

How to Use

SAND Parent Reflection Sheet

A guide to using this reflective tool with families

What Is This Tool?

The Parent Reflection Sheet is a gentle, non-judgemental space for parents and carers to think about what's been happening with their child's behaviour and how they're feeling about it.

Rather than offering prescriptive advice, this tool provides a reflective conversation starter that helps parents feel heard, validated, and supported – before any strategies are discussed.

Who Is It For?

Parents and carers who are finding behaviour or wellbeing situations difficult. It can be used by:

1. Parents completing it independently at home before a conversation with you.
2. Parents completing it together with a practitioner during a session.
3. Carers, foster carers, or family members who support a child.

When Should I Use It?

Use it at the start of a support process, before you offer strategies. It supports you in understanding the family's perspective first. It works well:

4. As an initial intake tool alongside the Parent / Carer Insight Form.
5. When a parent reaches out feeling overwhelmed or stuck.
6. Before a review meeting to capture how things feel at home.
7. As a regular check-in to track how a family's experience is changing.

How Do I Use It?

If sending it to a parent:

8. Explain that it's a reflection tool, not a form to be marked or judged.
9. Let them know there are no right or wrong answers.
10. Encourage honesty – especially in the "How does it make you feel?" section.
11. Reassure them that their feelings are a valid and important part of the picture.

If completing it together:

12. Use it as a conversation guide rather than reading questions out loud.
13. Listen more than you write. Let them talk.
14. Use the SAND Reflection grid at the end to gently explore what support might look like.

 **Tip:** Parents often feel blamed when behaviour is discussed. This tool is designed to shift that – it starts with their experience and their feelings, not with a problem to fix. That matters.

What Do I Do With It Afterwards?

Use the completed sheet to inform your Case Summary Sheet and Strategy Response Planner. The parent's own words and reflections should shape your guidance – not replace it, but inform it.

The parent's words are not just feelings – they are information that should shape support. If a parent has identified something that helps (“even a little”), build on that. Their insight is often the most valuable piece of the puzzle.

Behaviour is communication. *When we look and listen, we begin to understand the voice behind it.*