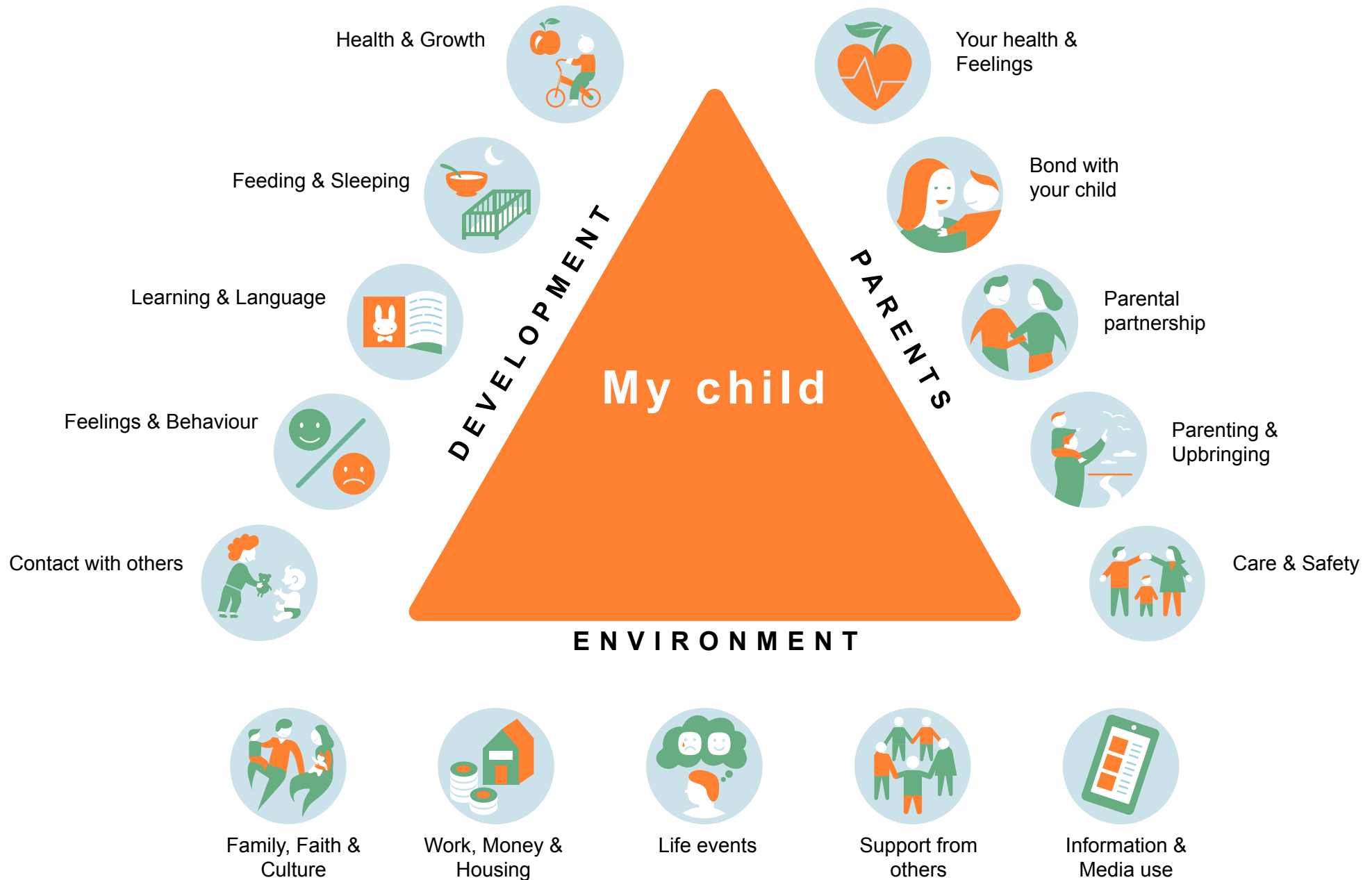




What is important for my family? And how is it going?

DEVELOPMENT

PARENTS

ENVIRONMENT

			I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
DEVELOPMENT	 Health & Growth	My child lives a healthy life. My child looks healthy, is rarely sick, and their growth, eating, sleeping, movement, and toileting are all as expected.					
	 Feeding & Sleeping	My child eats well and sleeps enough. We have a good eating and sleep routine that brings calm and predictability to the day.					
	 Learning & Language	My child learns more every day. My child talks, listens, and understands more. My child asks many questions and wants to do things independently.					
	 Feelings & Behaviour	My child feels good. 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	My child enjoys interacting with others. My child enjoys playing and cuddling, and allows others to comfort them when upset.					
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 enjoy cuddling, playing, and talking with my child. I provide my child's needs, offer comfort, and set boundaries.					
	 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, childcare, and professionals.					
	 Information & Media use	I know where to find reliable (online) information. I understand how screen time can affect my baby.					
What do I need now?			Confirmation	Advice	Extra support	Immediate support	A lot of support