

## Characteristics of a Relational Child and Youth Care Approach

## **Printable Cutouts**

Explore 25 unique dimensions of the helping relationship - and learn how to show up in ways that build trust and safety and create a supportive environment for self-expression and growth.

Based on the Characteristics of a Relational Child and Youth Care Approach Revisited (CYC-Net) by Thom Garfat, James Freeman, Kiaras Gharabaghi and Leon Fulcher, these 25 reference cards provide helpful guidance for those looking to build restorative connections with others.

They focus on being 'in relationship', not as something we possess, but as a shared, co-created space where there can be an experience of connection, healing, and growth.

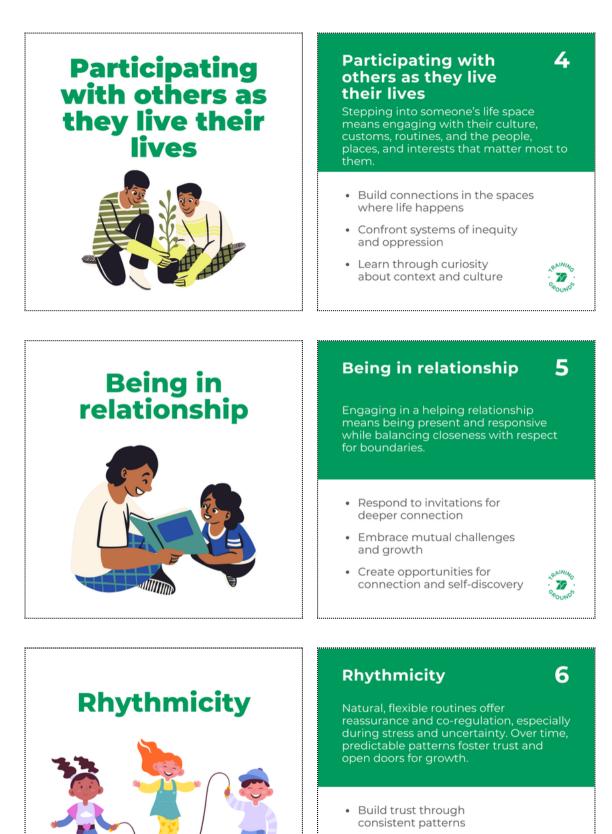
Useful for supervision, team meetings, care team discussions, training, education, and personal development. If you are interested in a high-quality 3.5-inch square deck of these cards, they are available for purchase at <u>www.training-grounds.net</u>.

Adapted from Garfat, T., Freeman, J., Gharabaghi, K. & Fulcher, L. (2018). Characteristics of a relational child and youth care approach revisited. CYC-Online, 236, 7-45.



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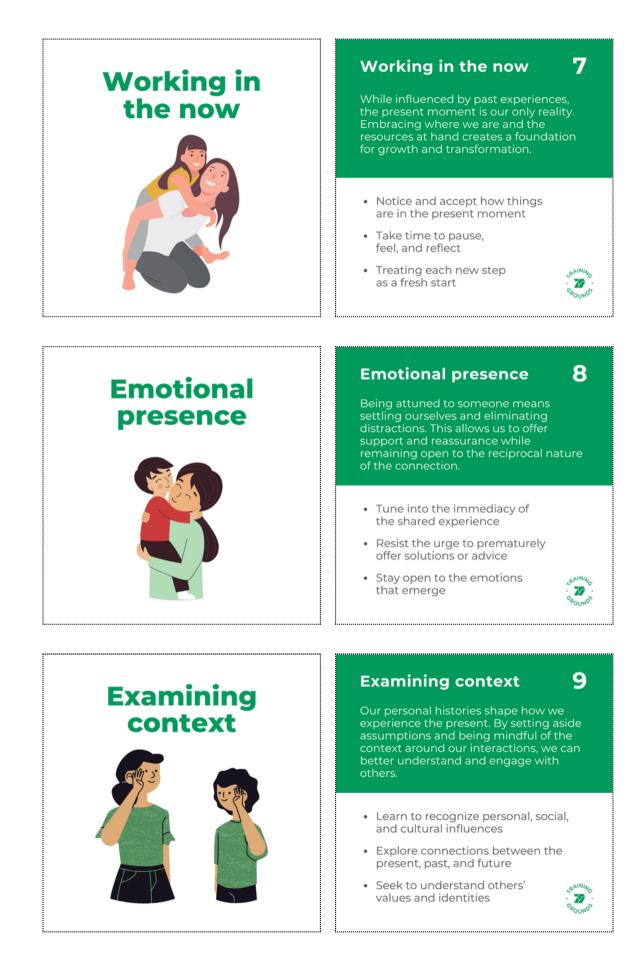


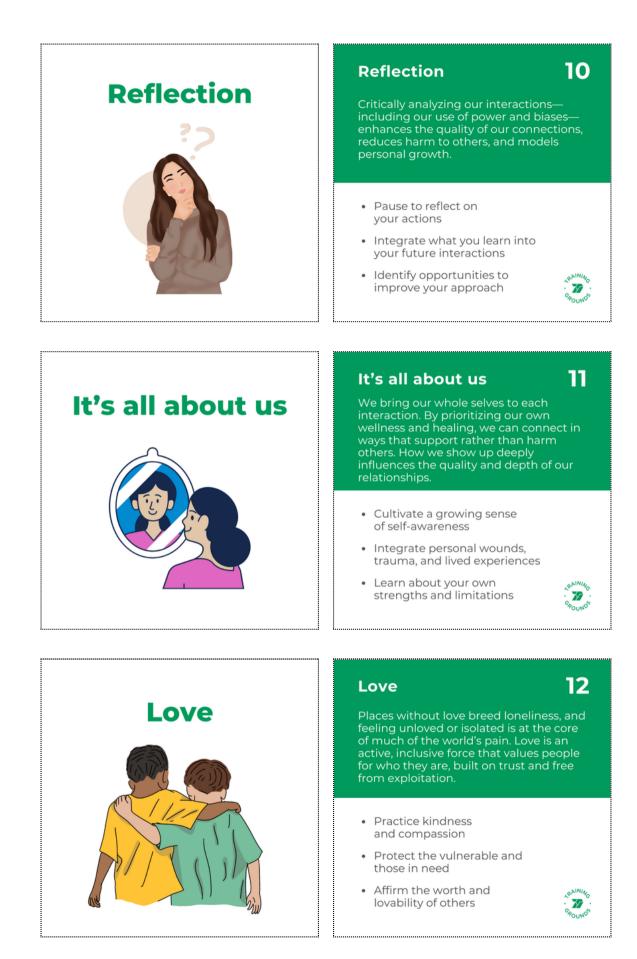


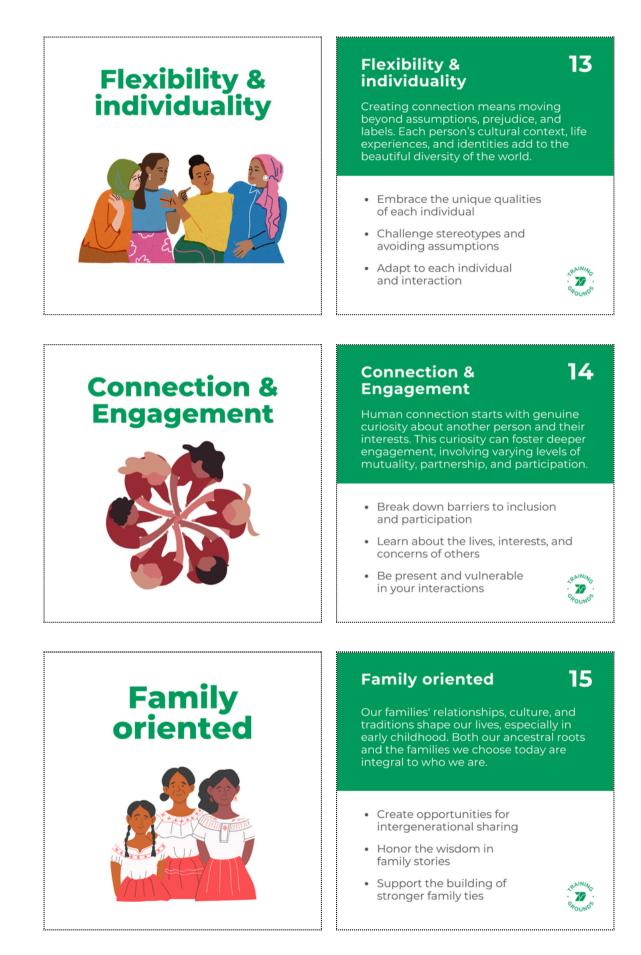
• Establish restorative patterns and routines

70

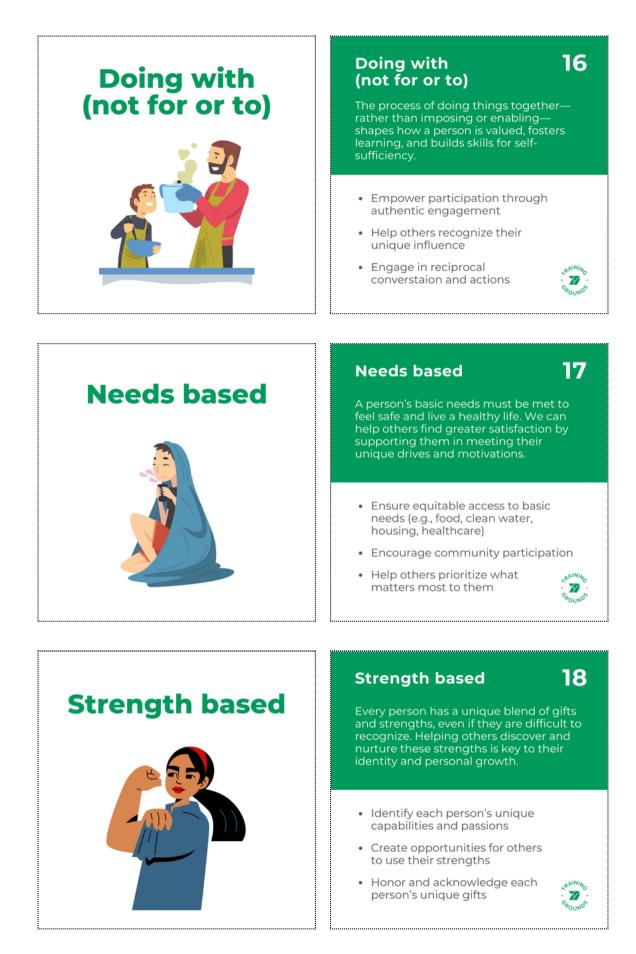
• Adapt to the rhythms of daily life



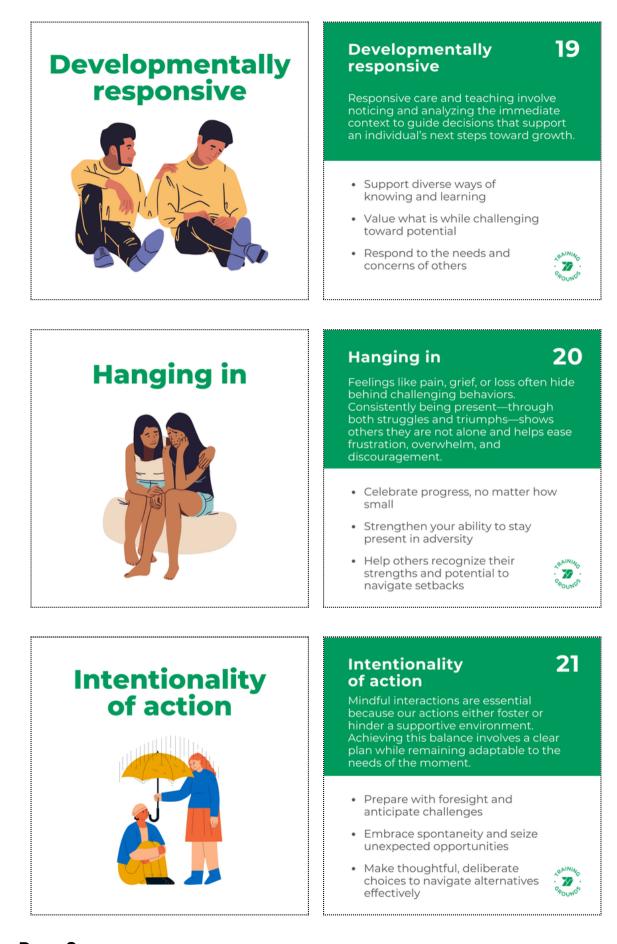




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## Using daily life events **25** to facilitate change

Everyday moments hold countless opportunities to encourage others to explore new ways of connecting and growing, fostering positive change and development.

- Notice moments that align with personal goals
- Support progress toward meaningful growth

to inspire and empower

• Leverage natural opportunities

