

Emerging Minds.

National Workforce Centre
for Child Mental Health

PERCS Conversation Guide – example questions



Parent-child relationship

Engagement questions	Exploring the impact of adversity on children
What's it like being a parent to (child's name)?	Have you noticed any differences in the way your child responds/ approaches/interacts with you during tough times?
How would you describe your relationship with your child?	What aspects of the adversity impact on your relationship with your child the most? What do you think your child is noticing about this?
How do you think your child would describe their relationship with you?	When there is stress or conflict with your child, what do you do? What does your child do?'
What activities do you and your child enjoy doing together? (Prompt – What do you think your child would say they enjoy the most?)	How does your child's relationship with their other parent change when things are tough?
How do you balance looking after your children and taking care of the household when you are feeling unwell or going through tough times?'	
How do you think your child would describe their relationship with you?	



Emotions and behaviours

Engagement questions	Exploring the impact of adversity on children
What happens for your child when they are upset? How do they show you that they are stressed or upset?	How do you think your child feels about what is happening? Do you think their understanding of what is happening is having an impact on how they feel?
Does your child appear more unsettled than usual?'	When you are experiencing symptoms or extra stress, what do you think your child might notice or worry about?
What do you do to manage any worries that your child might have? How do you talk to your child about their worries?	Have you noticed any changes in their behaviour or responses to you at these times?
Is your child displaying challenging behaviour that you are unsure how to manage?	Has your child or family lived through a traumatic event or time?
Are there any of your child's behaviours that you find particularly difficult to handle?	Have you noticed anything specific about your child's behaviour and emotions? (E.g. Difficulty concentrating; acting withdrawn, shy or fearful; bullying others; acting defiant; refusing to go to school; complaining of physical symptoms; spending time on their own; or withdrawing from spending time with others)
What would help you to better understand your child's emotions and behaviours?	Follow-up questions: <ul style="list-style-type: none"> • How often is this behaviour an issue or concern for you? • How confident do you feel in helping your child manage these emotions behaviours?



Routines

Engagement questions	Exploring the impact of adversity on children
How does your child usually manage daily routines? Sleeping? Going to bed?	How do routines at home change when you are facing tough times or unwell?
What is working for you with sleeping and mealtime patterns? What do you find challenging?	How do routines outside of the home change when you are facing tough times or unwell?
How do you look after yourself, your child and household tasks? What are the other commitments that need to be fitted in?	What happens for your child when you are not with them? Do other people know about their daily routines?
Have there been any changes in routine recently? OR Have there been any changes that have impacted on your household/family routines?	How are the regular family routines/activities affected when you are facing tough times or unwell? Are there ways that some of these routines could continue, even when times are tough? Who can help with this?
Do you share any activities or hobbies with your child? What do you do that you both enjoy? Are you able to find time to read or play games with your child?	
What does your regular weekly routine look like? Busy/quiet times?	
When does your child do their homework? How do you go finding time to help them?	



Communication (and meaning making)

Engagement questions	Exploring the impact of adversity on children
What opportunities do you get to spend time talking with your child?	Do you talk with your child about any challenges your family may be facing?
What are the best times for you and your child to talk about things? Are there particular activities that help you to talk?	Is your child able to share their thoughts and feelings with you when things are tough, or you are unwell? What might get in the way of this sharing?
Do you talk with your child as you are doing things with them, and about what is happening around them? (Even if they are not yet of a talking age)	What changes might your child have noticed as a result of your symptoms? (Prompt – What might they see in your face or behaviours, or hear in the tone of your voice?)
What are some things your child does to help you to understand what they need?	What might worry your child the most about your experience of adversity? What sense might they make of the changes that they notice?
What do you do to understand how your child is making sense of their world, and how you can support them to feel safe?	How can you help your child to make sense of what is happening to you and to them?
	How have you helped your child make sense of tough times in the past? Do you think this helped them worry less about what was happening for you?



Support networks for the child

Engagement questions	Exploring the impact of adversity on children
Who does your child enjoy spending time with? (Prompt – Do they have a close relationship with another adult?)	Who helps you when you are going through tough times or feeling unwell?
How does your child get along with/play with other children?	Who else knows about your experience of adversity? Can they help to support your child when things are tough?
Who supports you as a family? Would they talk to you if they noticed that your child was worried or concerned?	How do you support your child to stay connected to activities at home when you are going through tough times?
Does your child see their grandparents or aunts and uncles?	Have you talked to your child's teacher about some of your experiences? Can they help to support your child when things are tough?
Are you and your child part of any groups or communities that provide support?	Who do you think would notice if your child was struggling?
What does your child enjoy the most/least about school? How is your child progressing with school work? How confident is your child in their learning?	
How does your child get along with children at school?	
How would you describe your relationship with the teachers at the school? Do you meet with them?	
Does your child have a close friend or group of friends? Do you think your child would be able to talk to them if they had worries? What makes you think this?	

For more resources, visit emergingminds.com.au/online-training

Delivery partners:



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