

Raising a family is one of the most challenging things any of us will ever do. We are here to help you with the support and skills you need to be an effective parent. For each of the seven questions, mark the description that best fits you now.

**1 Stuck**   **2 Accepting help**   **3 Believing and trying**   **4 Learning what works**   **5 Effective parenting**

## 1 Physical health

Healthy eating, exercise, sleep, doctor and dentist, managing any disabilities



- 5** My children have a healthy lifestyle and receive any check-ups and medical treatment they need
- 4** I'm learning how to create a healthy lifestyle for my children, with support
- 3** I know it's up to me to make sure my children are healthy and I'm trying, but it's hard
- 2** I know there are problems with my children's health and I'm accepting help to address this
- 1** There are concerns about the health of my children. I don't have help with this or don't accept help

## 2 Emotional well-being

Your well-being, your children's happiness and resilience, connection and love



- 5** I mostly feel fine and respond well to my children. I don't need support in this area
- 4** I'm learning to respond well to my children, with support
- 3** I know it's important to be there for my children and I'm trying, but things keep getting in the way
- 2** I find it hard to cope but I'm accepting support to address this
- 1** I can't cope or be there for my children but I don't want to talk about it

### 3 Keeping your children safe

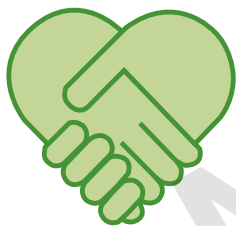
Protecting your children, avoiding accidents and minimising risks



- 5 My children are safe in my care
- 4 I'm finding ways to keep my children safe in my care, with support
- 3 I believe I can keep my children and myself safe and I'm making changes, but it's difficult
- 2 My children are not safe enough but I'm accepting help to do something about this
- 1 There are concerns about the safety of my children. I don't have help with this or don't accept help

### 4 Social networks

Support from family and friends, social life, community



- 5 I have the social contact I want and my children spend time with other children
- 4 My family is finding ways to have the social contact and connection we need, with support
- 3 I know my family needs more social contact and connection and I'm making changes, but it's hard
- 2 We are isolated but I'm accepting help so we can start to feel more connected and supported
- 1 We are isolated. I don't have help with this or don't accept help

### 5 Boundaries and routines

Boundaries and behaviour, bedtime and other routines



- 5 My family has a positive routine that supports us all and my children behave well enough
- 4 I'm building a positive routine and/or learning to manage my children's behaviour, with support
- 3 I know it's up to me to build a positive routine and/or set boundaries for behaviour, but it's hard
- 2 We have no routine and/or my children's behaviour is a problem, but I'm accepting help with this
- 1 We have no routine and/or my children's behaviour is a problem, but I don't want to talk about it