

Questions to take a history of the family relationship

1. Who is in your family, and how do you define family?
2. How would you describe how you were raised as a child, your own parenting experiences, and how that influences or impacts your current caregiving experience?
3. How long has the youth been placed with you?
4. What was your relationship with the birth parents and extended family prior to the placement? How would you describe it now?
5. How is your child managing their relationship with the birth parent?
6. Is reunification the plan? Was reunification attempted previously? What was the experience?
7. Is there regular visitation with birth parents? What has that been like for your child?
8. Once reunification was no longer the plan, how was that explained to your child?
9. Were there promises made of contact with birth parents and other family after reunification failed? If so, were those promises kept?
10. What was the attitude of other family members about your taking caregiving responsibility?
11. What is going well in the relationships with the birth family?
12. Can you describe any conflicts that exist between you and members of the birth family?
13. What is the relationship with the birth parents at this time? Do they visit? Are they respectful? Do they show up unannounced?
14. Given the relationships and closeness among family members, what are the expectations around contact?
15. What help do you need setting boundaries with birth parents?
16. Are you happy with the relationship you have with the birth parents, or do you want help redefining that relationship?
17. Do you think that family relationships impact your child's behaviors and challenges?



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18. What changes have you made in your lifestyle as a result of taking on this parenting role?

19. What is your support system? Who can you count on to support you in a crisis?

20. How do you take care of yourself and what do you do to relax and refuel?

21. What are your primary concerns that I can help you and your child address?



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