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DEVELOPMENT

PARENTS

ENVIRONMENT

| What is important for my family? And how is it going? | | | I feel confident | Some day's are hard | I'm struggling | Help! | I feel helpless |
|---|-------------------------|---|---|---|---|---|---|
|  | Health & Lifestyle | My child lives a healthy life. My child looks healthy and is rarely sick. My child is growing normally, eats healthy, sleeps enough, plays outside, and exercises regularly. |  |  |  |  |  |
|  | School | My child enjoys going to school. My child is increasingly capable and independent, and is developing a larger vocabulary. |  |  |  |  |  |
|  | Feelings & Behaviour | My child feels good and confident. My child shows emotions like joy, anger, fear, and sadness. My child is able to communicate their thoughts and feelings, and understands how others feel. |  |  |  |  |  |
|  | Contact with others | My child interacts well with others (also online). My child has friends, is considerate of others, stands up for themselves, and can talk out disagreements. |  |  |  |  |  |
|  | Sexual development | My child feels comfortable with themselves and their changing body. My child is curious about their own body and that of others, and we can talk about this openly. |  |  |  |  |  |
|  | Your health & Feelings | I feel well physically and mentally, and take time for myself. I am able to talk about my feelings and what occupies my mind. |  |  |  |  |  |
|  | Bond with your child | I have a good bond with my child. We enjoy spending time together to play and talk. |  |  |  |  |  |
|  | Parental partnership | I feel supported by my (ex)partner. We take time for each other, communicate well, and share responsibilities. |  |  |  |  |  |
|  | Parenting & Upbringing | I enjoy being a parent. I provide my child with a positive and stimulating environment with trust, support, and clear boundaries. |  |  |  |  |  |
|  | Care & Safety | My child is growing up in a healthy and safe environment. My child receives adequate food, clothing, hygiene, medical care, supervision, and attention. |  |  |  |  |  |
|  | Family, Faith & Culture | My family is doing well. We are healthy and communicate openly about the things that are important to us. |  |  |  |  |  |
|  | Work, Money & Housing | Our living conditions are good and our finances are well managed. We have jobs, enough savings, and live in a safe and pleasant home and neighborhood. |  |  |  |  |  |
|  | Life events | I am able to share both good and challenging experiences. I feel comfortable asking for help and I know where to find it. |  |  |  |  |  |
|  | Support from others | My family receives enough support when it is needed. We can rely on family, friends, neighbours, school, clubs, and professionals. |  |  |  |  |  |
|  | Free time & Media use | My child can enjoy fun activities and relax in their free time. We have clear agreements about time limits on the phone, watching TV, and gaming. |  |  |  |  |  |
| What do I need now? | | | Confirmation | Advice | Extra support | Immediate support | A lot of support |