

CHILDREN FIRST

Protecting
Scotland's
Children



Supporting children,
young people and
families to recover

A guide for parents and carers

Your child has taken part in an interview. This interview has a formal name - a Joint Investigative Interview. This means that a Police Officer and/or Social Worker have spoken with your child to begin to understand the details about what has happened to them or what they have seen.



This can be a difficult and upsetting time for everyone involved. Our Children First team is here to help you and your child find your feet in this new and sometimes confusing situation.

We understand that these experiences may leave families feeling confused and overwhelmed. We are here to help answer your questions, help you understand what may happen next and to support you to help your child and whole family to recover from any experience that may have caused hurt or harm.

Common questions families have are about:

- ★ How can I get help for my child?
- ★ What should I tell other people about what is happening?
- ★ How do we manage social media?
- ★ How can I help my child return to school?
- ★ How can I support my child when they are angry, confused and/or scared?
- ★ How do I keep my child safe from any future risks?

If you need to get in touch email
aberdeenshirebairnshoose@childrenfirst.org.uk
Find out more at www.childrenfirst.org.uk/bairnshoosupport



ongoing support

Our focus will be to meet the emotional needs of your child, starting by getting to know them and your family and others that may be important in their life. We will do this at a pace that is comfortable for you all. We will be guided by you about what feels best for your family. We will help your family to develop and strengthen your relationships and provide support and guidance so your child can recover from their experience and move forward.

Children's behaviour can change when they have been hurt or harmed. This can be distressing and hard for parents/carers to manage. We can help you to find ways to manage this change and make sure that you get access to any specialist support that your child may need. Whatever the issue, we will support your young person, as well as your family, to cope with these challenges.

If court processes are part of your experience, this can take time to progress. We understand that this wait can feel difficult and can connect you with those relevant to your child's individual case to keep you as informed as possible about progress. It is normal for a young person to feel anxious about being part of a court process, we can help, alongside people in the court to prepare and support all of your family during this time.

The experiences that lead to your child or young person taking part in a Joint Investigative Interview may have a long-term impact. At Children First we understand the importance of ensuring that the people who care for a child; parents, extended family, or carers may themselves need support to deal with the impact of their child's experience on their family life. We will work with your family to develop a plan to help you all recover and move on as a family when the time is right for you.



“Friendly, understanding and patient.”

Mum of 11 year old girl

“They actually understand how I’ve been impacted by trauma. You don’t need to just talk about trauma, but you can talk about other stuff that’s important to you too... you have an actual relationship with the person you’re talking to and it means you’re honest.”

Young woman, 16

About the Bairns’ Hoose team

Bairns’ Hoose is delivered in Aberdeenshire by Aberdeenshire Council, Children First, Police Scotland and NHS Grampian in conjunction with the Crown Office and Procurator Fiscal Service.