

CARE EXPERIENCED PARENTS TOP TIPS FOR CORPORATE PARENTS & PRACTITIONERS



1 INVOLVE ME.

THIS IS MY LIFE AND MY CHILD I DESERVE TO HAVE A SAY ON THE THINGS THAT AFFECT US.

3 GET TO KNOW ME.

FIND OUT ABOUT MY VALUES, HOPES AND DREAMS FOR PARENTHOOD. I AM MORE THAN MY CARE EXPERIENCE, I AM A PERSON AND A PARENT IN MY OWN RIGHT.

5 MAKE AN EFFORT WITH ME.

ASKING ME HOW I'M FEELING, OR REMEMBERING MY BIRTHDAY, THESE THINGS MATTER. THE LITTLE THINGS CAN MAKE A BIG DIFFERENCE.

7 EMPOWER ME.

LET ME KNOW ABOUT THE SUPPORT I AM ENTITLED TO AND HOW TO ACCESS IT. DON'T ASSUME I ALREADY KNOW, OR EXPECT ME TO FIND OUT - IT IS YOUR RESPONSIBILITY TO MAKE SURE I KNOW MY RIGHTS AS A CEP.



9 RESPECT ME

UNDERSTAND THAT I AM THE EXPERT WHEN IT COMES TO MY OWN EXPERIENCES AND WORK WITH ME COLLABORATIVELY TO MEET MY INDIVIDUAL NEEDS/TO PROMOTE THE BEST POSSIBLE OUTCOMES FOR MYSELF AND MY FAMILY.



2 INFORM ME.

EXPLAIN WHAT IS HAPPENING, WHY IT IS HAPPENING AND WHAT THIS MEANS FOR ME AND MY CHILD. GIVE ME THE INFORMATION I NEED TO MAKE CHOICES FOR MY FAMILY.

4 ASK ME.

DON'T ASSUME YOU KNOW HOW I FEEL ABOUT BEING OR BECOMING A PARENT. EVERY CARE EXPERIENCED PERSON HAS HAD A DIFFERENT EXPERIENCE OF CHILDHOOD AND BEING PARENTED THAT AFFECTS OUR OWN JOURNEY THROUGH PARENTHOOD.

6 ENCOURAGE ME.

SOMETIMES IT FEELS LIKE EVERYBODY EXPECTS ME TO FAIL. BE THE PERSON WHO POINTS OUT THE POSITIVES AND SAYS 'I BELIEVE IN YOU'

8 EDUCATE YOURSELF.

FIND OUT ABOUT CEP RIGHTS AND THE SUPPORT THEY ARE ENTITLED TO. DO YOU KNOW AND UNDERSTAND YOUR RESPONSIBILITY AS A CORPORATE PARENT?

10 TAKE ACCOUNTABILITY

CONTINUOUSLY ENSURE THAT AS A CORPORATE PARENT YOU ACKNOWLEDGE WHAT METHODS AND SKILLS ARE ACTIVELY PROMOTING POSITIVE PRACTICE AND ADAPT TO ENSURE THIS IS ALWAYS PRIORITY. TAKE OWNERSHIP AND ACKNOWLEDGE WHEN YOU MAKE MISTAKES, YOU ARE ONLY HUMAN AFTER ALL.

