



# A Brief Guide to Cubas for Parents

*If a social worker, solicitor, or the court has asked you to have an assessment of your parenting, it's likely this is a worrying time for you. That's understandable. This leaflet tells you a bit more about the special CUBAS way of understanding more about you, and your child or children, and about you as a safe loving and caring parent.*



**CUBAS**  
PARENTING ASSESSMENT

**By CUBAS creators, expert witnesses  
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## 1. What does CUBAS mean and what is it about?

CUBAS is just another word for CUBE. Each CUBAS assessment is made up of 6 parts, just like a cube or a dice. CUBAS is all about understanding you, and you as a parent. It's about being fair and helpful and trying to move things forward together, whenever possible.

CUBAS assessments have 6 stages. When the 6 stages are completed, the professionals involved are really able to fully understand you and your family. They will understand how you might care for your child/ren now and in future.

Also, whether extra support might help to make things better for you all. They will understand if the worries about your children can be

sorted out. So, the assessment is very important for everyone. It can be a worrying time for you as a family. Everyone understands that, and the aim is to help you move forwards, and make any changes you can, if you need to.

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**CUBAS assessments  
notice what you do well,  
not just what's difficult.**

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A CUBAS assessment isn't like a test with workbooks and tick boxes. There are no pass or fail marks. The assessor uses different activities to help you think about everything carefully, and to have your say. The assessor also spends some time with you and your child/ren together.

**They work with you to find out  
what's good enough already, and  
what if anything, could be better,  
maybe with some extra help.**



## 2. A tailored approach

**CUBAS doesn't just repeat the same things with everyone as if they were all the same. So, if you have additional learning needs / have neurodivergent needs, or learning disabilities, don't worry.**

CUBAS assessors will adjust everything they do to suit you and your particular additional needs, no matter what they are. They will listen and help you to be fully involved and included in your whole assessment. They will use lots of interesting ways to help you show them everything you can do. You don't have to complete any forms, or workbooks, or write anything.

If you don't already have a cognitive assessment the assessor may ask for one to be arranged. Your assessor will use whatever different approaches suit you most. They will of course use what is suggested in your cognitive assessment to help you.

It may be helpful to meet your assessor somewhere with less going on, or less background noise. You might need regular breaks, or extra time to think during your assessment. That's all ok. Your assessor will offer you everything needed to ensure your assessment is fair especially if you have additional needs.



### 3. What can I expect?

**We don't expect everyone to be the same and think and learn in the same ways.** So, you will be pleased to know

that CUBAS doesn't use workbooks tick boxes or pass or fail marks.

Your assessor will meet with you and put you at ease and explain everything to you. They will listen carefully to you and choose the most helpful ways to think together about your children and everything they really need from you. You may know about these things already, but find it hard to do them, because of other things going

in in your life. So, it will be important to think carefully about everything happening for you too, and how some things might affect your children and your care of them.

You will be asked some questions, but helpful ones that you can fully understand. You will know why they are being asked. Your assessor will be honest with you about any worries. They will listen carefully to you and to your child/ren. They will also watch you and

your child/ren together. You will know when this is happening. It is never done secretly or using cameras. Afterwards, your assessor will give you useful feedback and advice if you need it.

You will have enough time and lots of ways to think about what's important for you and your child/ren. Also, clear information about what your assessor is measuring and why. They could suggest things to help you develop as a parent. You will have opportunities

to make things better  
all the way through  
your assessment.

CUBAS never feels like an interview, or a test, just some really helpful activities, observations and discussions that try to find ways forward.

Your assessor will encourage you to make any changes

that would help you in your parenting. They will support you step by step to explore everything the court or the local authority need to understand about you, before making any decisions.



### 4. How long might it take and where will it happen?

Once everything is agreed, your assessment won't take several months, usually just around 8 weeks, or less. Many parents say they've enjoyed their CUBAS assessment, and the learning involved.

**Assessment sessions usually take place in your home, or at a family centre. All the arrangements will be made jointly with you.** This makes sure the places; the days and times are just right for everyone. You will need to meet with your CUBAS assessor around 6 - 8 times. Each session will be between one and two hours, with breaks. If that feels too long, you can of course say so.

The assessor will also watch how you care for your child, if possible, without interfering. They may offer you guidance. If more sessions are needed, your assessor will ask for more time. They will make sure the assessment activities chosen, suit you, and your child. If you have learning disabilities/difficulties or communication needs of any kind they will ensure absolutely everything they do is suitable for you.

Your CUBAS assessor will carefully explain everything to you in ways that make sense to you. They will make sure they have understood everything before reporting to the local authority or the court.

## 5. What happens after my assessment?

Your CUBAS assessor will write a easy to read report just for you. They will explain each part of your assessment and may suggest some important things you could do to make things better soon. The report will show what your assessor has found and what they are recommending to the local authority or the court.



GREEN CUBES in their report to show the areas where your care is now good enough and no longer a worry.



AMBER CUBES will show the worries about things you are still working on to put right



RED CUBES are used to clearly show any parts of your care that are still very concerning, and where no changes have been made yet.

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There is also a longer more detailed report written for the court or local authority. You will of course also see this if you want to. It will first be sent to the solicitors, and the social worker. You will already know what the assessor is recommending. If the court is involved, your assessor may be called to give evidence to assist the court before any decisions are made.

**If you would like your parenting assessment to be a CUBAS one you can ask your solicitor or social worker to look into this for you.**

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