

# How to Guide

## Worry Statements and Wellbeing Goals



### What is a Worry Statement?

Worry Statement(s) give the reasons we are working with the family in **clear simple language**.

They include what we are worried could happen if nothing changes, and the impact of this on the child/ young person.

### What is a Wellbeing Goal?

For each Worry Statement there should be a Wellbeing Goal.

Wellbeing Goals say **what we need to see to feel confident that the child/ young person is well enough for us to not need to be involved**.

The Wellbeing Goal shows everyone what we are working together to achieve.

### How to write a Worry Statement

There should be one Worry Statement for each issue. Try not to have any more than three.

1. Start with **who is worried**
2. Then say **what we are worried about** – describe what has happened in the past that has caused us to be worried, be specific and factual; give examples. Try not to use professional language like 'domestic violence' or 'neglect' – say what the behaviour is.
3. Then describe the potential **impact on the child/ young person** in the short and long term if nothing changes.

### How to write a Wellbeing Goal

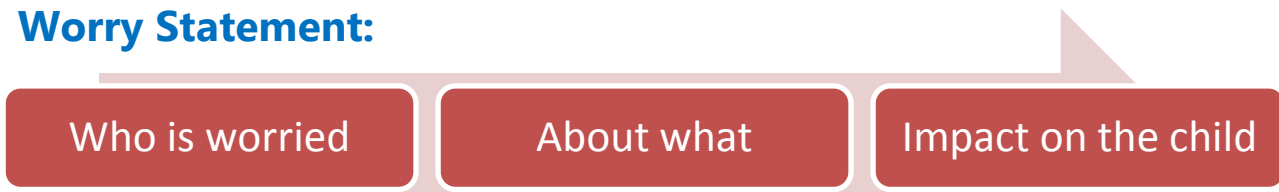
The Wellbeing Goal says what we need to see to close the CAF.

Say what professionals will see that tells them that things are good enough. **What will be happening, how will we know the child/ young person will be well in their parents care?**

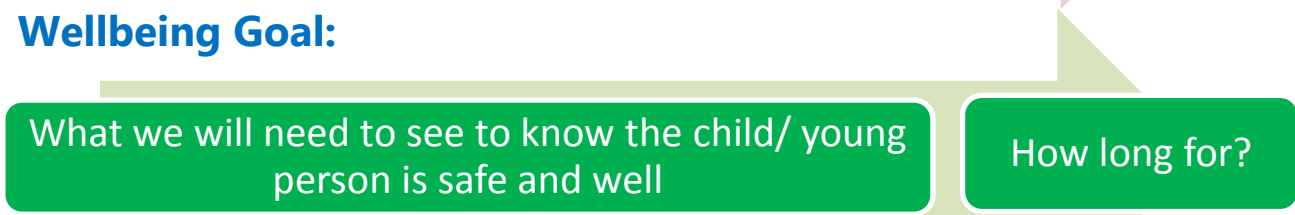
Be specific, and try to focus on saying what good things will be happening instead, rather than the saying the worries will have stopped, e.g. say that 'mum and dad will have ways to resolve problems in a calm way' rather than 'mum and dad will not argue and shout'.

You should say how long you will need to see the plan working or **how long you need to see the changes being maintained** for to be satisfied that this will continue in the long term.

### Worry Statement:



### Wellbeing Goal:



Lots of examples are available in the [Signs of Safety Workbook](#).