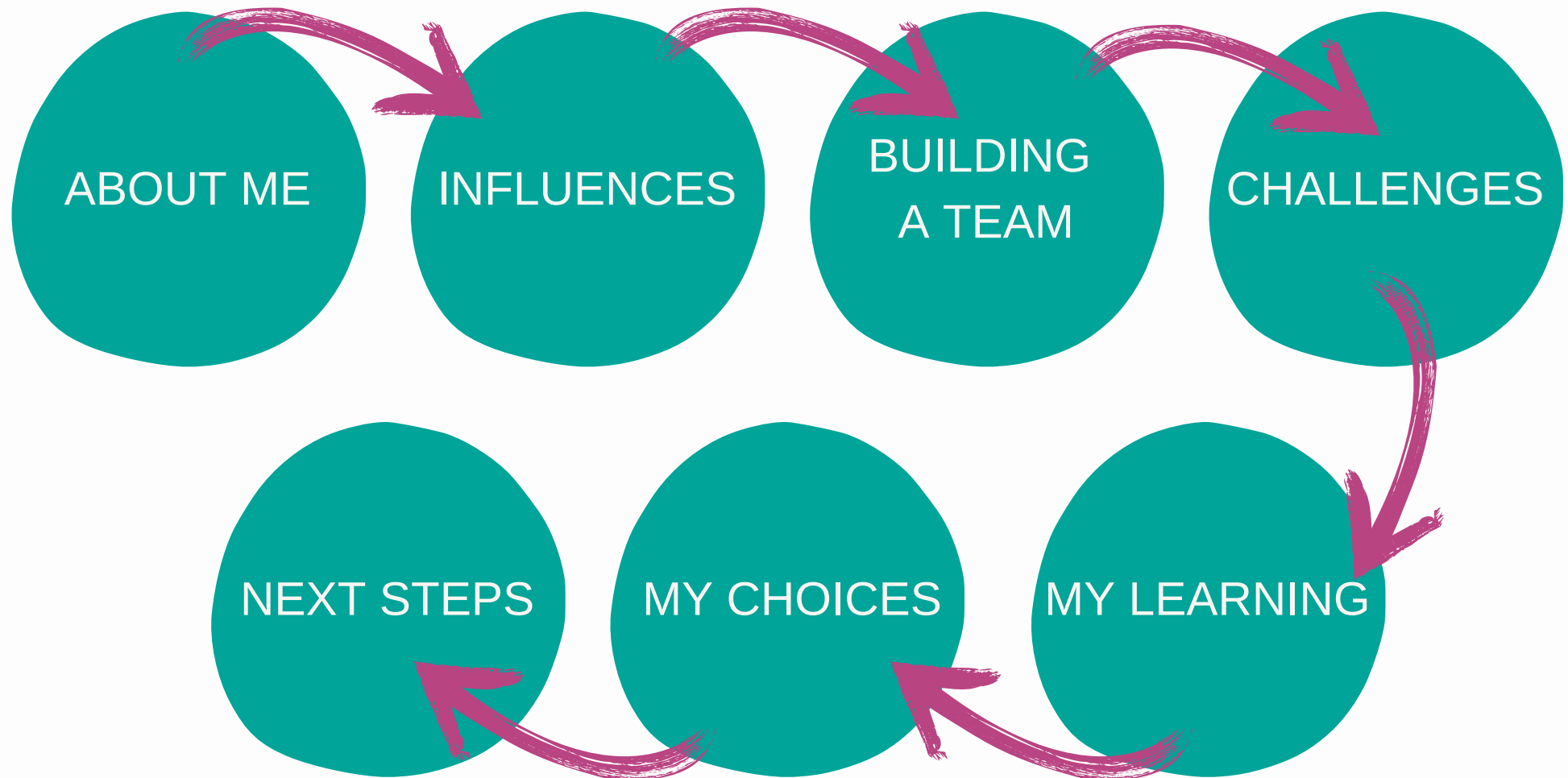
There are lots of great resources available in Torbay to help parents understand more about children. As you work your way through this book, you'll be able to decide what resources you'd like to access to help you grow in confidence.

Reflecting

The booklet has sections that ask reflective questions and there are spaces for you to jot down your responses. You may want to doodle, draw, use key words or write. Use the space in the way that works for you.

Take time to think about your reflections and talk it through if it helps.

CONTENT



ABOUT ME

Write and draw your answers

My name is ...

My family members are ...



ABOUT ME

Write or draw your answers

My favourite place to be is ...

The thing that makes me happy is ...

INFLUENCES

Parents don't often get a chance to think about what has influenced them and whether this is positive or negative in how they see family. Most people don't consider why they do what they do, they just do things the way they've always done them. This simple exercise gives you a chance to first look back before deciding what the best support is for moving forward. Although the questions might be simple, this type of reflection can be difficult which is why it's important to look at these things with someone else and seek professional help if necessary.

Reflecting:

- Have you ever stopped to think about what your experience of family has been?
- Are there ways you wish it would be different?
- Do you look at other people's lives (either in real life or on tv) and imagine having a happier experience?

Use the space on the following page to reflect on what your experience of family has been and what you wish it was.

Describe or draw what your experience of family has been and what you wish it was.

**Has
been**

**Wish
it was**

Negative

—

INFLUENCES

Discussion starters

Use this space to reflect on the people and situations that have had a negative impact on you and your family. Are there things you do, as a result of these negative influences, that you want to change?

In what ways has your substance use impacted your family?

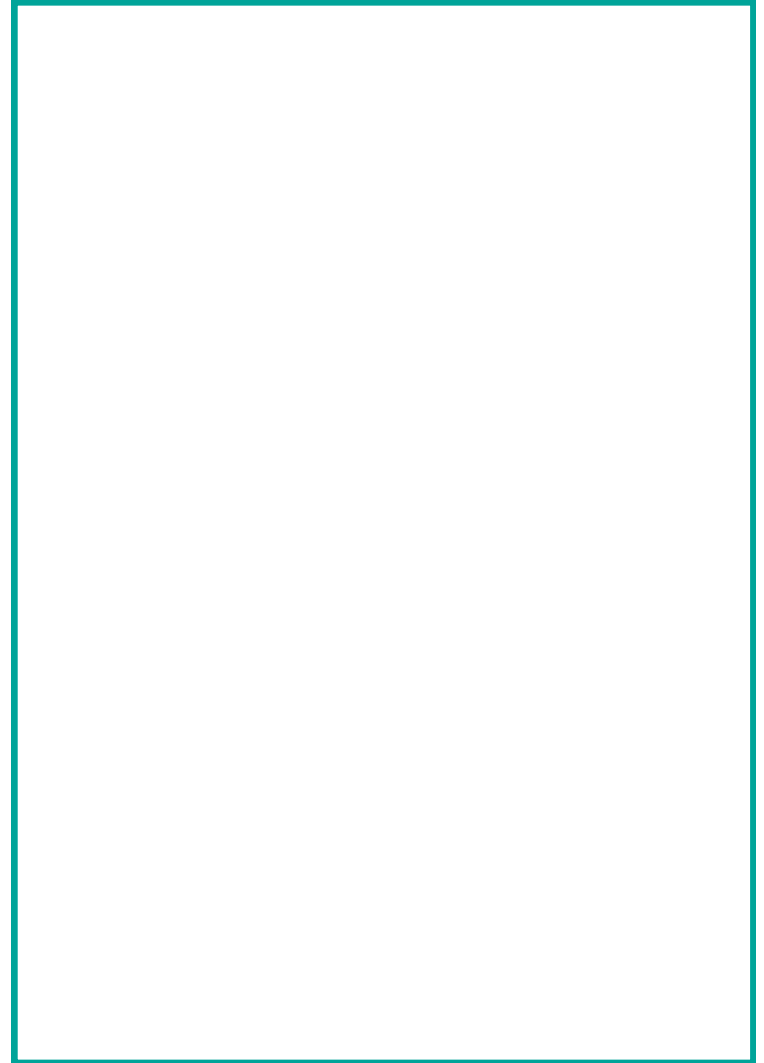
Situation

A large, empty rectangular box with a teal border, intended for writing the situation.

People affected

A large, empty rectangular box with a teal border, intended for writing the people affected.

Impact

A large, empty rectangular box with a teal border, intended for writing the impact.

Positive
+

INFLUENCES

Discussion starters

Use this space to reflect on the people and situations that have had a positive impact on you. In what ways has this impacted your family? Are there things you would like to do as a parent because of these positive influences?

Changes
+

INFLUENCES

Now that you've thought about the people and situations that have influenced and impacted you and your family, is there anything that you would like to try to change in your family life? Use this page to think about the things you would like to change.

BUILDING A DREAM TEAM

Who is for you?

Have you thought about who has got your back and cares about you and your family? Even just one person supporting you can make a big difference, but it's even better if there are a few people that you can trust. Things can quickly get overwhelming when you feel alone or feel under attack. Unfortunately, if you are surrounded by people that make life more difficult for you, it can have a negative impact on you and your family.

Sometimes the only hope for positive change is to think about who you are surrounded by and to make some decisions about who you want in your team.

Reflecting:

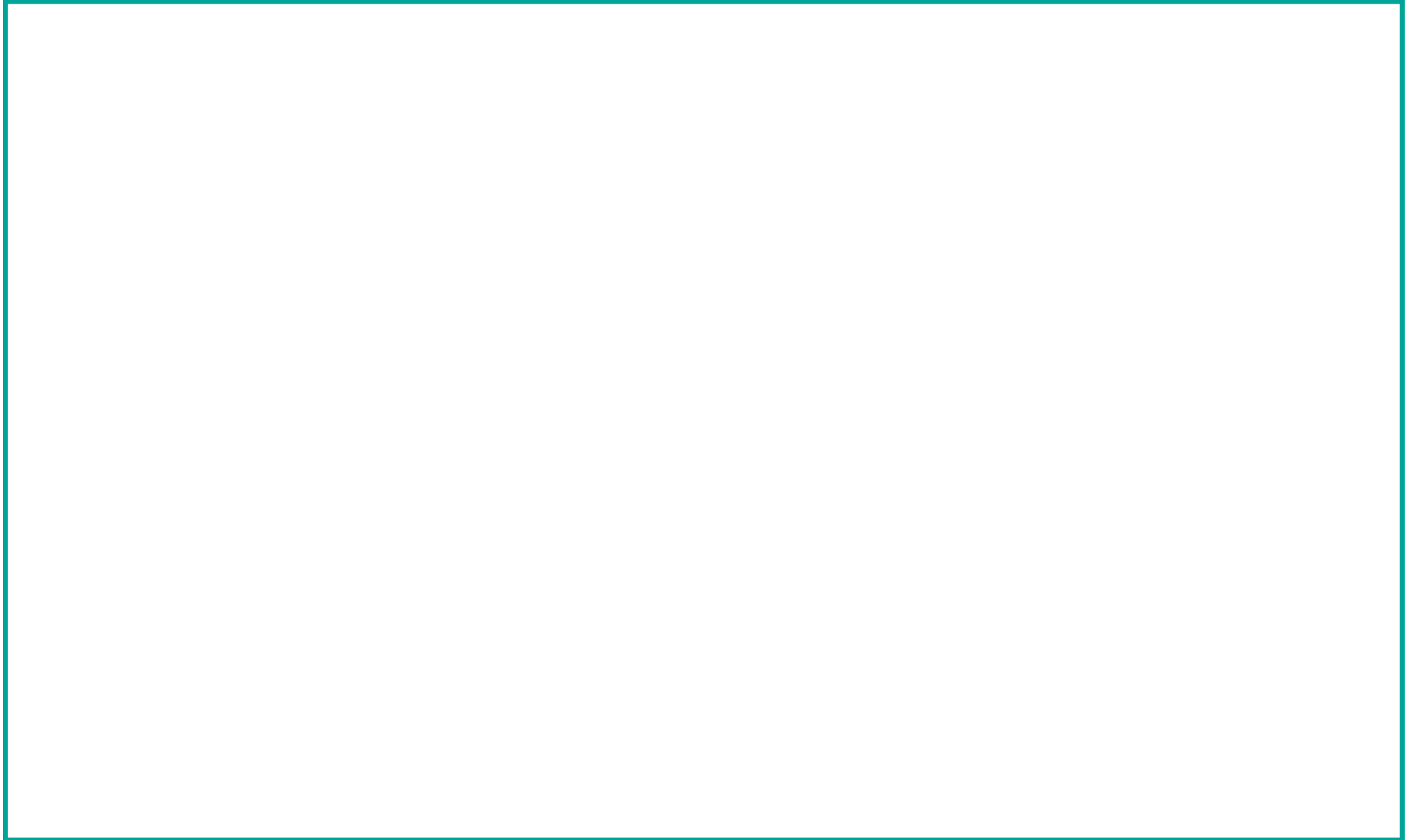
Use the space on the following page to create your dream team.

- Who is in your team and why?
- How can you make sure you connect with them regularly?
- Do you need to leave anyone out of your team?



Don't forget there may be people you are connected to through services that you access. If these services/people are helpful for you, add them to your dream team.

MY DREAM TEAM

A large, empty rectangular box with a teal border, occupying the majority of the page below the title. It is intended for a student to draw or write about their dream team.

MY DREAM TEAM

Next steps

Now that you have thought about your dream team, it's time to think about the next steps.

It might not be possible for everyone you want in your team to be available and they may not be around as much as you would like so use the space opposite to decide your immediate next step to make sure you can connect with someone from your dream team in the next week.

- Who is it?
- When can you chat?
- Would you prefer to meet in person or organise a call?

CHALLENGES

What bothers you most?

It is hard to make changes when there seem to be so many barriers in the way. Difficult challenges are draining and the effort it takes to make changes can feel overwhelming. For this reason, it's good to take tiny next steps that you can achieve. Don't try to change too much all at once.

On the next pages, pick one or two things that are a real challenge at the moment and follow the instructions below to complete each box.

Reflecting:

What is a challenge you are facing right now?

- Write the challenge in the box.

What are the hurdles you want to overcome relating to this challenge?

- List all the barriers that come to mind in the hurdles box (however big these may be, just get the thoughts and fears out of your head).

What are some options to help you overcome the hurdles?

- Think of all the options that could have an impact on the challenge you are facing.

Remember, this exercise is about getting lots of ideas ready, the next step doesn't need to be huge.

CHALLENGES

Challenge



Hurdles



Options



CHALLENGES

Challenge



Hurdles



Options



CHALLENGES

Next steps



From all of your ideas, what one thing are you going to try as your next step to overcoming this challenge?

If you need help, where can you find the right help for this?

Remember, don't try to do everything at once, just focus on one next step.

MY LEARNING

What would you like to learn more about as a parent?

Sleep

Play

**Special
needs**

**Mental
health**

**Oral
health**

Reading

Behaviour

**Feeding
babies**

**Feeding
children**

**Physical
health**

**Child
develop-
ment**

**Something
else**

How would you like to do this?

Leaflets

Online

Join a group

Course

Chat to someone

Peer support

MY CHOICES

What type of experience would suit you best if you wanted to grow your parenting skills?

In person or **Online**

In a group or **One-to-one**

What other things are important to you?

For example, you may want to attend with someone you know, or be with others that understand addiction, or you may need an in person group to be on a bus route, or for a course to be on a certain day. We can't promise it will be available but, together, we can try to find the best fit for you.

MY CHOICES

Fears

Do you have any concerns about getting support, going to a Family hub, or joining a group/course?

NEXT STEPS

What would you like to see change in your family?

What are you going to do next?

TORBAY COUNCIL



Familyhub
TORBAY