

# Information for Parents

We understand that you may have mixed feelings about coming to **Aruna House**, but our team is here to offer you friendly and guided support throughout your parenting assessment.

We hope this information helps you understand what happens at **Aruna House** and what to expect during your assessment. If you have any further questions, please feel free to ask us. We are here to help and look forward to working with you and your family.

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## What is Aruna House?

**Aruna House** is a warm, homely environment where you and your child will live while undergoing your parenting assessment. We provide **24-hour support** to ensure you receive the guidance you need.

Aruna House is an **Ofsted-registered Family Assessment Centre** based in Knowsley, Merseyside.

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## Who Works at Aruna House?

Our team includes:

- A **Manager** and **Deputy Manager**, who oversee the service.
  - A **Case Worker** and an **Assessing Social Worker**, who will work alongside you to offer support and guidance.
  - A **dedicated waking night team**, available throughout the night to observe and assist you with parenting.
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## Our Ethos and Values

At **Aruna House**, we are committed to:

- ✓ Ensuring child **safety and welfare** are our top priorities.
  - ✓ Promoting a **strength-based approach** to parenting.
  - ✓ Working with **respect and inclusiveness** at the heart of everything we do.
  - ✓ **Collaborating** with families and professionals to achieve the best outcomes for children.
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## Your Living Space at Aruna House

Our Family Centre provides **comfortable and modern** accommodation designed for family life.

You will have a **private bedroom** equipped with everything you and your child need. You are welcome to bring personal items, but we can also provide essential items if required.

### Shared Facilities Include:

- 🚿 **Bathroom** with shower and a separate toilet
- 📺 **Communal lounge** with a TV
- 🍳 **Fully equipped kitchen** with a large range oven, microwave, air fryer, and dining space in the conservatory
- 🧺 **Laundry facilities** with a washer and separate dryer
- 🌳 **Enclosed garden and outdoor space**, with a patio area and seating for warm weather
- 🤝 **On-site support** available at all times

We have created a **home-from-home** environment, ensuring the house is just the right size so that you don't feel overwhelmed.

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## Support Available to You

We want you to feel supported in all areas of your life. Our in-house services include:

- **Therapeutic Support** – A **counsellor** is available to help you with any worries or past traumas.
- **Housing and Benefits Advice** – Our experienced **advisor** can assist with any concerns about housing and finances.

### Parenting Support at Aruna House

Our **in-house support** will help you build and strengthen your parenting skills through:

- 👤 **One-to-one guidance and mentoring**
- 😊 **Parenting workshops** (using the **Solihull Approach**)
- 🏠 **Practical life skills training**
- 📄 **Ongoing assessment (ParentAssess Model)** and structured feedback

Our goal is to work alongside families and professionals to create the **best possible future for your child**.

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## What to Expect During Your Assessment

During the first few weeks, we will closely observe how you care for your baby. We will be on hand to offer advice and support with:

- ✓ Bathing your child
- ✓ Changing nappies
- ✓ Playtime and bonding
- ✓ Preparing and feeding bottles
- ✓ Washing and sterilising bottles

We ask you to **inform staff of all care tasks**, so we can **observe your parenting and offer support**. You will be expected to spend time downstairs during the day to facilitate this.

You will have **access to your daily notes** and can review them daily, adding your own comments. Staff will support you in going through your notes if needed.

### Key Worker Support

Your **key worker** will meet with you **weekly** to discuss:

- **Progress** in your assessment
- **Challenges** you may be facing
- **Next steps** and a weekly **action plan**

They will also run **tailored sessions** to support your parenting journey, alongside **group sessions** covering:

- Parenting techniques
- Housing and benefits advice
- Therapeutic support

A **mid-assessment review report** will be shared with you, and you will have the opportunity to add your comments. Your **social worker and other professionals** will be invited to your review meetings.

At the end of your assessment, we will provide a **final report**, including recommendations for the future.

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## Areas of Assessment

Your parenting will be assessed based on key areas, including:

### Basic Care

Providing for your baby's practical needs: making bottles, feeding, hygiene, cleanliness, attending medical appointments, etc.

### **Ensuring Safety**

Keeping your child safe from harm, hazards, and risky situations.

### **Emotional Warmth**

Showing your child love, comfort, and security.

### **Stimulation**

Encouraging development through play, communication, and new experiences.

### **Guidance and Boundaries**

Managing your emotions and your child's, building safe relationships, and taking advice from others.

### **Stability**

Providing consistency, structure, and a nurturing routine for your child.

### **Wider Family & Support Network**


We will also consider:

- Your **relationships with family and friends** and the **support available to you**
- Your **financial stability** (employment, benefits, and housing situation)

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## **Safeguarding at Aruna House**

All staff are responsible for **protecting children**. If we have any concerns, we will:

 Inform the appropriate professionals immediately.

 Take necessary steps to **ensure the safety of all children** at Aruna House.

If **you** have any concerns about **any child** at Aruna House, please speak to a staff member immediately.

### **Safety & Security Measures**

- **Visitors:** All visitors must be approved in advance. **Police checks** will be carried out on any visitors before they can come to Aruna House.

- **Fire Safety:** You will receive a **fire tour** and instructions on what to do in case of an emergency.