

Parents' Needs – Maslow's Hierarchy

Before one can choose interventions for a troubled family, one must (1) recognize their needs (Maslow's Hierarchy), (2) identify what they are ready to change/learn next (Parental Readiness), (3) understand their level of family functioning (LFF) and (4) identify interventions that fit 1-3 (Gradient of Interventions).

Systematically assessing each of these will often change service plans in unexpectedly ways, by making them more suitable to parents' needs and abilities. Doing so will increase the probability of success and this both engages parents and fosters a feeling of competence among professionals, which, in turn, encourages them to continue to support parents.

The first step can be assessed using Maslow's Hierarchy, with accompanying reference to attachment. In general, need that are lower in Maslow's Hierarchy needs to be met before 'higher' needs can be addressed effectively. See figure.

Maslow's pyramid of needs

