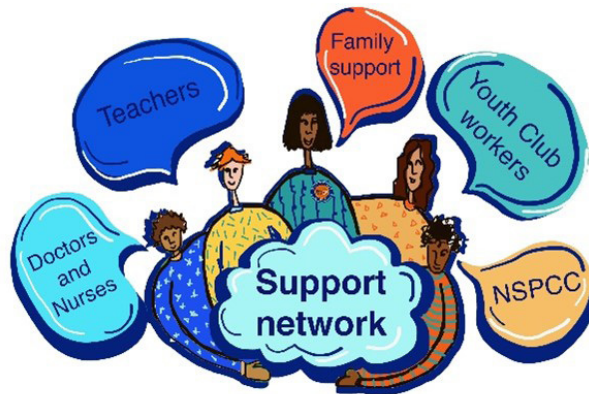


CSCP Learning Briefing

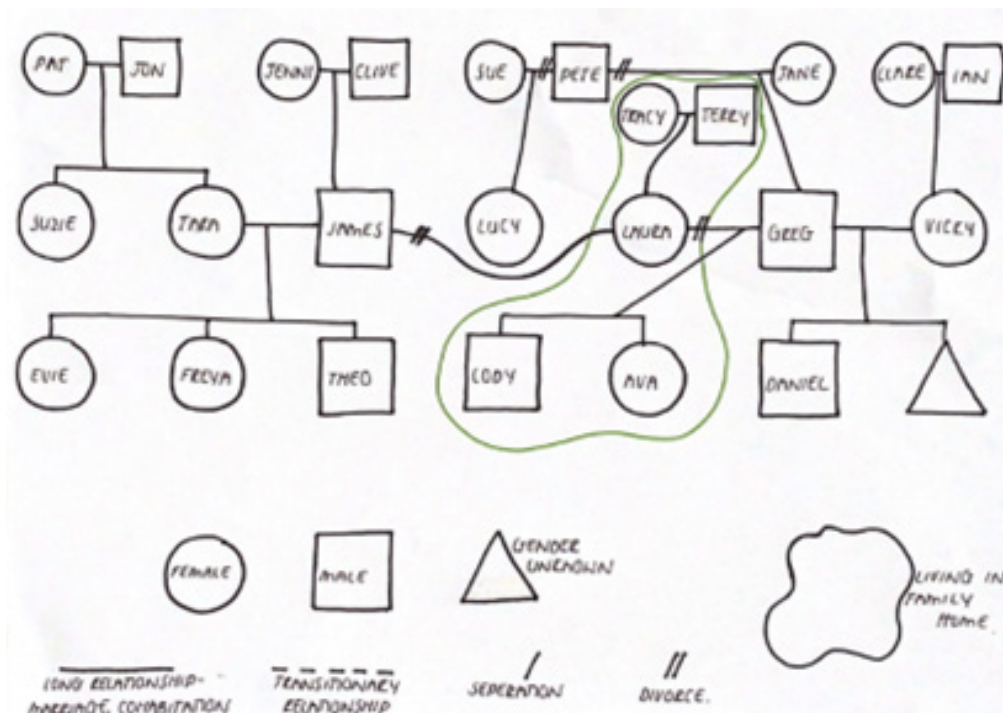
Chronologies Genograms and Ecomaps



What is a Genogram?

A Genogram is a visual tool (picture) of a family's relationships and history which may capture more detail than a traditional family tree.

Good practice would be giving the family or individual the choice on what symbols they would like to be represented by. However, the following symbols are used to represent the gender of family members.



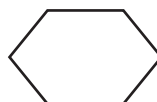
Male



Female



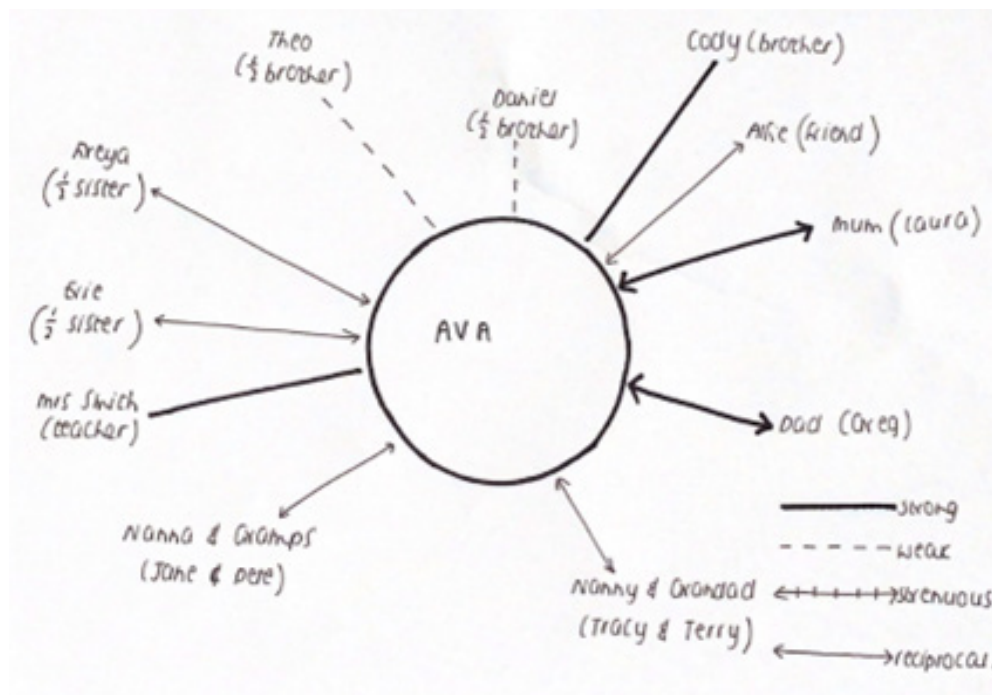
Gender
Unknown



Non
Binary

What is an Ecomap?

An Ecomap can be used to identify who is important to individual family members and can include family friends and community connections.



Why we do it?

It is important when supporting a family to understand the existing connections they have, who can support them to build on their strengths and who may have helped them in the past when things have become tricky. It is therefore crucial that it is strengths based, not just a list of deficits it also recognises the achievements

Who should do it?

The family, with support from a trusted worker. This could be an activity which could also be done with the young people in the family.

The role of the worker would be to explore other family connections asking questions such as; who do you send a Christmas card to?, who are your top Facebook friends? and to also enquire about family members not mentioned such as absent parents or grandparents, aunts and uncles or cousins etc.

What is a chronology

An effective chronology can be used by anyone as a tool when working with children and families, allowing an understanding to develop of the impact of events in the life of the child. Analysis of a chronology can provide insight into both the immediate and long-term effects of these individual events on a child's emotional and physical development. An example of when a chronology can be a powerful tool is in cases where there is suspicion of neglect. With neglect there is not necessarily an identifiable point when the case moves to child protection, and often incidents are seen in isolation of each other. A chronology allows for patterns to be seen and for change or lack thereof to be recorded.

Chronology template

Childs Name:

Agency Name:

Significant Event Date	Significant event Details	Impact on child or Young Person	Any Action taken	Outcome

Family Networks

- Conversations about who the family have in their support network should happen at any level of intervention, by any professional interacting with the family, these conversations should be regularly reviewed with the family as we know that relationships can change over time.
- It is important when creating the genogram that we ask questions to gain an understanding of the quality of these relationships.
- We involve a network because these people will be around to support the family, after professional involvement comes to an end. The network are around the family more often than professionals, so often have a good insight into the success, challenges and dynamics within the home environment. We involve the network in planning, we ask the family the right questions to identify times in the past when they have kept the child safe and well even when the worrying behaviour has been happening, or times when they worrying behaviour hasn't been present. We then help the family to identify what was happening at these times and who was around to help, this helps us to build upon and replicate these times in the future, therefore supporting families to come up with solutions to their difficulties.

Good practice because ...

Chronologies allow us to check out our thinking, gives an opportunity to critically reflect on the child's lived experience over a set period of time, identify repeating patterns and outcomes, risks and timescales and identify/prevent "drift".

A chronology makes the links between the past and the present; helping to understand the importance of historic information upon what is happening in a child or adult's life now.

Using chronologies in practice can promote better engagement from children, adults and families and when carried out consistently across agencies, good chronologies can improve the sharing, and understanding of the impact, of information about a child, adult or a family's life.

Genograms can be used as a visual tool to encourage young people to talk about their family, and can be approached as a 'work in progress', developed over time, allowing the young person to tell their story at their own pace. This enables the worker to more sensitively respond to elements of the story when and if the young person feels safe enough to share.

Tools and resources to support you in your practice

Using genograms in practice: Practice Tool (2021)

<https://www.researchinpractice.org.uk/children/>

Signs of Safety Signs of Safety :

Cumbria County Council (cumbriasafeguardingchildren.co.uk)

Early Help Resources

<https://cumbriasafeguardingchildren.co.uk/earlyhelp.asp>

Contact Us: Cumbria Safeguarding Children's Partnership Email: **CSCP@cumbria.gov.uk**