

My Three Houses Tool

Understanding the My Three Houses Tool

The My Three Houses™ is a child-friendly assessment and engagement tool used by social workers, child protection professionals, and other practitioners to help children express their thoughts, feelings, and aspirations in a safe, structured way.

Purpose and Use

It is designed to:

- Engage children in conversations about their lives.
- Identify concerns (worries) and highlight strengths (good things).
- Explore hopes and dreams for the future.
- Support child protection assessments, safety planning, and case reviews.

It can be used with children aged 4+ and is adaptable for youth or even adults, depending on the context.

The Three Houses

Each house represents a different aspect of the child's life:

1. House of Worries – What the child is worried about.
2. House of Good Things – What is going well in their life.
3. House of Dreams – What they hope to achieve or desire in the future.

How to use it effectively

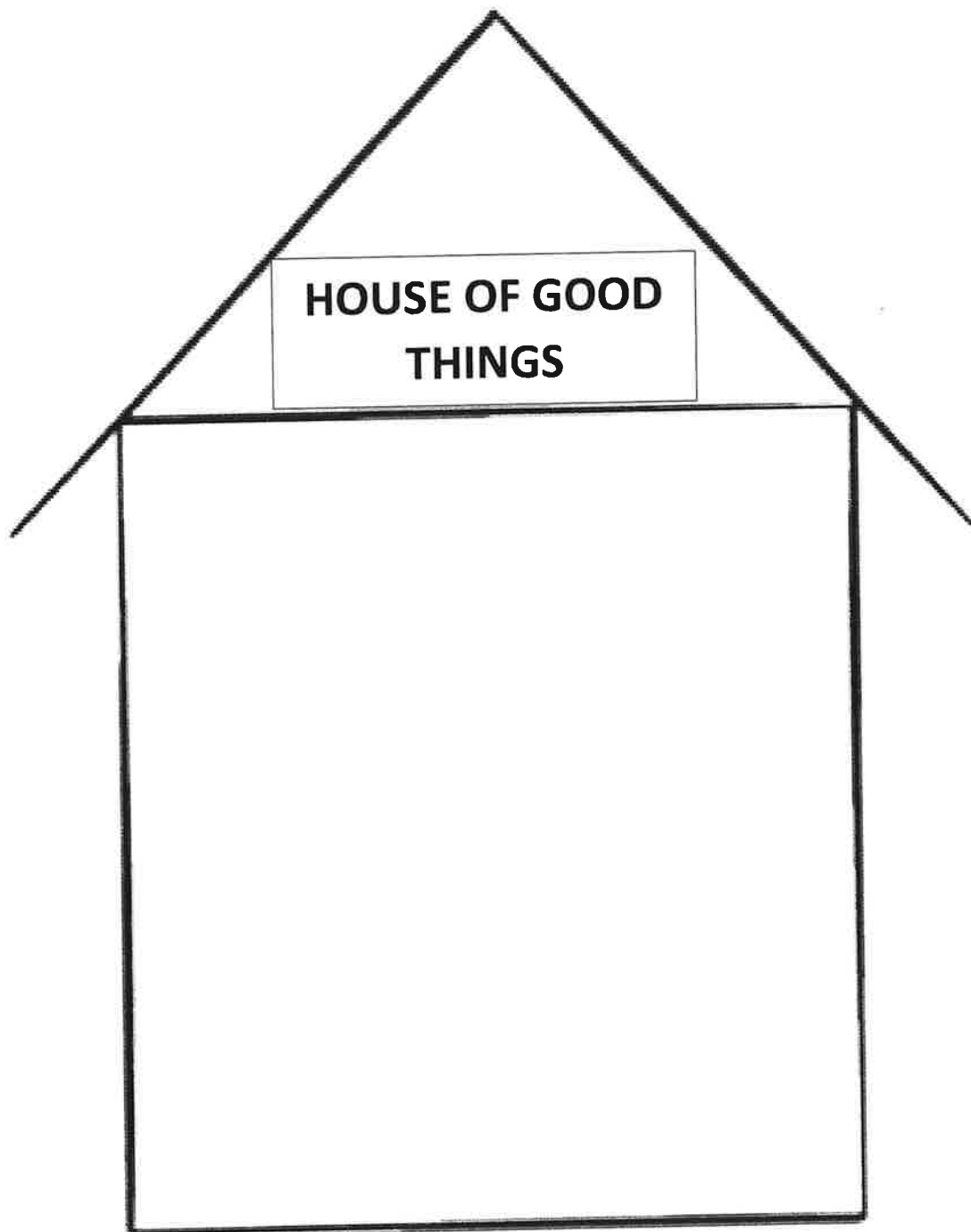
1. **Create a safe, comfortable environment** before starting.
2. **Explain the tool simply:** Let the child know it's a way to share what's going well, what worries them, and what they hope for.
3. **Start with the House of Good Things:** Usually easiest and more comfortable for the child to start with this house.
4. **Use open-ended questions** to guide discussion, such as:
 - “What’s going well right now?”
 - “What makes you happy?”
 - “What worries you?”
 - “If your worries were gone, what would you want your life to look like?”

5. **Encourage all forms of expression:** Writing, drawing, or dictating are all valid.
6. **Take breaks if needed** and respect the child's comfort level.
7. **Review and document** the child's responses, using their exact words when possible, and share relevant insights with the team.

Best practices

- Use the tool at the **beginning, middle, and end of a case** to track progress.
- Be mindful of the child's age and developmental level — for younger children, pre-drawn houses or simpler prompts may be more effective.
- Always maintain confidentiality and use the information ethically in advocacy and reporting.

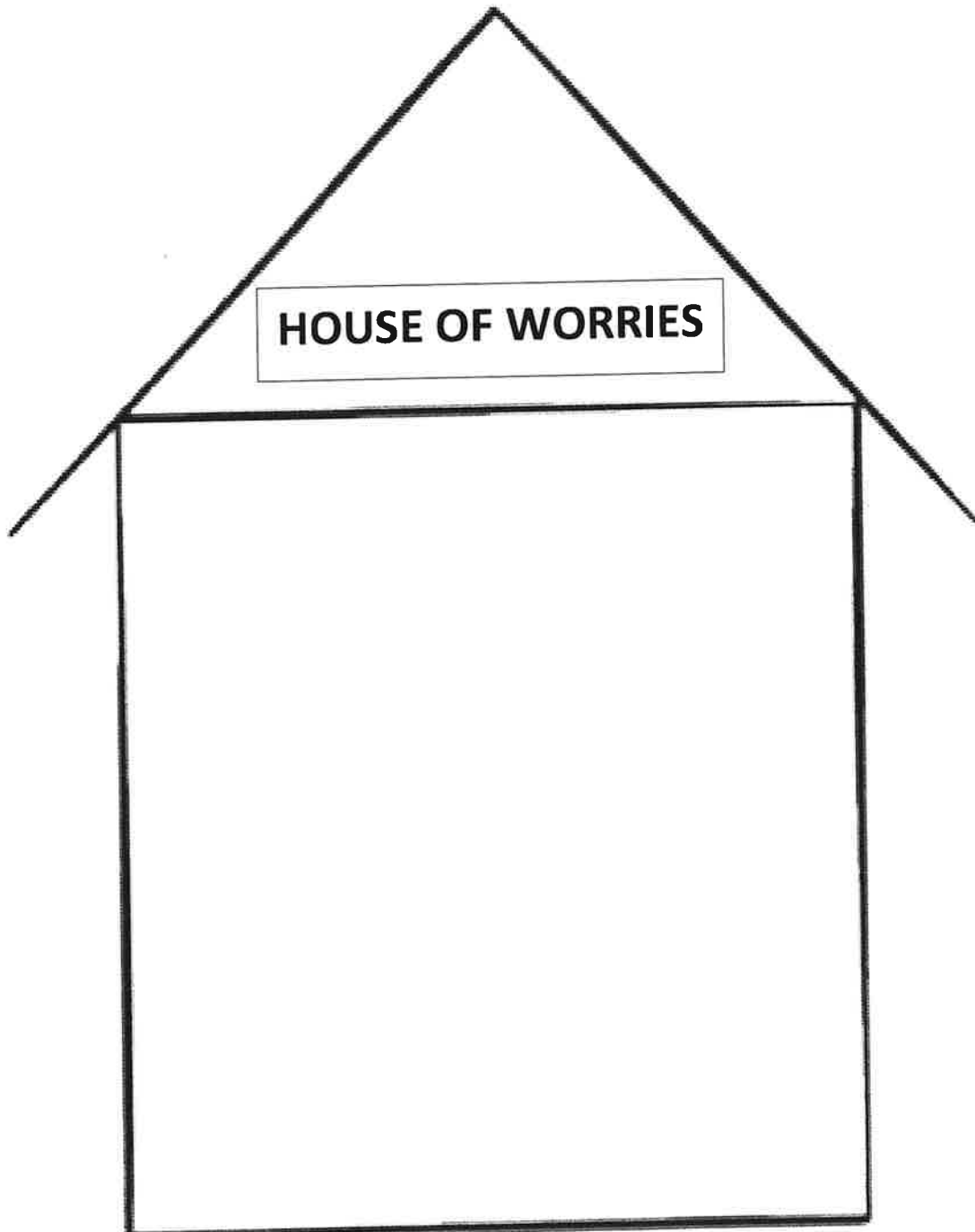
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Name of Contact: _____ Type of Contact: _____

Date/Time/Location: _____ Name of DCF staff: _____



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