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1.1 Introduction

The Health and Social Care sector has an important role in supporting the physical wellbeing, emotional wellbeing and safety of the public; the many job roles within these services are crucial to provide quality of life for individuals, particularly children and young people.

The purpose of this report is to introduce the role of a Children's Wellbeing Practitioner, outlining the key duties and responsibilities included, and to expand on the knowledge and skill set required to carry out the role efficiently. Furthermore, it will explain strategies for improvement which are essential to work within this field and for further development to succeed in this career path within Health and Social Care.

2. Children's Wellbeing Practitioner in the Health and Social Care field

2.1 Description of a Children's Wellbeing Practitioner in Health and Social Care -

A Children's Wellbeing Practitioner plays a vital role in the support of children and young people with emotional and mental health needs. The role involves assessing each child's individual needs and signposting where relevant to mental health services within the community, ensuring more complex cases are referred to access the correct mental health support. Early intervention can prevent mental health issues escalating and becoming more serious throughout these children's life and into adulthood, making this role of significant importance. Practitioners work closely with children, in schools and with families to provide support through low intensity interventions, including Cognitive Behavioural Therapy and guided self-help.

Main duties to perform the role of a Children's Wellbeing Practitioner, include assessments, monitoring progress and evidence-based interventions. The role requires good communication skills, both written and verbal for building trusting relationships with the children, parents/carers, schools and other services, alongside a good understanding of mental health issues. An example of these duties would involve a Practitioner helping a child to manage anxiety through activity-based strategies and giving support to the parents to understand their child's behaviour. Additionally, these Practitioner skills contribute to improving the mental health and wellbeing for a positive impact on the child's everyday life.

2.2 Explanation of Most Significant Skills needed for a Children's Wellbeing Practitioner in Health and Social Care -

Communication and strong interpersonal skills are some of the most significant skills required for the role of a Children's Wellbeing Practitioner. Clear and effective communication are essential to help Practitioners establish trusting relationships with children, young people and their families to assist them with their needs and provide suitable support. "Communication with children and adolescents is an area that requires special attention. It is our job as health care professionals to ensure that the information being relayed is provided at a level that can be understood, to

ensure patient safety as well as keep a child or adolescent engaged in their own medical care and decision making.” (Bell, J, Condren, M (2021)). This shows strong communication skills enable Practitioners to gather accurate insight and form positive relationships to achieve positive outcomes.

Empathy is a vital key skill for a Children’s Wellbeing Practitioner, having empathy allows the Practitioner to understand and communicate sensitively towards children’s emotions and the experiences the families go through. “Empathy is a crucial communication skill that enhances understanding, strengthens relationships, and fosters a positive environment.” (Skills for Health, 2024) For example, when a Practitioner acknowledges how the child’s feeling and what is causing anxiety or distress, this helps the child feel heard and creates a trusting environment for children to openly express their emotions, whilst feeling supported. This allows for the child to fully engage in interventions.

Organisation and effective time management skills are highly crucial for a Children’s Wellbeing Practitioner. Practitioners must handle multiple cases with consistent care and accuracy. For instance, part of the role is to keep records of progression and assessment reports to ensure effective support is being provided to the children and their needs are being met efficiently. “As a CWP you’re in a unique position to be able to triage patients based on their needs and to signpost other services, including voluntary services and children and young people’s mental health services (CYPMHS - formerly CAMHS).” (NHS England, 2026). This highlights the importance of strong organisational skills for the Practitioners ongoing maintenance of high standards of care and consistent support in a timely manner.

If a Children’s Wellbeing Practitioner does not carry these necessarily skills as mentioned above, it will have a negative effect on the quality of care to support these children. Communication, empathy and organisation skills, with the inclusion of time management are highly essential to build and maintain trusting relationships with all involved. Without these key skills, staff may struggle to engage with the children and recognise concerns for emotional welfare. For example, poor communications can lead to misinterpretations of the child’s needs, while a lack of empathy can leave a child feeling unheard or misjudged, which could prevent them from expressing themselves or engaging in activities designed to support their mental health.

3. Strategies for Skill Improvement for a Children's Wellbeing Practitioner

3.1 Three Strategies to Improve the Skills for a Children's Wellbeing Practitioner -

Communication skills can be improved through regular reflections. Reflective practice can help practitioners review their ongoing interactions with children and caregivers, identifying strengths and weaknesses and areas that need improvement. “Reflective practice is a crucial component of professional development in social care, allowing practitioners to analyse their experiences, improve their services, and ultimately enhance the wellbeing of the children, young people and families they support.” (Meadow’s psychology service, 2025). An example of this would be

a Practitioner reflecting on a session with a child and recognising areas where their communication may have been too complex for the child to understand, and the need to adjust their language to be more age appropriate for future sessions. Furthermore, this shows that reflective activity is beneficial in helping practitioners to refine how they communicate.

Development of empathy could include active listening training. Active listening focuses on understanding and responding sensitively to the child expressing their emotional needs. “If you work with young people, you play a vital role in supporting their mental health and wellbeing. Active listening is an essential skill that can help you create a safe and supportive space for young people to talk about their feelings and experiences.” (YoungMinds, 2026). This skill improves emotional connection between the practitioner and the child and helps the child feel understood and valued. This demonstrates that active listening training can directly enhance empathy in a Children’s Wellbeing Practitioner.

Organisational skills can be improved using structured planning tools. These tools could include caseload management systems and scheduling frameworks which help support practitioners to manage their time efficiently and help with the maintenance of accurate record management. For example, the use of a digital diary can allow practitioners to track patient appointments, meet deadlines and monitor progression of these patients more effectively. This shows that structured planning tools help the progression of organisational skills, to enable practitioners to support wellbeing of patients and deliver reliable and effective care.

4. Conclusion

In conclusion, this report has identified the specific roles of a Children’s Wellbeing Practitioner and what is vital in supporting the mental health and emotional wellbeing of children and young people. Emphasising on the importance of early intervention to prevent long term mental health issues. The report explored the key skills and strategies required to fulfil this role and deliver the importance of effective communication, empathy and organisation skills and how to improve on these skills for this role to provide better outcomes within this Health and Social care sector. Additionally, this report highlighted challenges that could arise, and how to manage them effectively to support the children and young people into adolescence. Overall, the effectiveness of being a Children’s Wellbeing Practitioner relies specifically on these skills and long-term commitment to developing through ongoing learning to support and build a stronger Health and Social Care system.

5. References

(I) ([Jennifer Bell](#) 1, [Michelle Condren](#) (2021))

Communication Strategies for Empowering and Protecting Children

“Communication with children and adolescents is an area that requires special attention. It is our job as health care professionals to ensure that the information being relayed is provided at a level that can be understood, to ensure patient safety as well as keep a child or adolescent engaged in their own medical care and decision making.”

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4869776/> pg 1. accessed on 21/04/2026.

(II) (Meadow's psychology service, 2025) Reflective *Practice in Children's Social Care*

[Reflective practice](#) is a crucial component of professional development in social care, allowing practitioners to analyse their experiences, improve their services, and ultimately enhance the wellbeing of the children, young people and families they support.

<https://meadowpsychologyservice.co.uk/reflective-practice-in-childrens-social-care/>
accessed on 20/04/2026

(III) (NHS England, 2026) ***Life as a children's wellbeing practitioner***

“As a CWP you're in a unique position to be able to triage patients based on their needs and to signpost other services, including voluntary services and children and young people's mental health services (CYPMHS - formerly CAMHS).”

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies/childrens-wellbeing-practitioner> accessed on 22/04/2026

(IV) (Skills for Health, 2024)

“Empathy is a crucial communication skill that enhances understanding, strengthens relationships, and fosters a positive environment.” *The importance of empathy*

<https://www.skillsforhealth.org.uk/article/the-importance-of-empathy/> accessed on 22/04/2026.

(V) (Young Minds, 2026) *Active Listening and Mental Health*

“If you work with young people, you play a vital role in supporting their mental health and wellbeing. Active listening is an essential skill that can help you create a safe and supportive space for young people to talk about their feelings and experiences.”

<https://www.youngminds.org.uk/professional/resources/how-to-be-a-good-listener/> accessed on 20/04/2026