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DEVELOPMENT

PARENTS

ENVIRONMENT

			I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
DEVELOPMENT	 Health & Lifestyle	My child feels healthy and is rarely sick. My child eats healthy (including breakfast), sleeps enough, exercises regularly, and avoids alcohol, smoking, vaping, and drugs.					
	 School	My child is doing well at school or work. My child can concentrate, is increasingly independent, and manages homework successfully.					
	 Feelings & Behaviour	My child feels good and confident. My child can handle emotions like anger, fear, insecurity, love, and setbacks. My child is able to share what they think and 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 their body and who they are. My child is developing their sexual identity, and we can talk about this openly.					
PARENTS	 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 talking and spending time together.					
	 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.					
ENVIRONMENT	 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. My child can manage the time that they spend on the phone, watching TV, and gaming.					
			Confirmation	Advice	Extra support	Immediate support	A lot of support

What do I need now?