

SELF ASSESSMENT

The Rights of the Child

This checklist can be used to reflect on how your meeting with a child went and how you might can improve it.



Sarah Nanozi. Photo: Busoga Health Forum.

Reflect on your own or together with feedback from a colleague.

You can use the checklist on your own, or if you are comfortable, with the help of a colleague who observes you and gives you feedback. Use the blank lines to note down everything you would like to add to the list.

Talk and reflect

Reflection helps us learn and develop! Take a moment to talk and reflect on what happened during the meeting with the child. On the last page we have suggested some questions to discuss.

Good luck!

Checklist

	Fulfilled	Partly fulfilled	Forgotten
Approach			
I introduced myself by name and explained who I am and my role.			
I used my body language and spoke in a way that created calm and safe environment for the child. For example: <i>"I sat at eye level with the child"</i> <i>"I used open body language."</i>			
I respected the child's right to privacy. For example: <i>"I offered the teenager the opportunity for a one-on-one conversation (without parent or guardian)."</i> <i>"The child was offered the opportunity to get changed in private"</i>			
I acknowledged the child's feelings, for example: <i>"It's okay to be sad/worried"</i>			
Information			
I provided the child with information in a way that was understandable/ accessible for the child.			
I used educational aids to provide the child with adapted information. For example: images, illustrations or dolls.			
I ensured that the child understood the information I provided.			
I actively invited the child to ask questions.			
Participation			
I created conditions for the child to be as involved as possible.			
I gave the child the opportunity to decide position during examination or treatment.			
I offered the child the possibility of some form of distraction during the treatment procedure or examination.			



Post-Reflection

Here are some suggested questions you can use to guide the conversation and deepen the reflection:

- Go through the checklist: Which aspects did you check off and not? Discuss why this is and what factors affected the result positively or negatively. What can you learn from this?
- Identify strengths and challenges: Which aspect did you find easier, and which were more difficult? What made these aspects harder/easier? Consider what skills, resources, or preparations can facilitate the aspects you found more challenging.
- Share strategies and tools: What strategies or tools do you have access to for creating a safe and positive interaction for the child? Discuss and share your most valuable experience, tips and tricks that you find have worked well in practice.
- Reflect on opportunities to develop: Are there new methods or approaches you would like to try to improve your interaction and the child's experience? What can you add to our toolbox?
- Share your best learnings and ideas with each other!

By using these questions, you can create a deeper and more constructive discussion. A possibility to learn and improve!

