

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 speak in ways that children and families can relate to.

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