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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 child lives a healthy life.</b> My child looks healthy, is rarely sick, and their growth, eating, sleeping, movement, and toileting are all as expected.					
	 Feeding & Sleeping	<b>My child eats well and sleeps enough.</b> We have a good eating and sleep routine that brings calm and predictability to the day.					
	 Learning & Language	<b>My child learns more every day.</b> My child talks, listens, and understands more. My child asks many questions and wants to do things independently.					
	 Feelings & Behaviour	<b>My child feels good.</b> My child is developing their own will and shows joy, anger, fear, and sadness. My child understands boundaries and listens when something is not allowed.					
	 Contact with others	<b>My child enjoys interacting with others.</b> My child enjoys playing and cuddling, and allows others to comfort them when upset.					
PARENTS	 Your health & Feelings	<b>I feel well physically and mentally, and take time for myself.</b> I am able to talk about my feelings and what occupies my mind.					
	 Bond with your child	<b>I enjoy cuddling, playing, and talking with my child.</b> I provide my child's needs, offer comfort, and set boundaries.					
	 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 child with a positive and stimulating environment with trust, support, and clear boundaries.					
	 Care & Safety	<b>My child is growing up in a healthy and safe environment.</b> My child 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.					
			Confirmation	Advice	Extra support	Immediate support	A lot of support

## What do I need now?