SWFS 'How It Looks To Me' Programme

South West Family Services

The **SWFS Child 'How It Looks To Me' Programme** is a support service designed specifically for children and young people who need space and guidance to explore their wishes and feelings. This often relates to family dynamics, spending-time arrangements, and the impact of change on their identity and wellbeing.

Aims of the Programme

- To support children and young people to express their feelings through relationship-based activities and play
- To explore ways of coping with changes within their family
- To help them understand that mixed emotions are normal
- To ensure they feel listened to and supported in a neutral, child-centred environment

The programme runs over 6 weeks, beginning with an initial parent consultation followed by 5 one-to-one child-only sessions. Sessions can take place at one of our family hubs, in school, or in another suitable agreed location.

During the programme, children may complete a small workbook with their allocated worker. A short summary report is then produced to inform parents and, where appropriate, other professionals involved with the family. ***The programme is often used to support preparation and gradual progression of arrangements where a child has not spent time with a parent for an extended period.***

Costs - The 6 Week Programme is £400 inclusive across Devon, Somerset and Cornwall. (LAA funding is sometimes directed by the court for this service and a breakdown of costings for that purpose can be provided on request, approval subject to LAA prior authority)

Is this not quite what you need?

The SWFS Child & Family Support Programme provides a structured, child-focused package of support for children and co-parents who need help to improve or stabilise their current arrangements. Where families require more intensive support specifically around establishing spending-time arrangements, our dedicated Reunification service may be more suitable. If you would like more information about this or any of our other services—or if you need something more bespoke to meet the needs of your family or the family you are supporting—please get in touch.

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