

Phrase Translation Bank v1.2

Early-Years Record Language · Constitutional alignment edition · 25 September 2026

Version note

This is the constitutional alignment edition. It preserves the full v1.1 phrase bank as a dated working source and adds the governing September 2026 standard before it. The retained pages remain visibly labelled v1.1 so the development history is not silently rewritten.

How to read the retained bank

Use each phrase entry as a prompt for more disciplined description, not as a replacement sentence to paste automatically. The bank does not prohibit professional language, remove judgement or require every note to become an essay.

The governing distinction

What occurred belongs to the field. Observation is an observer's account of what they perceived. Interpretation is the meaning attributed to what was perceived or otherwise known.

Say what you saw. Then make your interpretation visible. Then make the reasoning connecting them answerable.

When you did not witness the event

Name what you actually received: somebody else's observation, a verbal account, a record, an interpretation, a recommendation or institutional history. Preserve the source and do not silently turn received information into direct observation.

The next observer

Before wording leaves your hands, ask what you added, what you removed and what the next person will believe they received. Selection continues through summary, transfer, review and decision.

Four checks for every phrase

1. Source and observation

Who perceived what, and what exactly was described? If the phrase compresses behaviour into a conclusion, restore the observation or make the source explicit.

2. Interpretation and reasoning

What meaning is being added? What context, alternatives and uncertainty remain? Concern may be serious without being written as though it was directly observed.

3. Selection and parity

What was included, excluded or materially changed? Would the same evidential standard be required if the information pointed in the opposite direction? Parity concerns discipline, not equal weight.

4. Later use and correction

Could the phrase become a pattern claim, recommendation or decision support? Repetition does not independently corroborate it. An action does not prove it. If corrected, identify where the correction must travel.

Specialist terms

Fieldnotes uses capacity to discuss conditions affecting thought, communication, reflection, access to support and responsible action. It is not, by itself, a legal or clinical capacity finding. Fieldnotes uses responsibility to examine agency, duty, repair, support and system contribution. It is not, by itself, a finding of liability.

Safety boundary

Do not use language reflection to delay safeguarding, medical, legal, statutory, supervisory, evidence-preservation or emergency action. Act where action protects the child; preserve source, observation and reasoning as far as possible.

Retained v1.1 practice bank

The following pages are the complete v1.1 bank, retained unchanged as the practical phrase source beneath this alignment edition. Where a retained phrase appears to compress reality and observation, or uses earlier wording such as visible reality, apply the governing distinction above.

Phrase Translation Bank v1.1 — Early-Years Record Language

Fieldnotes.scot · Speaking Charlotte's Language

Working public draft

Purpose: To help adults slow down common early-years record phrases before they harden into interpretation, pattern, recommendation, or record-truth.

Version note: this v1.1 update adds a decision-level section on child signal, adult interpretation, parental-capacity language, historic risk, support routes, and high-power conclusion phrases. The original v1 entries remain in place; the new v1.1 entries are added as a dedicated section after entry 35.

Index of terms

The original v1 phrase entries are arranged alphabetically in the main bank. The v1.1 decision-level entries are added as a dedicated section after entry 35.

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| 12. Good bond / no bond | 34. Warm / nurturing |
| 13. Hypervigilant / watchful | 35. Withdrawn |
| 14. Inconsolable | 36. No progress |
| 15. Lacks insight | 37. Ample opportunity |
| 16. Lacks understanding / does not understand child development | 38. Parenting capacity has not improved |
| 17. Needed prompting / required guidance | 39. Chaotic lifestyle |
| 18. Non-compliant with routine / did not follow advice | 40. Refuses help / refuses advice / did not complete support |
| 19. Not engaging / difficult to work with | 41. Negative and aggressive approach |
| 20. Overstimulated | 42. Contact is harmful |
| 21. Overwhelmed | 43. Historic risk remains |
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Unseriously serious warning

This bank has been deliberately stopped at v1 before it tried to become every report-writing course, supervision manual, child-development glossary, cultural-practice guide, hearings-language handbook, social-work dictionary, foster-care log template, and moral philosophy dissertation in Scotland.

That restraint is intentional.

The bank is large enough to show the problem and useful enough to test in practice. It is not meant to solve every phrase in advance. Future additions should come from field feedback, current practice, professional testing, or real report language that shows where further precision is needed.

In other words: the tool has been put down before it started wearing a lanyard and calling itself a framework implementation programme.

Opening position

Very young children are often described in words that appear ordinary, neutral, and professionally familiar. Words such as *settled*, *distressed*, *clingly*, *resistant*, *withdrawn*, *dysregulated*, or *unsettled after contact* can look modest when first written. But in early-years records, familiar shorthand can carry more meaning than it can safely hold.

For babies, toddlers, and preverbal children, language has unusual power. The child cannot correct the wording, explain what was meant, challenge an adult interpretation, or stop a phrase becoming part of a larger pattern. That means adult record language must distinguish what was observed from what was inferred, what happened from what it might mean, and what is known from what remains uncertain.

This bank does not ban common phrases. It slows them down.

The task is not to make records longer, colder, softer, or less practical. The task is to make record language careful enough for the power it may later carry.

Status and use disclaimer

This is a working bank, not official guidance, a fixed dictionary, or a replacement for professional training, supervision, report-writing standards, legal duties, safeguarding procedures, or specialist assessment.

It is not presented as settled terminology. It is offered as a practical testing tool: a way to ask whether familiar shorthand in early-years care records, social work reports, family-time notes, supervision, review papers, and children's-hearing material may be carrying more meaning than it can safely hold.

The examples should be tested against current Scottish early-years practice, infant-voice work, foster care recording, social work methods, hearings language, corporate parenting responsibilities, and local reporting standards.

The author is not claiming authority to decide the correct wording for every professional setting. The purpose is to make the language problem visible, provide a structured first bank for discussion, and invite people already working in the field to test, adapt, correct, improve, or reject entries where necessary.

The aim is not to create a new professional dialect. The aim is to support more careful adult thinking so that records can describe babies, toddlers, and preverbal children with more humanised precision.

Important boundaries

This bank is not official guidance and has not been adopted by any public authority, council, court, panel, professional body, care organisation, or statutory agency.

This is not a list of forbidden words. Many familiar shorthand terms may still be usable where they are properly grounded in observation, context, uncertainty, and professional judgement. The concern is not that a word exists. The concern is what the word is being made to carry.

The example phrases are illustrative only. They should be adapted to the actual child, setting, observation, role, reporting standard, and professional duty.

This bank must never be used to soften, delay, or avoid action where there is concern about harm, neglect, abuse, injury, exploitation, medical risk, unsafe care, or immediate safety. Where action is required, action comes first.

The examples do not diagnose a child, assess attachment, determine trauma, decide parental capacity, set contact recommendations, assess risk, or replace specialist assessment, supervision, legal advice, clinical judgement, or statutory decision-making.

Where AI is used to test wording, do not paste identifiable child, family, carer, professional, or case material into an AI tool unless there is a clear, lawful, professional basis for doing so. The safer use is to test the structure of the wording problem, not to upload identifiable records.

The work is informed by lived concern and public ethical reflection, but this bank is offered as a practice-facing language tool rather than as a case submission, complaint route, or attempt to influence any individual decision.

Field-testing priorities and likely gaps

This first bank is strongest where records describe visible child state, adult interpretation, family time, contact transitions, and ordinary shorthand about parents, carers, and preverbal children. It should now be tested against current Scottish practice to identify what it has missed.

Several areas need particular attention in later versions:

Cultural, linguistic, and family-practice differences. Some wording may misread difference as concern. A parent or carer may not be refusing, failing, or being unresponsive; they may be working from a different language, family routine, cultural expectation, or care practice. Humanised precision should ask what was actually communicated, what was understood, and whether the adult system has mistaken difference for deficit.

Medicalised or clinical-lite shorthand. Phrases such as *developmentally delayed*, *sensory seeking*, *low tone*, *trauma response*, or *attachment presentation* can become record-truth before appropriate assessment has occurred. Where there is a health or developmental concern, it should be named carefully and routed properly, but ordinary record language should not pretend to diagnose.

The invisible child in group settings. Nursery, early-years, and group observations often use positive shorthand such as *played well*, *joined in*, *enjoyed the session*, or *settled with peers*. These may hide the child's actual experience. A more careful record should show what the child did, who they moved towards, what they explored, how they handled sharing, noise, proximity, frustration, curiosity, or adult support.

Digital systems and checkbox language. Some records are shaped by forms, drop-down menus, status categories, or limited text boxes. Humanised precision may require using the free-text section to un-collapse whatever the required category cannot show. Where the system forces shorthand, the note should restore observation, context, uncertainty, and child visibility where possible.

Joy, curiosity, humour, and agency. A child is not only a site of distress, regulation, risk, and support need. Humanised precision must also describe delight, curiosity, playfulness, preference, discovery, humour, initiative, and ordinary becoming. Positive shorthand can also be too thin. The child should be visible not only when something is wrong.

Professional disagreement and source clarity. Different adults may read the same behaviour differently. A careful record should avoid making one interpretation silently swallow the others. Where appropriate, it should mark who observed what, in what setting, and whether different professionals, carers, or family members interpreted the same signal differently.

Moral atmosphere and interpretive pressure

Children and families are not interpreted in a vacuum. They are interpreted inside moral atmospheres: anxiety, shame, suspicion, fear of blame, professional caution, institutional pressure, family history, class judgement, cultural assumptions, stigma, risk sensitivity, and the emotional residue of previous concerns.

Humanised precision does not pretend those atmospheres are absent. It asks adults to notice when atmosphere may be shaping interpretation.

A phrase may look neutral while carrying a moral charge. *Defensive, resistant, attention-seeking, difficult, inconsistent, unsettled after contact, or lacks insight* can all carry more atmosphere than observation. The task is not to remove concern, but to separate concern from verdict.

The record should ask:

- What was seen?
- What was inferred?
- What concern was already present?
- What moral tone has entered the wording?
- What alternative explanations remain possible?
- What action is required, and what meaning is not yet settled?

This matters because moral atmosphere can make weak language feel stronger than it is. Humanised precision slows that process down.

Joy, agency, and the child who is more than a concern

A child should not only become visible in the record when there is a concern.

Early-years records often become most detailed when something is wrong: distress, risk, transition difficulty, feeding concern, sleep disruption, contact upset, regulation difficulty, or adult worry. But a preverbal child is also becoming through delight, curiosity, recognition, humour, anticipation, exploration, preference, imitation, rhythm, social attention, and shared joy.

Those details are not decorative. They are developmental evidence. They show what draws the child outward, what the child recognises, what they return to, what they enjoy, how they explore the world, and how they participate before speech.

Positive shorthand can also collapse the child.

Too thin:

The child enjoyed Bookbug.

More careful:

The child turned towards the adult when the familiar song began, smiled during the repeated rhythm, shook the instrument when the adult paused, and looked back towards the adult as if sharing the moment.

Too thin:

The child played well at group.

More careful:

The child sat beside two other children at the sand tray, watched one child scoop sand, copied the movement, and smiled when the other child passed her the spade.

The record should carry the child's life, not only the system's concerns. Humanised precision should make joy, agency, curiosity, and ordinary becoming visible too.

Dropdowns, checkboxes, and administrative flattening

Some systems force adults to choose from dropdowns, checkboxes, status labels, traffic-light ratings, or short category fields. These may be necessary for administration, audit, planning, or retrieval. But they are not the child.

A dropdown can record that a child was *settled*, *unsettled*, *seen*, *safe*, *engaged*, *no concern*, or *concern noted*. It cannot, by itself, show what the child did, what changed, what support was offered, what the adult inferred, or what remains uncertain.

The risk is that the administrative field becomes mistaken for the description.

Where a system forces shorthand, humanised precision should restore the child in the free-text space wherever possible.

Dropdown/category:

Settled.

Free-text restoration:

The child was quiet after arrival, stayed close to the carer for several minutes, then moved towards the toy basket and accepted a toy when offered. She looked back towards the carer twice before beginning to play.

Dropdown/category:

Contact unsettled.

Free-text restoration:

The child became upset during the transition at the end of family time. The record should distinguish the quality of the session itself from distress during handover, separation, travel, tiredness, or routine disruption.

A checkbox may be required. It should not be allowed to become the whole child.

How to use this bank

For each phrase, ask:

1. What was directly observed?
2. What happened before and after?
3. Who interpreted the behaviour, and from what position?
4. What else might explain the child's signal or state?
5. Has the phrase become too certain, too moralised, too thin, or too adult-centred?
6. What wording would keep the child visible without pretending to know more than was observed?
7. Is any immediate safeguarding, medical, legal, or professional action required?

Safety boundary

This bank must never be used to minimise risk or delay necessary action. Where there is immediate concern about a child's safety, health, care, neglect, injury, coercion, exploitation, abuse, legal duty, medical risk, or urgent uncertainty, action comes before reflection.

Safeguarding before theory.

Reflect where reflection protects the child. Act where action protects the child. Do not confuse the two.

Adult and carer response language

The same care is needed when writing about adults. Parents, foster carers, kinship carers, and professionals should not be reduced to moral shorthand either. The focus should be on how adults read, respond to, and support the child's signals.

This does not mean avoiding concern. It means making concern more accurate.

Cultural, family-practice, and professional-preference differences

Some record language does not only describe the child. It also describes whether an adult fitted the expectations of the professional observing them. That can be necessary where safety, care, or child need is affected. But it can also become unfair where professional preference, local habit, cultural assumption, or one worker's view is recorded as if it were settled best practice.

Humanised precision should distinguish:

- a safety concern;
- a child-development concern;
- a professional recommendation;
- a cultural or family-practice difference;
- a difference of style;
- a worker preference;
- and a repeated pattern that genuinely affects the child.

The more power the record may carry, the more important this distinction becomes.

Professional hierarchy, authority distance, and second-order interpretation

Some early-years records are not shaped only by the adult who directly saw the child. They may be shaped later by a senior worker, manager, reviewer, panel reader, or report author who was not present for the interaction. That can be necessary where supervision, oversight, and accountability are required. But it becomes risky when a senior conclusion gains more authority than the direct observation it is based on.

Humanised precision should distinguish:

- what was directly observed;
- who observed it;
- who interpreted it;
- who summarised it;
- who gave it authority;
- whether the final judgement is grounded in direct child-parent observation;
- and whether social status, education, professional confidence, class, communication style, or institutional familiarity is affecting how parental capacity is being read.

A parent should not be treated as less entitled to parent because they lack professional vocabulary, academic confidence, social status, or institutional ease. Most parents are not academically trained in child development, report language, attachment theory, or social-work systems. That is not, by itself, evidence of poor care.

The question is not whether the parent can speak the system's language. The question is whether the child is safe, seen, responded to, and supported in real interaction.

1. Accepted advice / did not accept advice

Why the phrase can collapse meaning

Accepted advice and *did not accept advice* can sound straightforward, but they often hide what kind of advice was given, whether it was clearly explained, whether it was consistent with previous advice, whether it was grounded in child need or worker preference, and whether the adult had a fair chance to test it in practice.

Sometimes not accepting advice is a serious concern, especially where safety, health, care, or the child's distress is affected. But sometimes the phrase can become a compliance test: the adult is judged not by whether the child was safe, seen, and responded to, but by whether they accepted the professional framing immediately and without question.

The risk is that disagreement, confusion, cultural difference, ordinary parental judgement, or resistance to inconsistent advice is recorded as lack of capacity.

What may actually have been observed

- The adult listened to advice and applied it.
- The adult questioned the advice.
- The adult appeared unsure what was expected.
- The adult followed different advice given by another worker.
- The adult accepted the advice verbally but struggled to apply it during the interaction.
- The adult disagreed with advice because their own experience of the child differed.
- The child responded positively or negatively to the advised approach.

Questions before recording it

- What advice was given, exactly?
- Was it about safety, health, development, routine, contact rules, or worker preference?
- Was the reason for the advice explained clearly?
- Was the advice consistent with previous advice?
- Did the adult understand it?
- Did the adult apply it?
- How did the child respond?
- Was the adult refusing necessary guidance, or questioning something that needed clarification?
- Is "accepting advice" being used as a test of compliance rather than a test of child-centred care?

More careful wording options

Too thin:

The parent did not accept advice.

More careful:

The parent questioned the advice to wait before picking the child up when she cried. They said the child usually settles when lifted and held. During this session, the child became calmer after being picked up. The record should distinguish the worker's advice, the parent's reasoning, and the child's observed response.

More careful where concern remains:

The parent was advised to stop feeding when the baby began coughing. They continued feeding despite

the advice. The safety reason for the advice should be clearly explained again, and any ongoing concern should be discussed with the appropriate professional.

More careful where advice was applied:

The parent was prompted to slow the pace of play when the child turned away. They paused, lowered their voice, and the child returned to the toy after a short period. The record should note that the parent used the advice in the moment.

More careful where advice is inconsistent:

The parent appeared confused by different advice from different workers about when to comfort the child. An agreed approach should be clarified so future records can assess the parent's response to the child rather than their ability to navigate inconsistent professional expectations.

2. Avoidant eye contact

Why the phrase can collapse meaning

Avoidant can sound like a settled relational conclusion. A baby or toddler may look away for many reasons: tiredness, sensory load, uncertainty, shyness, developmental stage, fear, distraction, or an attempt to regulate intensity.

The risk is that looking away becomes interpreted as rejection, attachment difficulty, or relationship evidence too quickly.

What may actually have been observed

- Looking away when an adult moved close.
- Turning head away during face-to-face interaction.
- Looking towards toys, door, floor, or another adult.
- Brief eye contact followed by turning away.
- More eye contact after the adult softened voice, slowed approach, or gave space.

Questions before recording it

- When did the child look away?
- How close was the adult?
- Was the interaction intense, noisy, unfamiliar, or prolonged?
- Did the child look back later?
- Did the child respond in other ways, such as reaching, vocalising, relaxing, or moving closer?
- Is the word *avoidant* stronger than the observation supports?

More careful wording options

Too thin:

The child was avoidant of eye contact.

More careful:

The child looked away when the adult moved close and spoke directly to her. She later looked towards the adult when the adult sat back and used a quieter voice.

More careful with uncertainty:

The child's reduced eye contact may have reflected tiredness, uncertainty, sensory load, or a need for more space. This should not be recorded as a settled relationship conclusion from this observation alone.

3. Bonded / not bonded

Why the phrase can collapse meaning

Bonded and *not bonded* are high-power phrases. They can heavily shape how relationships are understood, supported, restricted, or dismissed. Used casually, they can convert limited observation into a serious conclusion about attachment, relationship, or permanence.

The risk is that a complex relationship is reduced to a verdict.

What may actually have been observed

- The child looked towards or away from the adult.
- The child sought comfort or did not seek comfort.
- The child calmed with one adult more than another.
- The child smiled, reached, cried, froze, avoided, or became quiet.
- The adult responded sensitively, inconsistently, intrusively, warmly, or anxiously.
- The child's response changed over time or across settings.

Questions before recording it

- Who is making the claim?
- On what observations?
- Across how many contexts?
- Is this a direct relationship conclusion or a description of observed interaction?
- Has enough positive material been recorded?
- Is the phrase being used to strengthen a preferred plan?
- Should this be treated as a specialist assessment question rather than casual record language?

More careful wording options

Too thin:

The child is bonded with the carer.

More careful:

The child looked towards the carer when upset, reached to be picked up, and became calmer when the carer held her.

Too thin:

The child is not bonded with the parent.

More careful:

During this session, the child did not seek physical comfort from the parent and looked towards the supervising adult several times. This should be recorded as an observation from this session, not as a settled conclusion about the relationship.

Boundary wording:

Any conclusion about attachment or bonding should be made cautiously, across sufficient observations, and with appropriate professional assessment. Ordinary record language should not overstate what one moment can show.

4. Calm

Why the phrase can collapse meaning

Calm can be useful, but it can also confuse outward stillness with internal comfort. A baby or toddler may look calm while tired, watchful, shut down, unsure, or simply not currently distressed.

The risk is similar to *settled*: quiet presentation becomes proof of wellbeing.

What may actually have been observed

- Slow breathing.
- Relaxed posture.
- Playing or resting.
- Accepting comfort.
- Reduced crying.
- Looking around without visible distress.
- Sitting quietly.

Questions before recording it

- What signs showed calmness?
- Was the child engaged, relaxed, and responsive, or simply quiet?
- Was calmness sustained?
- What had happened before?
- Did the child recover after support?

More careful wording options

Too thin:

The child was calm.

More careful:

The child stopped crying, relaxed her body while being held, and later looked towards the toys.

More careful with caution:

The child was quiet and did not show visible distress. The record should not assume from quietness alone that she was comfortable or unaffected.

5. Clingy

Why the phrase can collapse meaning

Clingy often turns comfort-seeking into a negative trait. For babies and toddlers, seeking closeness is not automatically a problem. It may be a developmentally ordinary signal of tiredness, uncertainty, fear, need for co-regulation, familiarity, or relational orientation.

The risk is that the child is written as demanding or over-attached when the observation may simply show a need for reassurance.

What may actually have been observed

- Reaching towards an adult.
- Crying when an adult moved away.
- Wanting to be held.
- Staying close to a familiar adult.

- Looking for the adult after a transition.
- Becoming calmer when held or spoken to.

Questions before recording it

- What did the child actually do?
- Was the adult familiar or unfamiliar?
- Had there been a transition, separation, handover, tiredness, or overstimulation?
- Did closeness help the child regulate?
- Is the wording treating a need for comfort as a fault?

More careful wording options

Too thin:

The child was clingy.

More careful:

The child sought closeness with the familiar adult, reached towards them, and became upset when they moved away.

More careful with interpretation held open:

The child appeared to need reassurance from the familiar adult during this transition. She became calmer when held. This should be recorded as comfort-seeking rather than as a fault in the child.

6. Coping well

Why the phrase can collapse meaning

Coping well can hide pressure. An adult who does not complain may still be under strain. A carer or parent may appear calm while suppressing difficulty because they fear judgement, loss of trust, or consequences.

The risk is that the system mistakes silence for capacity.

What may actually have been observed

- The adult completed routines.
- The adult did not ask for help.
- The adult gave positive accounts only.
- The adult remained calm during a visit.
- The adult reported difficulty honestly and accepted support.
- The adult's stress affected responsiveness to the child.

Questions before recording it

- What shows coping?
- Is the adult able to be honest about difficulty?
- What support is available?
- Is the child's need still being met under pressure?
- Is the phrase being used to avoid asking about load?

More careful wording options

Too thin:

The carer is coping well.

More careful:

The carer is maintaining the child's routines and responded calmly during the visit. They also described tiredness and asked for advice about settling at night.

More careful with support visible:

The adult appears to be managing current routines, but the level of sleep disruption is placing pressure on their capacity. Support should be considered before this affects responsiveness to the child.

7. Defensive

Why the phrase can collapse meaning

Defensive is often used as a moral shortcut. It may mean the adult disagreed, felt accused, feared consequences, misunderstood the concern, was ashamed, or struggled to stay regulated during professional challenge.

The risk is that the adult's reaction to the system is recorded as a character flaw, while the actual issue needing discussion becomes less clear.

What may actually have been observed

- The adult disagreed with a concern.
- The adult gave explanations quickly.
- The adult raised their voice.
- The adult avoided a topic.
- The adult became upset or shut down.
- The adult later engaged after the concern was explained differently.

Questions before recording it

- What did the adult actually say or do?
- What concern was being discussed?
- Was the adult refusing to consider the issue, or reacting to how it was raised?
- Did they become more able to reflect later?
- Is the word *defensive* replacing a clearer description?

More careful wording options

Too thin:

The parent was defensive.

More careful:

When the concern was raised, the parent responded quickly with explanations and appeared upset. After the concern was restated more clearly, they were able to discuss what support might help.

More careful where concern remains:

The parent did not appear able at that point to consider the concern being raised. This should be recorded alongside the context of the discussion, what was said, and whether further support or supervision is needed.

8. Distressed

Why the phrase can collapse meaning

Distressed may be accurate, but it is often incomplete. It can name the visible state while hiding the sequence that matters: what happened before, what the child did, what support was offered, how long distress lasted, what helped, and what adults inferred.

The risk is that distress becomes treated as evidence of cause before the cause has been established.

What may actually have been observed

- Crying.
- Screaming.
- Stiffening.
- Reaching out.
- Turning away.
- Seeking closeness.
- Pushing away an object or adult.
- Difficulty recovering after transition.
- Change in breathing, posture, attention, or movement.

Questions before recording it

- What visible signs showed distress?
- What happened immediately before?
- Was the distress during contact, separation, handover, travel, tiredness, hunger, noise, or another transition?
- How did the adult respond?
- What helped the child recover?
- How long did it last?
- Is the record assigning cause too quickly?

More careful wording options

Too thin:

The child was distressed.

More careful:

The child cried loudly, reached towards the adult, and took around ten minutes to become calmer after being held quietly.

More careful with context:

The child became upset when the session ended and cried during the transition from the room. It is not clear from this observation alone whether the distress related to separation, tiredness, handover, routine disruption, or another factor.

More careful with action:

The child showed visible distress and took time to recover. This should be discussed in supervision so that future transitions can be planned with more support.

9. Disturbed sleep / poor sleeper

Why the phrase can collapse meaning

Poor sleeper can make disrupted sleep sound like a child trait. Sleep may be affected by stress, routine change, hunger, discomfort, illness, sensory environment, separation, nightmares, developmental stage, or lack of felt safety.

The risk is that sleep disruption is treated as a behaviour problem rather than a signal requiring context.

What may actually have been observed

- Waking frequently.
- Difficulty falling asleep.
- Crying during the night.
- Needing adult presence to settle.
- Sleeping better after routine, comfort, or environmental changes.
- Changes in sleep after contact, transition, illness, or placement movement.

Questions before recording it

- What was the sleep pattern?
- What changed recently?
- What helped the child settle?
- Was there pain, illness, hunger, fear, separation, or routine disruption?
- Is the phrase treating sleep difficulty as a fixed trait?

More careful wording options

Too thin:

The child is a poor sleeper.

More careful:

The child woke three times during the night and cried until the carer sat beside the cot and spoke quietly.

More careful with context:

Sleep was more disrupted after the change in routine. The record should keep open whether this relates to transition, tiredness, illness, separation, or another factor.

10. Dysregulated

Why the phrase can collapse meaning

Dysregulated can be clinically or developmentally useful, but it can also become cold shorthand. It may describe a child as a state-management problem rather than as a baby or toddler struggling under particular conditions.

The risk is that technical language hides the child's actual experience and the support that helped or did not help.

What may actually have been observed

- Crying for a sustained period.
- Difficulty calming.
- Stiffening, arching, flailing, pushing away.
- Rapid shifts in state.

- Difficulty returning to play or rest.
- Becoming calmer with holding, rocking, reduced noise, familiar voice, food, sleep, or space.

Questions before recording it

- What signs showed difficulty regulating?
- What happened before?
- Was the child tired, hungry, frightened, overloaded, unwell, or transitioning?
- What support was offered?
- Did the adult response help or intensify the distress?
- Is the phrase being used without enough human description?

More careful wording options

Too thin:

The child was dysregulated.

More careful:

The child was struggling to recover after becoming upset. She cried loudly, stiffened her body, and pushed away the toy offered.

More careful with support:

The child returned to play only after being held quietly by a familiar adult. The record should include what happened before this, what support was offered, and what helped her settle.

11. Fretful / difficult

Why the phrase can collapse meaning

Fretful may describe visible unsettledness, but *difficult* moves quickly into judgement. A baby or toddler who cries, squirms, rejects food, resists sleep, or needs repeated comfort is not being difficult in the adult sense. They are showing that something in their body, environment, relationship, or state requires attention.

The risk is that the adult system records the child as the problem rather than asking what the child is signalling.

What may actually have been observed

- Repeated crying or whimpering.
- Difficulty settling.
- Squirming, arching, or stiffening.
- Rejecting food, sleep, touch, or a toy.
- Seeking comfort repeatedly.
- Becoming calmer only after a specific form of support.

Questions before recording it

- What exactly did the child do?
- What was happening around the child?
- Could the child be hungry, tired, sore, ill, overstimulated, under-stimulated, uncertain, or needing co-regulation?
- What support was tried?
- What helped, even briefly?
- Is the phrase carrying adult frustration?

More careful wording options

Too thin:

The baby was difficult today.

More careful:

The baby cried repeatedly during the morning, pushed away the bottle twice, and became calmer when held in a quieter room.

More careful with uncertainty:

The baby appeared unsettled and difficult to soothe. Possible factors include tiredness, feeding discomfort, noise in the room, or a need for closer co-regulation. This should be observed further rather than treated as a trait.

12. Good bond / no bond

Why the phrase can collapse meaning

Good bond and *no bond* are high-power phrases. They can influence contact, care planning, permanence, and how relationships are valued. Used casually, they turn complex interaction into a verdict.

The risk is that the adult-child relationship is described as a conclusion without showing the observations beneath it.

What may actually have been observed

- The child sought or accepted comfort from the adult.
- The child looked towards the adult.
- The child smiled, reached, cried, froze, avoided, or relaxed.
- The adult noticed and responded to the child's cues.
- The adult missed, misread, or responded inconsistently to signals.
- The interaction changed over time.

Questions before recording it

- What did the child do?
- What did the adult do?
- How did the child respond to the adult's response?
- Has enough positive and difficult material been recorded?
- Is this a specialist assessment conclusion or an ordinary observation?
- Is the phrase being used to support a preferred plan too quickly?

More careful wording options

Too thin:

There is a good bond.

More careful:

The child looked towards the adult when upset, reached to be picked up, and became calmer when the adult held her and spoke quietly.

Too thin:

There is no bond.

More careful:

During this session, the child did not seek comfort from the adult and looked towards the supervising

adult several times. This should be recorded as an observation from this session, not as a settled conclusion about the relationship.

13. Hypervigilant / watchful

Why the phrase can collapse meaning

Hypervigilant may be clinically meaningful, but it can be overused. A child who watches the room, startles, or tracks adult movement may be showing concern, curiosity, uncertainty, unfamiliarity, or threat-detection. The word can become too clinical unless tied to what was actually seen.

The risk is that a technical term replaces visible description.

What may actually have been observed

- Frequent scanning of the room.
- Startling at noise or movement.
- Watching adults closely.
- Difficulty returning to play.
- Freezing or becoming still when someone entered.
- Becoming calmer when held, reassured, or moved to a quieter space.

Questions before recording it

- What did the child look at or track?
- Did scanning interrupt play, feeding, rest, or interaction?
- What changed in the room before the child became watchful?
- Did the child recover when supported?
- Is *hypervigilant* necessary, or would *watchful and easily startled* be more accurate?

More careful wording options

Too thin:

The child was hypervigilant.

More careful:

The child watched the adults closely, startled when the door opened, and did not return to play until the room became quieter.

More careful with interpretation marked:

The child appeared watchful and easily startled during this period. This may suggest she was finding the environment difficult to read or manage, but the record should remain tied to the observed signs.

14. Inconsolable

Why the phrase can collapse meaning

Inconsolable can make the child's distress sound unreachable or final. It may be accurate in ordinary speech, but records should show what was tried, for how long, what changed, and whether the child needed a different kind of support or urgent attention.

The risk is that the word becomes a dead end instead of a prompt to examine state, context, support, and possible health or safety concerns.

What may actually have been observed

- Sustained crying.
- Difficulty calming after repeated comfort attempts.
- Arching, stiffening, or pushing away.
- No response to usual soothing.
- Brief calming followed by renewed distress.
- Signs of pain, illness, hunger, tiredness, fear, or overload.

Questions before recording it

- How long did the distress last?
- What comfort was offered?
- Did anything help, even briefly?
- Were there signs of pain, injury, illness, hunger, tiredness, or fear?
- Was medical or safeguarding advice needed?
- Is *inconsolable* being used without enough detail?

More careful wording options

Too thin:

The baby was inconsolable.

More careful:

The baby cried for around twenty minutes. Holding, rocking, and offering a bottle did not settle her. She briefly became quieter when moved to a darker room but began crying again.

More careful with action boundary:

Because the baby's distress continued despite usual soothing, staff should consider whether health advice, additional observation, or supervisory discussion is needed.

15. Lacks insight

Why the phrase can collapse meaning

Lacks insight is a high-power administrative phrase. It can influence assessment, risk, contact, and permanence. It often hides what the adult does or does not understand, what they can or cannot apply, and whether shame, fear, learning difficulty, trauma, language, or distrust is affecting the discussion.

The risk is that a complex support or understanding issue becomes a blunt verdict.

What may actually have been observed

- The adult did not recognise a child cue.
- The adult gave a different explanation for the child's distress.
- The adult repeated a behaviour after advice.
- The adult understood the concern in conversation but struggled to apply it in the moment.
- The adult became more reflective when supported.

Questions before recording it

- Insight into what, exactly?
- Did the adult understand the concern intellectually?
- Could they apply it while stressed?
- What support or explanation was offered?

- Is shame, fear, cognitive load, communication, or distrust affecting the response?
- What change would show improved understanding?

More careful wording options

Too thin:

The parent lacks insight.

More careful:

The parent did not appear to recognise that the baby's crying increased when the room became louder. They interpreted the crying as rejection of them personally.

More careful with support route:

The parent may need support to separate the baby's distress signals from their own feelings of rejection or failure. This should be explored in supervision or parenting support rather than recorded only as lack of insight.

16. Lacks understanding / does not understand child development

Why the phrase can collapse meaning

A parent may not use professional or academic language about development. That does not automatically mean they do not understand their child. Many parents understand through rhythm, familiarity, touch, routine, timing, humour, food, sleep, comfort, and ordinary responsiveness rather than through formal vocabulary.

The risk is that professional language becomes a gatekeeping test for parental legitimacy.

What may actually have been observed

- The parent could not explain a developmental concept in professional terms.
- The parent used ordinary language rather than assessment language.
- The parent responded appropriately in practice but struggled to describe why.
- The parent misunderstood a professional concern.
- The parent needed clearer explanation or modelling.
- The parent dismissed or did not apply important advice.

Questions before recording it

- Does the parent lack understanding, or lack professional vocabulary?
- Did the parent respond to the child's actual signal?
- Can the parent learn through modelling, demonstration, or plain explanation?
- Is the concern about knowledge, application, safety, or communication style?
- Is academic confidence being mistaken for care capacity?
- What would show improved understanding in practice?

More careful wording options

Too thin:

The parent lacks understanding of child development.

More careful:

The parent did not use developmental language to explain the child's tiredness, but did notice the child rubbing her eyes and reduced the pace of play.

More careful where support is needed:

The parent appeared unsure why the child became upset when the room became noisy. They may benefit from support to recognise signs of sensory overload and tiredness.

More careful where concern remains:

The parent was given advice about the child's need for slower transitions but did not apply this during the session. The record should state what advice was given, how the parent responded, and what further support or assessment is needed.

17. Needed prompting / required guidance

Why the phrase can collapse meaning

Needed prompting or required guidance may be accurate, but it can also hide the type of support given and whether the adult used it. It can make the adult sound incapable when the reality may be uncertainty, inconsistent instruction, anxiety under observation, unfamiliar routine, or a need for clearer explanation.

The risk is that support offered in a supervised or artificial setting becomes recorded as evidence of poor capacity without enough context.

What may actually have been observed

- The adult paused and looked to the supervisor.
- The adult asked what to do.
- The adult followed a prompt successfully.
- The adult needed repeated reminders about the same issue.
- The adult responded differently once the child's cue was explained.
- The adult became less confident because multiple adults gave different advice.

Questions before recording it

- What prompt was given?
- Why was it needed?
- Did the adult understand and apply it?
- Was the prompt about safety, routine, developmental sensitivity, or worker preference?
- Was the setting unusually pressured or observed?
- Did different supervisors give different advice?
- Is the record treating ordinary learning as failure?

More careful wording options

Too thin:

The parent needed prompting throughout.

More careful:

The parent needed two prompts during the session: once to slow the pace of play when the child turned away, and once to check the child's nappy after she became unsettled. The parent followed both prompts.

More careful with context:

The parent appeared uncertain about the expected routine and looked to the supervisor before feeding. Once the routine was explained, they fed the child safely and responded when she turned away.

More careful where concern remains:

The parent required repeated prompts to notice the child turning away and becoming upset. This may

indicate a need for further support in reading the child's signals, and should be discussed in supervision rather than recorded only as a failure.

18. Non-compliant with routine / did not follow advice

Why the phrase can collapse meaning

Non-compliant or *did not follow advice* can make an adult sound careless, resistant, or unwilling to learn. Sometimes that may be a serious issue. But sometimes the adult may be following a different family routine, cultural practice, care habit, or understanding of the child's needs. They may also have received inconsistent advice from different professionals.

The risk is that difference becomes recorded as failure.

What may actually have been observed

- The adult fed, held, soothed, played, or settled the child differently from the suggested method.
- The adult questioned the advice given.
- The adult followed one worker's previous advice rather than another worker's current advice.
- The adult used a home routine that differed from the contact setting or placement routine.
- The child responded positively, negatively, or differently to the adult's approach.

Questions before recording it

- Was the advice about safety, development, routine, preference, or professional style?
- Was the adult clearly told why the advice mattered?
- Had they received different advice from someone else?
- Did the adult's approach affect the child's safety, comfort, regulation, feeding, sleep, or distress?
- Is this a cultural, family-practice, or personal-style difference rather than a care concern?
- Is the word *non-compliant* stronger than the observation supports?

More careful wording options

Too thin:

The parent was non-compliant with advice.

More careful:

The parent did not follow the suggested settling approach during this session. They said they usually settle the child by walking with her rather than sitting still. The child became calmer after being walked for several minutes.

More careful where concern remains:

The parent did not follow the advice to pause feeding when the baby began coughing. The reason for the advice should be explained clearly again, and any ongoing feeding or safety concern should be discussed with the appropriate professional.

More careful where advice has differed:

The parent appeared to have received different advice from different adults about how to manage the routine. The record should clarify what advice was given, by whom, and whether there is an agreed approach.

19. Not engaging / difficult to work with

Why the phrase can collapse meaning

Not engaging or *difficult to work with* can become a judgement on a parent's attitude. Sometimes a parent may genuinely avoid necessary work. But sometimes the adult is frightened, ashamed, overwhelmed, distrustful, confused by inconsistent advice, or responding to a system that has already made them feel judged.

The risk is that institutional discomfort with a parent's communication style becomes recorded as lack of care or lack of commitment.

What may actually have been observed

- The parent missed meetings, avoided calls, or did not respond.
- The parent attended but said little.
- The parent challenged professional views.
- The parent became upset, angry, or shut down.
- The parent engaged better with one worker than another.
- The parent responded when information was given clearly and respectfully.

Questions before recording it

- What does engagement mean in this context?
- Did the parent understand what was being asked of them?
- Were expectations clear and consistent?
- Has the parent's distrust or fear been acknowledged without excusing harm?
- Are they avoiding responsibility, or struggling with the conditions of engagement?
- What support, communication adjustment, or advocacy would make engagement more possible?

More careful wording options

Too thin:

The parent is difficult to engage.

More careful:

The parent attended the meeting but spoke very little after concerns were raised. They later responded by email and asked for the expectations to be clarified.

More careful with conditions:

The parent engaged more fully when the concern was explained in plain language and when the discussion focused on what the child needed rather than on general criticism of the parent.

More careful where concern remains:

The parent has missed two planned meetings and has not responded to recent calls. The impact on planning for the child should be recorded, while also clarifying whether there are barriers to communication or support needs.

20. Overstimulated

Why the phrase can collapse meaning

Overstimulated can be useful, but it is often used as a conclusion without showing what stimulation was present or how the child responded. It may also be used to explain distress after contact, family time, handover, or a busy setting without considering other possible meanings.

The risk is that a complex child response is reduced to a convenient environmental explanation.

What may actually have been observed

- Crying or agitation after a busy period.
- Turning away from sound, light, or touch.
- Difficulty settling.
- Increased movement.
- Reduced tolerance for handling.
- Rubbing eyes, arching, pushing away, or seeking quiet.
- Becoming calmer in a quieter environment.

Questions before recording it

- What stimulation was present?
- Noise, light, people, handling, travel, transition, tiredness, hunger, emotional intensity?
- What signs suggested overload?
- What else might explain the child's state?
- What helped the child recover?
- Is the phrase being used to avoid discussing separation, contact, uncertainty, or adult discomfort?

More careful wording options

Too thin:

The child was overstimulated.

More careful:

After the room became busy and noisy, the child cried, turned away from the group, and became calmer when taken to a quieter space.

More careful with uncertainty:

The child struggled to settle after the session. The room had been busy and the transition was quick, so overstimulation may have been one factor. The record should not treat this as the only possible explanation.

21. Overwhelmed

Why the phrase can collapse meaning

Overwhelmed can be true, but vague. It may describe feeling, load, reduced capacity, lack of support, crisis, or temporary stress. It can also become a judgement that the adult is failing.

The risk is that adult strain is moralised instead of understood as a support and capacity issue.

What may actually have been observed

- The adult became tearful, frustrated, quiet, or agitated.
- The adult struggled to respond calmly to the child.
- The adult asked for help.
- The adult missed cues or responded late.
- The adult described exhaustion, fear, confusion, or pressure.

Questions before recording it

- What showed overwhelm?

- What load is the adult carrying?
- Is the child's care affected?
- What support has been offered?
- Is there immediate safety concern?
- Is the wording blaming the adult or identifying what needs to change?

More careful wording options

Too thin:

The parent was overwhelmed.

More careful:

The parent became tearful when the baby continued crying and said they did not know what to try next. With support, they were able to pause, hold the baby safely, and speak more softly.

More careful with action:

The adult's current stress appears to be reducing their ability to read and respond to the child's signals consistently. This should be addressed through supervision/support planning, and any immediate safety concern should be acted on without delay.

22. Parent was appropriate

Why the phrase can collapse meaning

Appropriate is common but thin. It can mean safe, polite, affectionate, boundaried, responsive, compliant with rules, emotionally attuned, or simply not concerning. It often tells the reader very little.

The risk is that an important interaction becomes administratively acceptable but developmentally invisible.

What may actually have been observed

- The parent followed contact expectations.
- The parent responded to the child's cues.
- The parent used safe handling.
- The parent noticed tiredness or distress.
- The parent played, spoke, fed, changed, comforted, or paused appropriately.
- The child responded with interest, calm, avoidance, distress, or mixed signals.

Questions before recording it

- Appropriate in what way?
- Was the parent safe, responsive, affectionate, calm, boundaried, or observant?
- How did the child respond?
- What should be strengthened or supported?
- Is the word hiding positive evidence that should be visible?

More careful wording options

Too thin:

The parent was appropriate throughout contact.

More careful:

The parent followed the contact plan, spoke gently to the child, noticed when she became tired, and paused play so she could be held quietly.

More careful with limits:

The parent was calm and safe in their handling. They noticed some signs of tiredness but needed prompting to slow the pace of play when the child began turning away.

23. Passive

Why the phrase can collapse meaning

Passive can imply temperament, compliance, or lack of interest. In a preverbal child, low activity or low protest may also reflect tiredness, illness, uncertainty, overwhelm, fear, reduced expectation of response, or conservation of energy.

The risk is that adults mistake low outward resistance for acceptance or wellbeing.

What may actually have been observed

- Little movement or vocalising.
- Accepting handling without protest.
- Not reaching for toys or adults.
- Watching without joining.
- Not seeking comfort when upset.
- Becoming more active after rest, food, quiet, or familiar adult contact.

Questions before recording it

- Passive in what situation?
- Was the child relaxed, tired, unwell, watchful, overwhelmed, or shut down?
- Did the child show interest in any way?
- Did adult support change the child's availability?
- Is passivity being read as agreement?

More careful wording options

Too thin:

The child was passive.

More careful:

The child remained still while being changed and did not vocalise or reach towards the adult. Later, after sleep, she reached for a toy and smiled briefly.

More careful with caution:

The child showed low outward response during this period. The record should not treat this as agreement or comfort without further signs.

24. Poor feeder / feeding difficulty

Why the phrase can collapse meaning

Poor feeder can turn a feeding difficulty into a label on the child. Feeding is affected by state, health, comfort, sensory tolerance, timing, adult handling, environment, familiarity, and medical factors.

The risk is that the child is described as the problem while context and possible health needs disappear.

What may actually have been observed

- Turning away from bottle, breast, spoon, or cup.
- Taking only small amounts.
- Coughing, gagging, arching, crying, or falling asleep during feeding.
- Feeding better with a familiar adult or quieter setting.
- Feeding differently at different times of day.

Questions before recording it

- What exactly happened during feeding?
- Was the child hungry, tired, upset, unwell, distracted, or overstimulated?
- Was the pace, position, bottle, food, or environment suitable?
- Is there any health concern requiring professional advice?
- Does the record blame the child or describe the feeding interaction?

More careful wording options

Too thin:

The baby is a poor feeder.

More careful:

The baby took a small amount of milk, turned her head away several times, and became upset when the bottle was offered again.

More careful with context:

The baby fed for longer when held by the familiar adult in a quieter room. Further observation should consider timing, position, tiredness, health, and environmental factors.

Health boundary:

Any ongoing feeding concern should be discussed with the appropriate health professional. Record language should not replace medical advice.

25. Professional advice / worker preference

Why the phrase can collapse meaning

In supervised contact, family-time, foster care, and early-years settings, adults may receive guidance from several professionals. Advice can be helpful and necessary, but different workers may bring different expectations, styles, and opinions. If each opinion is recorded as if it were settled authority, the parent or carer can be made to look inconsistent even when the system itself has been inconsistent.

The risk is that professional disagreement or preference becomes displaced onto the adult being observed.

What may actually have been observed

- Different workers gave different advice about feeding, soothing, play, pacing, holding, or routine.
- The adult changed approach depending on who was supervising.
- The adult appeared anxious about getting the interaction “right.”
- The child responded differently to different approaches.
- There was no clearly agreed plan for how the adult should respond to the child.

Questions before recording it

- Is the advice grounded in safety, child need, developmental evidence, or professional preference?

- Has the advice been consistent across workers?
- Is the adult being judged against an expectation that was never clearly agreed?
- Has the child's actual response been recorded?
- Does the record distinguish worker opinion from agreed plan?

More careful wording options

Too thin:

The parent did not follow staff advice.

More careful:

The parent followed the approach suggested in previous sessions, but today received different advice about how quickly to respond when the child cried. The record should clarify the agreed approach so the parent is not judged against inconsistent expectations.

More careful with child visible:

When the parent picked the child up quickly, the child stopped crying and rested her head on the parent's shoulder. The supervisor later suggested waiting longer before lifting her. The record should distinguish the supervisor's advice from the child's observed response.

More careful where a plan is needed:

There appears to be variation in the advice given to the parent about this routine. An agreed plan would help future observations focus on the child's response rather than on differing worker preferences.

26. Quiet / good baby

Why the phrase can collapse meaning

A baby who is described as *quiet*, *good*, or *no bother* may be genuinely content. But those phrases can also hide reduced signal-sending, tiredness, watchfulness, uncertainty, illness, overwhelm, or a child who has stopped expecting adult response.

The risk is that adults mistake low demand for wellbeing.

What may actually have been observed

- The baby did not cry.
- The baby lay or sat quietly.
- The baby did not seek adult attention.
- The baby watched the room without approaching.
- The baby accepted care without protest.
- The baby showed limited vocalising, reaching, or visible expression.

Questions before recording it

- Was the baby visibly relaxed, or simply quiet?
- Did the baby seek comfort, play, food, eye contact, or adult response?
- Was the baby tired, unwell, overstimulated, or watchful?
- Is the wording praising the child for not needing anything?
- Has the child's low signal-output been noticed as possible information?

More careful wording options

Too thin:

The baby was good and quiet.

More careful:

The baby was quiet during this period and did not cry or seek adult attention. The record should not assume from quietness alone that she was comfortable or settled.

More careful with positive evidence:

The baby was quiet, looked towards the adult several times, accepted a toy, and relaxed her body while being held. These signs may suggest comfort during this period.

More careful with concern held open:

The baby showed limited signal-sending during this period. Staff should continue to observe whether this reflects tiredness, comfort, uncertainty, illness, or reduced expectation of adult response.

27. Resilient

Why the phrase can collapse meaning

Resilient can sound positive, but it may hide unmet need. A child who appears to cope may still require support. In records, resilience can become a reason to expect a child to tolerate disruption, distress, loss, or adult failure without adequate recognition.

The risk is that the child's capacity is overstated and their need is understated.

What may actually have been observed

- The child recovered after distress.
- The child returned to play.
- The child tolerated a transition.
- The child accepted support.
- The child adapted to change.
- The child appeared outwardly unaffected.

Questions before recording it

- What exactly showed recovery or coping?
- What support made that possible?
- Is the child being praised for tolerating something difficult?
- Does the phrase hide the cost to the child?
- Is resilience being used to justify less support?

More careful wording options

Too thin:

The child was resilient.

More careful:

After becoming upset during the transition, the child accepted comfort from the adult and returned to play after around ten minutes.

More careful with support visible:

The child recovered with support. The record should not treat this as evidence that the transition was easy for her or that less support is needed.

28. Resistant

Why the phrase can collapse meaning

Resistant can give a baby or toddler more authorship, intention, or opposition than is developmentally realistic. It can make a child sound deliberately difficult when the observation may show fear, uncertainty, discomfort, sensory overload, tiredness, unfamiliarity, or a need for more time.

The risk is that adult frustration or institutional expectation enters the record as a trait of the child.

What may actually have been observed

- Turning away.
- Crying when lifted.
- Pushing away a hand, toy, bottle, food, or clothing.
- Stiffening body.
- Avoiding eye contact.
- Moving towards another adult.
- Becoming calmer when the adult slowed down.

Questions before recording it

- What was the child being asked or expected to do?
- Was the adult approach too quick?
- Was the child tired, hungry, overstimulated, sore, or unsure?
- Did the child have enough time to process the transition?
- Is the wording giving the child too much deliberate intent?

More careful wording options

Too thin:

The child was resistant.

More careful:

The child turned her body away when the adult reached towards her and cried when lifted.

More careful with adult action included:

The child became calmer when the adult paused and allowed more time before trying again. The record should describe both the child's response and the adult approach rather than treating the behaviour as simple resistance.

29. Rigid / stiff

Why the phrase can collapse meaning

Physical stiffness can be an important signal, but the record should avoid jumping too quickly to emotional meaning. Stiffening may reflect fear, discomfort, pain, startle, sensory overload, medical factors, tiredness, or resistance to handling.

The risk is either over-interpreting the body or failing to treat it as meaningful.

What may actually have been observed

- Arching back.
- Stiffening arms or legs.
- Clenching fists.

- Pulling away when lifted.
- Becoming physically still when approached.
- Relaxing after a pause, slower handling, or familiar adult support.

Questions before recording it

- When did the child stiffen?
- Who was present?
- What handling or transition was happening?
- Did the child show signs of pain or illness?
- Did the child relax when the adult slowed down or changed approach?
- Is health advice needed?

More careful wording options

Too thin:

The child was stiff and resistant.

More careful:

The child stiffened her body when lifted and cried when the adult continued the movement. She relaxed slightly when the adult paused and spoke quietly.

Health boundary:

Where stiffness, pain, or unusual movement is repeated or concerning, it should be discussed with an appropriate health professional.

30. Seeking attention

Why the phrase can collapse meaning

Seeking attention is often moralised. For a baby or toddler, seeking attention may simply mean seeking connection, help, comfort, stimulation, safety, co-regulation, or adult response. Attention-seeking is not automatically manipulation. In early years, attention is often a developmental need.

The risk is that the child is written as performative or demanding when they may be signalling need.

What may actually have been observed

- Crying when adults looked away.
- Reaching or vocalising towards an adult.
- Repeating an action after adult response.
- Moving closer to an adult.
- Becoming calmer when spoken to or held.
- Escalating when ignored.

Questions before recording it

- What kind of attention was the child seeking?
- Was the child seeking comfort, help, play, food, safety, co-regulation, or connection?
- Is the phrase importing adult judgement?
- What happened when the adult responded sensitively?
- Is this developmentally ordinary for the child's age and context?

More careful wording options

Too thin:

The child was attention-seeking.

More careful:

The child vocalised and reached towards the adult several times. She became calmer when the adult came closer and spoke to her.

More careful with development visible:

The child appeared to be seeking adult response and reassurance. This should be described as a signal for connection or co-regulation rather than as manipulation.

31. Senior view / management view / professional judgement

Why the phrase can collapse meaning

Senior view, management view, or professional judgement can carry strong authority. Sometimes that authority is appropriate. But if the person forming the view has not directly observed the child and parent together, the record should show what the view is based on. Otherwise, second-order interpretation can harden into official truth.

The risk is that a person who was not in the room becomes more decisive than the actual interaction.

What may actually have been observed

- A front-line worker observed the child and parent.
- A supervisor gave an account to a senior worker.
- A report author summarised several observations.
- A senior worker interpreted the summaries.
- A conclusion was reached without direct observation of the child-parent interaction.
- The final wording sounded more certain than the underlying observations allowed.

Questions before recording it

- Who directly observed the child and parent together?
- How many observations is the conclusion based on?
- Has the senior worker directly seen the interaction?
- What part is observation, what part is summary, and what part is professional judgement?
- Does the final conclusion preserve uncertainty?
- Has the parent had a fair chance to understand and respond to the concern?
- Is the authority of the role making the interpretation sound stronger than the evidence?

More careful wording options

Too thin:

Management view is that the parent lacks capacity.

More careful:

The management view is based on summaries from supervised sessions rather than direct observation by the manager. The underlying observations should be clearly identified before any conclusion is treated as settled.

More careful with source clarity:

The contact supervisor observed X during the session. The senior worker later interpreted this as Y. The record should distinguish the direct observation from the later professional interpretation.

More careful where concern remains:

Although the senior worker has not directly observed the child and parent together, they remain concerned based on repeated reports from staff. The record should identify the specific observations supporting that concern and what would need to be seen to test it fairly.

32. Settled

Why the phrase can collapse meaning

Settled is often used as if it means the child is calm, comfortable, safe, content, regulated, unaffected, or doing well. But a baby or toddler may appear settled for many reasons. They may be genuinely comfortable. They may be quiet because they are tired, watchful, overwhelmed, unsure, compliant, dissociated, or simply not expressing distress outwardly in that moment.

The risk is that *settled* turns quietness into wellbeing too quickly.

What may actually have been observed

- The child was quiet.
- The child played independently.
- The child accepted a toy or food.
- The child stayed near a familiar adult.
- The child stopped crying after support.
- The child did not show visible distress.
- The child watched the room but did not approach.
- The child returned to play after a transition.

Questions before recording it

- Settled how?
- Settled with whom?
- Settled after what?
- For how long?
- What signs showed comfort, engagement, or recovery?
- Was the child quiet, or visibly at ease?
- What support helped the child settle?
- Could quietness have another explanation?

More careful wording options

Too thin:

The child was settled.

More careful:

The child sat near the toys, accepted a toy when offered, and looked towards the adult several times. There were no visible signs of distress during this period.

More careful with uncertainty:

The child was quiet and remained close to the familiar adult. This may have reflected comfort or reassurance, but the record should not treat quietness alone as proof that the child was settled.

More careful after distress:

After crying during the handover, the child became calmer when held by the familiar adult and later returned to play. The record should show both the distress and the support that helped the child recover.

33. Unsettled after contact / family time

Why the phrase can collapse meaning

This is one of the most powerful and risky phrases in early-years records. *Unsettled after contact* can be used as if it tells us what contact meant, whether contact was beneficial, whether a parent is a source of distress, or whether the child is harmed by family time.

But distress after contact may reflect many things: separation, reunion, handover, tiredness, routine disruption, sensory overload, travel, hunger, confusion, emotional intensity, or the need for co-regulation.

The risk is that the phrase begins to govern the parent-child relationship without enough evidence.

What may actually have been observed

- Crying during or after handover.
- Difficulty settling in the car or home.
- Seeking closeness afterwards.
- Changes in sleep or eating.
- Quietness after transition.
- Increased need for comfort.
- Distress at separation from parent, carer, or setting.

Questions before recording it

- When exactly did the child become unsettled?
- During contact, at the end, during handover, during travel, or later?
- What happened before the distress?
- Who was present?
- How was the transition managed?
- What helped the child settle?
- Is the record treating post-contact distress as evidence against contact too quickly?
- Could the distress show the importance of the relationship rather than harm caused by it?

More careful wording options

Too thin:

The child was unsettled after contact.

More careful:

After family time ended, the child cried during the transition from the contact setting and took around fifteen minutes to settle with the carer.

More careful with alternatives:

The record should distinguish between distress during contact, distress at separation, distress during handover, tiredness, routine disruption, overstimulation, and other possible explanations.

More careful with planning:

The child appeared to need more support during the transition after family time. Future planning should consider whether handover, timing, travel, familiar objects, or co-regulation support could reduce distress.

34. Warm / nurturing

Why the phrase can collapse meaning

Warm and *nurturing* can be positive but vague. They may describe tone, touch, facial expression, responsiveness, consistency, or the child's response to the adult. Without visible detail, the phrase does not show what the adult did or how the child received it.

The risk is that positive language becomes too soft to be useful.

What may actually have been observed

- The adult used a gentle voice.
- The adult noticed signs of tiredness, hunger, distress, or interest.
- The adult adjusted pace or handling.
- The adult comforted the child safely.
- The child relaxed, reached, smiled, vocalised, or returned to play.

Questions before recording it

- What did warmth look like?
- How did the adult respond to the child's cues?
- How did the child respond?
- Was the adult consistent across the session?
- Does the wording show behaviour, not just approval?

More careful wording options

Too thin:

The carer was warm and nurturing.

More careful:

The carer noticed the child rubbing her eyes, lowered their voice, picked her up gently, and rocked her until her body relaxed.

More careful with child response:

The child became calmer when the adult held her and spoke softly. This suggests the adult's response supported the child's regulation during this moment.

35. Withdrawn

Why the phrase can collapse meaning

Withdrawn can imply an internal state or stable pattern when the observation may only show quietness, caution, fatigue, unfamiliarity, overload, illness, uncertainty, or a response to the environment.

The risk is that a child's reduced engagement is treated as a settled emotional conclusion before context is understood.

What may actually have been observed

- Not approaching toys or adults.
- Looking down or away.
- Reduced vocalising.

- Sitting still.
- Watching rather than joining.
- Delayed engagement.
- Becoming more engaged after the environment changed.

Questions before recording it

- What did the child do or not do?
- Was the setting familiar?
- Was the room noisy, busy, or pressured?
- Was the child tired, unwell, hungry, or recently transitioned?
- Did engagement change over time?
- What helped the child become more available?

More careful wording options

Too thin:

The child was withdrawn.

More careful:

During the first part of the session, the child did not approach the toys or adults and looked down several times.

More careful with sequence:

After the room became quieter, the child looked towards the adult and accepted a toy. The record should keep open whether the earlier quietness reflected tiredness, uncertainty, overwhelm, unfamiliarity, or something more stable.

v1.1 addition: Child Signal / Adult Interpretation / Decision-Level Language

Version note for v1.1

This update adds a sharper section on decision-level language: phrases that do not only describe a child's visible state, but begin to link child signal, adult interpretation, parental capacity, historic concern, professional confidence, and recommendation.

These phrases carry more power than ordinary shorthand because they may influence contact, care planning, assessment, permanence, risk decisions, and how a parent-child relationship is understood.

The concern is not that professionals should avoid serious conclusions.

The concern is that serious conclusions should remain connected to:

what was directly observed;
what was interpreted;
what support was offered;
what conditions were available for change;
what evidence is current;
what evidence is historic;
what remains uncertain;
and what has or has not been tested in practice.

This section should be read alongside the existing entries on accepted advice / did not accept advice; defensive; lacks insight; lacks understanding / does not understand child development; needed

prompting / required guidance; not engaging / difficult to work with; professional advice / worker preference; senior view / management view / professional judgement; and unsettled after contact / family time.

The task is not to make serious concerns softer.

The task is to make them more accurate.

High-power conclusion language

Some phrases do not simply describe a moment. They create a conclusion about a child, a parent, a relationship, or a route.

Examples include:

no progress
ample opportunity
parenting capacity has not improved
chaotic lifestyle
refuses help or advice
negative and aggressive approach
contact is harmful
historic risk remains
not safe

These phrases may sometimes be necessary. But they should not be allowed to stand as conclusions unless the record shows what they are based on.

A high-power phrase should not collapse:

observation;
interpretation;
history;
professional anxiety;
adult communication style;
support conditions;
risk judgement;
and recommendation.

The higher the phrase travels, the more clearly its evidence should be shown.

36. No progress

Why the phrase can collapse meaning

“No progress” can sound like a settled conclusion that nothing has changed. But progress depends on what was being measured, what feedback was given, what support was available, what conditions were present, and whether the person knew what change was expected.

The risk is that “no progress” becomes a conclusion without showing the route by which progress was supposed to happen.

A person cannot fairly be judged as having made no progress if the record does not show what the concern was, what change was expected, what support was offered, what feedback was given, what opportunities existed to practise change, how change was measured, and what current evidence was reviewed.

What may actually have been observed

The adult repeated a previous behaviour.

The adult did not apply advice during observation.

The adult appeared to understand a concern but struggled to act differently.

The adult improved in some areas but not others.

The adult changed conduct outside the setting, but that change was not observed or recorded.

The conditions for practice or reassessment were limited.

Questions before recording it

Progress in relation to what specific concern?

What would progress have looked like?

Was the adult clearly told what was expected?

Was feedback given in a usable form?

Was the adult given a fair chance to practise change?

Was progress assessed across more than one setting?

Were positive changes recorded as well as continuing concerns?

Is the phrase ignoring partial, uneven, or context-dependent development?

More careful wording options

Too thin:

There has been no progress.

More careful:

The parent continues to need support to recognise when the child is becoming tired. During this session, they did notice the child rubbing her eyes once, but needed prompting to slow the pace of play later. The record should distinguish partial progress from continuing concern.

More careful where concern remains:

There has been limited observed change in relation to this specific concern. The record should set out what feedback has been given, what support has been offered, what opportunities have existed to practise the expected change, and what evidence has been used to assess progress.

37. Ample opportunity

Why the phrase can collapse meaning

“Ample opportunity” is a powerful phrase because it can make a conclusion sound fair before the record shows whether the opportunity was meaningful.

An opportunity is not only the passing of time. It depends on whether the adult had clear expectations, feedback, support, access, communication, advocacy where needed, and a fair route for reassessment.

The risk is that “ample opportunity” treats exposure to a process as the same thing as being given a developmental route.

What may actually have been observed

The adult had contact or family time over a period of months.

The adult attended meetings.

The adult was present for supervised sessions.

The adult was given advice or prompts.

The adult was expected to improve.

The record does not show whether feedback, support, or reassessment conditions were clear.

Questions before recording it

Opportunity to do what, exactly?

Were expectations explained clearly?

Was feedback regular, specific, and usable?

Was the adult told what remained concerning?

Was advocacy or communication support offered early enough?

Were there real chances to practise the expected change?

Were barriers such as housing, health, trauma, poverty, transport, communication, or professional inconsistency considered?

Was improvement reassessed fairly?

More careful wording options

Too thin:

The parent had ample opportunity to improve.

More careful:

The parent had regular family time over several months. The record should also show what specific feedback was given, what expectations were set, what support was offered, and how improvement was assessed before concluding that the opportunity was sufficient.

More careful where concern remains:

Despite repeated sessions, the adult has not consistently shown the expected change in relation to this concern. The record should identify what support and feedback were provided, and whether any barriers affected their ability to practise or demonstrate change.

38. Parenting capacity has not improved

Why the phrase can collapse meaning

“Parenting capacity has not improved” can make a broad conclusion from limited evidence. Parenting capacity is not one thing. It includes safety, emotional availability, practical care, responsiveness, learning, regulation, reliability, understanding of the child, and the ability to use support.

The risk is that a wide judgement is made without showing which parts of parenting capacity were assessed, under what conditions, and against what evidence.

Parenting capacity does not develop in the abstract. It develops through real conditions: time with the child, feedback, support, modelling, ordinary care opportunities, stable housing, health, recovery, advocacy, and reassessment.

What may actually have been observed

The adult did not meet one or more expectations during supervised time.

The adult showed some positive responses but continued to need support.

The adult's practical life conditions limited what could be assessed.

The adult was not given opportunities to demonstrate ordinary care outside an artificial setting.

Historic concerns continued to influence current interpretation.

No current parental assessment was completed.

Questions before recording it

Which aspect of parenting capacity has not improved?

What evidence shows this?

What evidence shows any improvement?

Was the adult assessed in ordinary caregiving conditions or only supervised/artificial conditions?

Was support offered to develop the relevant capacity?

Were historic concerns separated from current evidence?

Was the adult's current life assessed?

What would need to happen to test capacity fairly?

More careful wording options

Too thin:

Parenting capacity has not improved.

More careful:

There remain concerns about the parent's ability to respond consistently when the child becomes tired or overstimulated. The parent has shown some positive interaction during play, but further assessment would be needed to understand whether this can be sustained across ordinary caregiving routines.

More careful where assessment is limited:

The current record does not show enough evidence of improved parenting capacity in the areas identified. However, the record should distinguish between lack of improvement, lack of opportunity to demonstrate improvement, and lack of a current assessment route.

39. Chaotic lifestyle

Why the phrase can collapse meaning

"Chaotic lifestyle" is a broad and morally loaded phrase. It may point to real instability, but it can also hide poverty, housing insecurity, trauma, health issues, route burden, lack of support, administrative pressure, or a period of crisis.

The risk is that material conditions become treated as character.

A child's safety and stability must be assessed seriously. But the record should identify the specific instability affecting the child, rather than using "chaotic lifestyle" as a general verdict.

What may actually have been observed

Unstable housing.

Missed appointments.

Financial pressure.

Inconsistent communication.

Substance use concerns.

Health instability.

Relationship conflict.

Irregular routines.

Difficulty planning under pressure.

Questions before recording it

What exactly is chaotic?

Is the concern about safety, routine, housing, health, relationships, communication, substance use, or practical organisation?

How does it affect the child?

Is the issue current or historic?

What support has been offered?

What has changed?

Is poverty or housing insecurity being moralised?

Could support or changed conditions reduce the concern?

More careful wording options

Too thin:

The parent has a chaotic lifestyle.

More careful:

The parent's current housing and appointment pattern are unstable, and this may affect their ability to provide predictable care. The record should identify the specific areas of instability and what support or reassessment would be needed.

More careful where concern remains:

There are current concerns about routine, housing, and reliability. These should be recorded separately so that each issue can be assessed, supported, and reviewed rather than collapsed into a general lifestyle judgement.

40. Refuses help / refuses advice / did not complete support

Why the phrase can collapse meaning

"Refuses help," "refuses advice," or "did not complete support" can suggest that an adult is unwilling to change. Sometimes that may be accurate and serious. But refusal may also reflect fear, distrust, poor timing, unclear advice, previous harm, shame, misunderstanding, cultural difference, inconsistent professional expectations, inaccessible support, or help that does not match the person's actual capacity or learning needs.

The risk is that the adult is judged for refusing a route without examining whether the route was usable.

There is an important difference between refusing support, questioning support, not understanding why support was offered, needing a different pace or format, being offered support too late, being offered support that does not match the concern, having access to support blocked or delayed, engaging better through self-directed learning, and being unwilling to consider change. Those differences should not be collapsed into one phrase.

This entry should be read alongside "accepted advice / did not accept advice" and "professional advice / worker preference."

What may actually have been observed

The adult declined a service.

The adult questioned advice.

The adult did not apply advice.

The adult said the support was too slow, too fast, patronising, inaccessible, or not relevant.

The adult requested direct access to materials or a different format.

The adult engaged better independently than through the offered route.

The adult accepted help from one person but not another.

The adult engaged later after the concern was explained differently.

The adult said the help offered did not address their situation.

Questions before recording it

What help was offered?

Was it actually offered, or only assumed to be available?

Was it explained clearly?

Was it offered at the right time?

Was it accessible?

Was the pace or format suitable?

Did the adult understand why it was being offered?

Did the adult refuse all help, or this specific route?

Did they ask for a different route, login, format, pace, worker, explanation, or support method?

Was advocacy or communication support needed?

Was the help relevant to the actual concern?

Is distrust being recorded as refusal without examining why distrust exists?

Is route mismatch being recorded as lack of engagement?

More careful wording options

Too thin:

The parent refuses help.

More careful:

The parent declined the support route offered at that time, saying that the format and pace did not meet their needs. They asked whether they could access the material directly and work through it independently.

More careful where self-directed engagement is present:

The parent did not engage with the programme in the format initially offered, but requested access to the materials directly and indicated they wished to complete the work at a pace more suited to them. The record should distinguish refusal of support from disagreement with the delivery route.

More careful where concern remains:

The parent has declined two offered support routes. The record should show what was offered, why it was considered relevant, how the parent responded, whether any access or format barriers were identified, and whether alternative support or advocacy is needed.

More careful where support was not actually offered:

The record should not state that the parent refused support unless the support was clearly offered, explained, accessible, and declined. If a support route was discussed but not made available, this should be recorded separately.

41. Negative and aggressive approach

Why the phrase can collapse meaning

“Negative and aggressive approach” is high-risk language because it can turn emotional presentation into character judgement. It may be important where a person's behaviour threatens safety, creates fear, or disrupts work. But the record should describe the conduct clearly rather than rely on broad labels.

The risk is that distress, frustration, fear, trauma response, mistrust, or challenge to professional interpretation becomes recorded as aggression without enough detail.

Concern about behaviour should be recorded precisely.

What may actually have been observed

Raised voice.

Interrupting.

Swearing.

Angry tone.

Refusal to continue discussion.

Threatening language or behaviour.

Persistent challenge to professional views.

Emotional distress during meetings.

More regulated communication in writing or with support.

Questions before recording it

What exactly was said or done?

Was anyone threatened or unsafe?

Was the behaviour disruptive, distressed, challenging, or aggressive?

What was being discussed?

Had the person been given clear information?

Were communication adjustments or advocacy offered?

Was this an isolated incident or repeated pattern?

Did the person communicate differently in another format or with another worker?

More careful wording options

Too thin:

The parent has a negative and aggressive approach.

More careful:

During the meeting, the parent raised their voice, interrupted several times, and said they felt they were not being listened to. No threats were made. The discussion became more focused after expectations were clarified.

More careful where concern remains:

The parent shouted at staff and used threatening language. This affected the safety of the discussion and should be addressed clearly. The record should describe the specific behaviour, the impact, and what communication route is now required.

42. Contact is harmful

Why the phrase can collapse meaning

“Contact is harmful” is not a simple observation. It is a serious conclusion.

It may sometimes be necessary. But it should not be reached through shorthand, assumption, or unexplained interpretation of a child's signals.

The risk is that distress, transition difficulty, adult concern, historic risk, professional anxiety, or poor contact planning becomes treated as proof that the relationship itself is harmful.

Where contact or family time is considered harmful, the record should show the evidence, the context, the pattern, what support was tried, what alternatives were considered, and whether the concern relates to the contact itself, the transition, the adult conduct, the setting, the frequency, the child's stage, or another factor.

What may actually have been observed

The child showed visible distress.

The adult behaved unsafely or intrusively.

The child struggled before, during, or after family time.

The transition was difficult.

The setting was unsuitable.

The adult missed or misread signals.

The child also showed positive or mixed signals.

Support or adjustments were or were not attempted.

Questions before recording it

What evidence shows harm?

Is the concern about the relationship, the adult's conduct, the setting, the transition, the timing, frequency, or support arrangements?

What positive, neutral, or mixed signals were also recorded?

What adjustments were tried?

Was the child observed over time?

Was the conclusion made by someone who directly observed the contact?

Is historic concern being allowed to decide current meaning?

What would need to change to test whether safer contact is possible?

More careful wording options

Too thin:

Contact is harmful.

More careful:

There are concerns that the current contact arrangements may be difficult for the child. The record should identify whether the concern relates to the adult's conduct, the child's response during the session, the transition, the setting, the timing, or another factor.

More careful where serious concern remains:

During contact, the adult repeatedly ignored the child's distress signals and continued the interaction despite staff intervention. This raises concern about whether contact can safely continue in its current form. Any recommendation should be based on the specific observations, support attempted, and the child's observed response.

Boundary wording:

Where there is immediate concern about harm or safety, action should not be delayed. Humanised precision does not soften necessary safeguarding action. It makes the evidence and reasoning clearer.

43. Historic risk remains

Why the phrase can collapse meaning

"Historic risk remains" can be necessary where past harm or risk is still relevant. But it can also become a way of keeping a person fixed in older evidence without testing current conditions.

The risk is that historic concern becomes permanent identity.

Historic risk should be separated from current evidence.

The record should show what risk is historic, what remains current, what has changed, what has not changed, what evidence has been checked, and what would need to be seen before the risk judgement could move.

What may actually have been observed

Previous harmful behaviour.

Previous instability.

Previous substance use or mental health concern.

Past unsafe relationships.

Current treatment, stability, or support.

Current evidence not yet checked.

Older reports repeated in later summaries.

No current reassessment route.

Questions before recording it

What is the historic risk?

Why does it remain relevant?

What current evidence supports it?

What current evidence complicates or reduces it?

Has up-to-date information been checked?

Has the person been reassessed?

What would show meaningful change?

Is the phrase preserving caution or avoiding reassessment?

More careful wording options

Too thin:

Historic risk remains.

More careful:

There were previous concerns about X. Current evidence should be reviewed to assess whether those concerns remain active, have reduced, or require further assessment.

More careful where concern remains:

Although there has been some reported change, the previous concern remains relevant because X has not yet been reassessed and Y evidence is still outstanding. The record should identify what information is needed before the risk judgement can be updated.

44. Not safe

Why the phrase can collapse meaning

“Not safe” is one of the strongest phrases in child records. It may be necessary where there is risk of harm. But because it is so powerful, it must be specific.

The risk is that “not safe” becomes a general judgement rather than a clear description of what is unsafe, for whom, in what context, under what conditions, and whether any support or restriction could change the level of safety.

Safety language should never be softened where there is real risk.

But it should be clear.

What may actually have been observed

Unsafe handling.

Unsafe environment.

Substance use or impairment affecting care.

Threatening behaviour.

Failure to respond to urgent child need.

Medical, emotional, physical, or supervisory risk.

Historic concern without current reassessment.

A setting or route that is unsafe without support, but may be safer with conditions.

Questions before recording it

Not safe in what way?

For whom?

In what setting?

Is the concern immediate or longer-term?

Is the concern about the adult, the environment, the relationship, the contact arrangement, or support level?

What evidence supports this?

What action is required now?

Could safety be improved through support, supervision, timing, housing, treatment, or changed conditions?

Is the phrase being used as a conclusion without enough detail?

More careful wording options

Too thin:

The child is not safe with the parent.

More careful:

The current concern is that the parent did not respond safely when the child began coughing during feeding. Staff had to intervene. Further assessment and clear safety planning are required before unsupervised feeding could be considered.

More careful where context matters:

The home environment is not currently suitable because X hazard is present. The record should distinguish the environmental concern from wider conclusions about the parent-child relationship, and should identify what changes would be required before reassessment.

Boundary wording:

Where a child is not safe, action comes first. Humanised precision does not delay protection. It ensures the reason for protection is accurately recorded.

Closing note for v1.1

These phrases carry serious weight because they can move from record language into life conditions.

They may influence whether relationships are supported, restricted, reassessed, or ended. They may shape whether adults are understood as learning, resisting, changing, failing, coping, or unsafe.

That is why they need careful handling.

Humanised precision is not softer language.

It is more disciplined language.

The child must not disappear inside the adult explanation.

The parent or carer must not disappear inside administrative shorthand either.

Where concern is serious, name it clearly.

Where evidence is current, show it clearly.

Where evidence is historic, mark it clearly.

Where interpretation has entered, say so clearly.

Where support or reassessment has not happened, do not write as though the conclusion has been fully tested.

The phrase must not become stronger than the evidence beneath it.

Some children are turned into record language before they can answer back.

This update exists to slow that process down where adult certainty becomes louder than child signal.

Guardrail: humanised precision must not become new shorthand

The aim of this bank is not to replace old shorthand with more impressive technical shorthand.

Words such as *signal*, *state*, *co-regulation*, *regulation*, *capacity*, *authorship*, and *interpretation* can help adults think more carefully. But if they are used too quickly, they can become another cold layer of professional language. They may sound more advanced while still failing to show the child.

Humanised precision requires discipline. It asks the adult to stay close to the child's visible reality before reaching for theory.

The test

A phrase is not better just because it is more technical.

A phrase is better if it:

- shows what the child did;
- shows what happened before and after;
- shows what support was offered;
- shows how the child responded;
- marks adult interpretation as interpretation;
- keeps uncertainty honest;
- avoids turning a moment into a verdict;
- keeps the child visible inside the record.

Poor replacement

Old shorthand:

The child was clingy.

Cold technical replacement:

The child displayed a co-regulatory dependency response.

This may sound more precise, but it risks making the child disappear into technical language.

Humanised precision

More careful:

The child reached towards the familiar adult, became upset when the adult moved away, and became calmer when held. This may suggest a need for reassurance or co-regulation during the transition, but the record should not treat that as a fault in the child.

The technical understanding sits underneath the wording. It should not replace the child.

Working discipline

Use technical language to slow adult thinking.

Use human language to describe the child.

Use professional judgement only after the observation is clear.

Working rule for all phrases

A phrase is not safe because it is common.

A phrase is safer when it shows:

- what was observed;
- what happened before and after;
- what support was offered;
- how the child responded;
- what adults inferred;
- what remains uncertain;
- what may require action.

The point is not to remove judgement from professional work. The point is to make clear when judgement has entered, and to stop adult meaning replacing the child before the child has had any chance to be understood.

Some children are turned into record language before they can answer back. This bank exists to slow that process down.