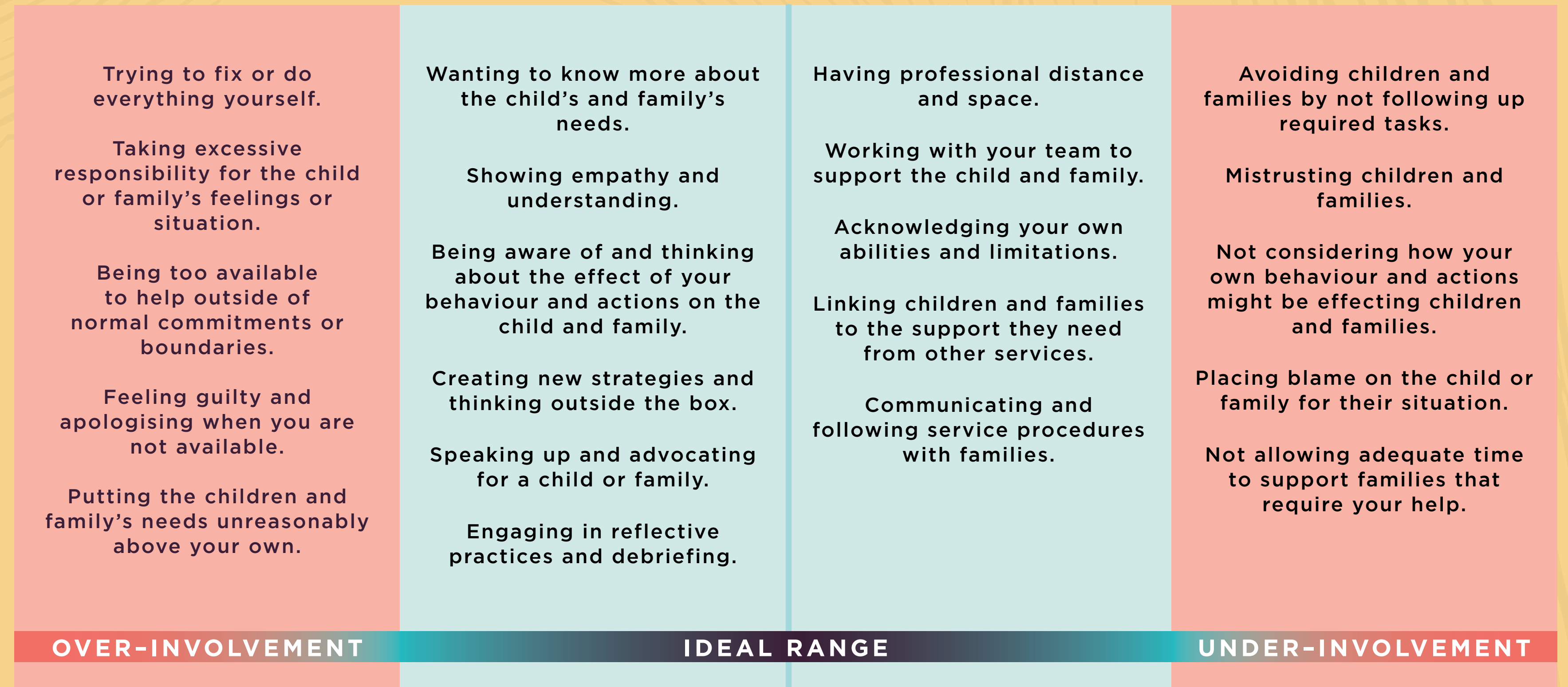


BALANCING YOUR INVOLVEMENT AS AN EARLY YEARS PROFESSIONAL WORKING WITH CHILDREN AND FAMILIES OF REFUGEE BACKGROUND

Working with children and families who have survived traumatic refugee experiences can arouse many emotions. After hearing about families' experiences, common feelings and reactions include helplessness, guilt, anger, fear and avoidance.

Early Years staff should seek to maintain a balance between empathy and professional detachment, which enables them to more effectively support children and families whilst also prioritising their own wellbeing.

This tool assists staff to consider how they balance their involvement when working with children and families of refugee background. Staff should seek to work in an 'ideal range' where empathy sits alongside professional boundaries.



REFLECTION QUESTIONS:

- What enables you to stay in the 'ideal range'?
- Consider when you have been over- or under- involved? What contributed to this?

