

CLINIC SERVICES

PARENTING AND CARE ANALYSIS



What is a Parenting and Care Analysis?

A Parenting and Care Analysis (PCA) is a process of identifying and responding to family difficulties. Involving all family members, the needs of each child are determined and a plan is made to support caregivers to best meet those needs.

For example, the PCA is beneficial for families experiencing separation or divorce, family conflicts and communication breakdown, parenting difficulties, or child safety and wellbeing concerns. The PCA facilitates safe, open communication about the difficulties, and supports families to develop a concrete and achievable plan for positive change.

The Process

The process is tailored to the specific needs of each family, and usually involves six to eight sessions. The PCA typically includes:

- Parent interviews: an in-depth exploration of the historic and current concerns with each parent.
- The “wishes and feelings of the child” session: an individual meeting with each child to explore their perspective, through age-appropriate activity or play.
- The “Child’s Needs Jigsaw” exercise: a session with parents to gain a complete understanding of each child’s individual needs.
- An observation of family dynamics: typically an observation of a family activity within the family home.
- Exploration of support systems: a session attended by the parents or whole family to explore who or what could help.
- A “Signs of Safety” planning meeting with parents and other professionals involved: reviewing the current issues and developing shared goals.
- Final session: a session utilizing the “Three Houses Model” to reflect on the fears, strengths, hopes and dreams of each family member.

Final Report and Recommendations

The PCA is undertaken by a qualified and experienced Children and Families Social Worker, who is able to utilize a strengths-based approach, evidence-based theories and research. A detailed report with recommendations is provided.