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DEVELOPMENT

PARENTS

ENVIRONMENT

			I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
DEVELOPMENT	 Health & Growth	<b>My baby is growing up and developing well.</b> My baby looks healthy, recovers quickly from illness, and moves, pees, and poops normally.					
	 Feeding & Sleeping	<b>My baby gets the food they need and sleeps enough.</b> I'm working on a feeding and sleep routine.					
	 Learning & Language	<b>My baby is increasingly alert and interactive with me.</b> My baby makes sounds and responds to my voice and touch.					
	 Feelings & Behaviour	<b>My baby feels good, happy, and content.</b> My baby indicates when they need something.					
	 Contact with others	<b>My baby interacts well with others.</b> My baby enjoys playing and cuddling, and allows others to comfort them when upset.					
PARENTS	 Your health & Feelings	<b>I have positive memories of my pregnancy, the birth, and the early weeks.</b> I feel well physically and mentally, and take time for myself.					
	 Bond with your baby	<b>My baby and I enjoy playing and talking together.</b> I am getting better at recognizing signals from my baby, such as body language and crying.					
	 Parental partnership	<b>I feel supported by my (ex)partner.</b> We take time for each other, communicate well, and share responsibilities.					
	 Parenting & Upbringing	<b>I enjoy being a parent.</b> I provide my baby with a positive and stimulating environment with trust, support, and clear boundaries.					
	 Care & Safety	<b>My baby is growing up in a healthy and safe environment.</b> My baby receives adequate food, clothing, hygiene, medical care, supervision, and attention.					
ENVIRONMENT	 Family, Faith & Culture	<b>My family is doing well.</b> We are healthy and communicate openly about the things that are important to us.					
	 Work, Money & Housing	<b>Our living conditions are good and our finances are well managed.</b> We have jobs, enough savings, and live in a safe and pleasant home and neighborhood.					
	 Life events	<b>I am able to share both good and challenging experiences.</b> I feel comfortable asking for help and I know where to find it.					
	 Support from others	<b>My family receives enough support when it is needed.</b> We can rely on family, friends, neighbours, childcare, and professionals.					
	 Information & Media use	<b>I know where to find reliable (online) information.</b> I understand how screen time can affect my baby.					
<b>What do I need now?</b>			Confirmation	Advice	Extra support	Immediate support	A lot of support