






This guide provides a pathway and example questions for exploring the five domains of a child's life.

P	 <h3>Parent-child relationship</h3> <p>A safe, secure, responsive and nurturing relationship between a child and their parent/caregiver is key to building resilience.</p>	Professional's role <ul style="list-style-type: none">• Identify if/how parents feel/ stay connected to their child in the face of challenges.• Promote parents' confidence and a positive parent-child relationship (warmth, acceptance, stability).	ASK Example question <p>What's it like being a parent to (child's name?)</p>
E	 <h3>Emotions and behaviours</h3> <p>Children need to feel loved, safe and confident that their emotions will be listened to and responded to in a nurturing way.</p>	Professional's role <ul style="list-style-type: none">• Help parents to understand and be responsive to their child's emotions and behaviours.• Help to develop a shared language around emotions.	ASK Example question <p>Has your child or family lived through a traumatic event or period of time?</p>
R	 <h3>Routines</h3> <p>Routines and rituals provide children with a stable base, especially in times of stress.</p>	Professional's role <ul style="list-style-type: none">• Encourage parents to create routines and predictability in their children's lives.	ASK Example question <p>Are you able to make time to read or play games with (child's name)?</p>
C	 <h3>Communication and meaning-making</h3> <p>Through respectful and effective communication, children can express emotions, make meaning from experiences of adversity, and develop their resilience.</p>	Professional's role <ul style="list-style-type: none">• Support parents in understanding the impact of adult issues on their child.• Guide parents in helping their children make sense of life events through questions and conversation.	ASK Example question <p>Is (child's name) able to share their thoughts and feelings with you?</p>
S	 <h3>Support networks</h3> <p>Safe and supportive networks outside the family can be key to a child's social and emotional wellbeing.</p>	Professional's role <ul style="list-style-type: none">• Help parents to identify and develop a consistent, positive support network for their child outside of their immediate family.	ASK Example question <p>Who do you think would notice if (child's name) was struggling?</p>