

## Tips for parents attending Pre Birth Signs of Safety Meetings (PB-SoS)

The PB-SoS-meeting is so that everyone can come together and talk about all the things that are going well for you and your baby and discuss the worries that you, DCP or the hospital has and together figure out a plan so that DCP and everyone else will be confident that you are able to care for your baby when s/he is born.

You might find the following tips helpful for your PB-SoS Meetings:

### PRIOR TO THE MEETING:

- Prepare for the meeting by thinking about all the things you already do or have done that show DCP you can care for your baby e.g. if you have a safe house where you can live with baby, you have been preparing for the baby, you have experience looking after babies and/or you have safe and helpful people around you, who will be able to help;
- Think about who you could have as a support or back up if you need help caring for baby i.e. your mum, sister, aunty, friend. Ask them if they will come to the meeting with you;

- You might be asked to think about a 'Safety Plan' – which means DCP will ask what will you do when things get difficult and who can you rely on in these situations e.g. if you are really tired or feel like you or your partner are getting angry or upset or affected by drugs or alcohol. Think about who you could ask to be on your Safety Plan to help you with baby ;
- DCP ought to tell you before your second or third meeting if they intend on asking the court for a Protection Order on your baby; if they do you have the right to ask a lawyer to attend the next meeting with you. Go straight to Legal Aid to apply for a lawyer;
- Be on time for the meetings; meetings can be quite long so if you are driving make sure you have parked somewhere that is suitable (you might need change for parking fees); you might also want to bring a snack to eat and make sure any child care arrangements you've made for other kids are ok;
- Get the name and phone number of who to contact if you are running late for the meeting or something unexpected happens;

### DURING THE MEETING:

- If you feel you're getting upset during the meeting, you can ask for a break at any time;
- If you are unsure about anything that is being said at any time, tell the facilitator;
- It is important to say all the things you think are important – this is **your** meeting;
- In order to have people listen to you it is always best to be polite and not interrupt;
- Notes will be written up and you should get a copy before you leave.

**Remember – this is your meeting to help get the best decisions for you and your family 😊**