A PAMs assessment covers:

- Child care and development
- Behaviour management
- Independent living skills
- Safety and hygiene
- Parents' health
- Relationships and support
- The impact of the environment and community on parenting

By looking at all these different areas we will get a good idea and evidence of how your family functions and the quality of your parenting.

A PAMs will be for time limited session over a number of weeks, during which time you will complete a parenting workbook and activities, e.g. cooking a meal.

You will be asked about your understanding of parenting. The person working with you on the PAMs, may offer advice during these sessions and look at your response to that advice.

When a PAMs is completed, you will be given a copy and the report will be shared with agencies working with you. A PAMs may be positive, negative or a mixture of both.

A PAMs might take place in your home, at a child and family centre or out in the community. PAMs is for all parents, including those with a learning disability.

An individual support plan will be developed highlighting areas of good parenting and identifying areas for improvement.

PAMs is a licensed tool that might be suggested if you are working with Children's Services.

It recognises that no two families are the same and there is no single 'correct' way to bring up a child.