**Lara’s Capacity Questionnaire**

Think of the child you are working with. Answer these questions by ticking ‘yes’, or ‘no’ *as best and as honestly as you can*. If not applicable, please leave blank. Then add up scores at the end.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **Question** | **Yes** | **No** |  |
| **1** | Before a session, do I feel anxious about working with this child? |  |  |  |
| **2** | Does the school **lack** a supportive approach to this child? |  |  |  |
| **3** | As far as I know, does the main carer/parent have an **insecure** attachment to this child? |  |  |  |
| **4** | Does this child have a great deal of physical energy? |  |  |  |
| **5** | Do I feel physically or emotionally drained after working with this child? |  |  |  |
| **6** | As far as I know, does this child **lack** access to other good support in their life? |  |  |  |
| **7** | Does the parent/carer struggle with personal issues? |  |  |  |
| **8** | Are there safeguarding concerns for this child? |  |  |  |
| **9** | Do I want to rescue this child (bring him/her home)? |  |  |  |
| **10** | Do I often discuss this child with my supervisor/colleagues? |  |  |  |
| **11** | Does the parent/carer have mental health issues? |  |  |  |
| **12** | Do I feel that I **lack** experience or skill or knowledge in regards to working with this child? |  |  |  |
| **13** | Does the child have a diagnosis of any physical, medical or mental health issues? |  |  |  |
| **14** | Does this child struggle with socialising/being with adults? |  |  |  |
| **15** | Do I worry about this child? |  |  |  |
| **16** | Do I think the child is a **bad** fit with the school/organisation? |  |  |  |
| **17** | Is this child verbally or physically aggressive or threatening? |  |  |  |
| **18** | Am I the **wrong** fit (personality, attachment-wise) with this child? |  |  |  |
| **19** | Have I come close to tears or cried about this child? |  |  |  |
| **20** | Have I dreamed about this child or their situation? |  |  |  |

All ‘yes’ = 1 point; all ‘no’ = 0 point. Add up and divide by 2. This is your score out of 10. Anything above 6/10, needs awareness; any score above 8/10 needs careful monitoring.

In order to self-care, according to the number of children you work with per week, decide what is your total capacity score– and keep within that.