

# Am I being REAL?

A self-check for relational care practice



R

## Relationships

I prioritise strengthening the relationships that matter most. I don't let systems get in the way of connection.

Why it matters: Relationships are central to a child's wellbeing. The more attuned, caring adults a child has, the safer and stronger they become.



E

## Empathy

I seek to understand how things feel from the child's and family's perspective.

I ask: What is helpful for you?

Why it matters: Empathy shifts us from doing things to children and families, to working with them. It means considering how our actions make others feel, and opens the way to trust and connection.




A

## Attitude

I act in ways that reflect my values, not just the rulebook. I am willing to challenge systems when they get in the way of doing what's right.

Why it matters: Relational care begins with our posture - how we see the people we support, and how we show up. If we lose sight of our shared humanity, we lose the heart of the work.



L

## Language

I choose words that show dignity, trust, respect and connection. I intentionally communicate in ways that children and families can relate to.

Why it matters: Language is powerful. The words we choose and the way we use them shape how others feel and how they see themselves.