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Reflecting on the role of a family support worker has helped me better understand this job. Even though I have not seen a real example myself. My Research was carried out using trusted and authoritative sources, including NHS Careers, Gov. UK, and Prospects UK. These websites are recognised for providing current, accurate and professionally verified information about roles within health, social care and public services.

To ensure the quality of the information I used, I applied the CRAAP test to each source. This allowed me to evaluate their currency, relevance, accuracy, authority, and purpose. By using this method, I was confident that the material information for my learning was reliable, up-to-date, and suitable for academic and professional use.

Through my research, I learned that family support workers help families in tough times by listening and building trust. They record details from each visit and record notes on what was said and how everyone is coping. They also captured the child's feelings, wept and wished to help professionals understand and make better decisions.

Another significant aspect of this role is the practise of reflection. Although I have not directly observed the workers, the website explains that family support workers consistently reflect on what went well, what could be improved and how their solutions affect the families they assist. This highlights that reflection is a valid skill in this profession.

Further, I will improve my research by using reliable UK sources and checking them with the crap test. I will build my digital skills by practising better online searching. I will manage my time with a clear study plan. These steps will help me create a stronger task three report.

Overall, researching this role has helped me understand it more deeply. Even without real-life observation, using trusted sources and the crap test has allowed me to reflect confidently on the responsibilities and value of a family support worker.