

ParentingWell® STRENGTHS & GOALS

Here is a list of things you may need to do as a parent. For each one that applies to you, <i>circle</i> the answer that describes you best.	This is a strength of mine.	I do this okay.	I'd like to do this better.	Does not apply.	Check items to work on.
1. Manage everyday household tasks	Strength	Okay	Better	DNA	
2. Plan and make healthy meals	Strength	Okay	Better	DNA	
3. Understand the relationship between my feelings and my actions	Strength	Okay	Better	DNA	
4. Manage my family's money	Strength	Okay	Better	DNA	
5. Set limits with my child	Strength	Okay	Better	DNA	
6. Have positive interactions/visits with my child	Strength	Okay	Better	DNA	
7. Have a pleasant routine with my child	Strength	Okay	Better	DNA	
8. Find fun things to do with my child	Strength	Okay	Better	DNA	
9. Get adequate child care for my child	Strength	Okay	Better	DNA	
10. Balance work or school, and parenting	Strength	Okay	Better	DNA	
11. Know what to do when my child has problems	Strength	Okay	Better	DNA	
12. Identify my child's strengths	Strength	Okay	Better	DNA	
13. Have positive "family time"	Strength	Okay	Better	DNA	
14. Know my legal options as a parent	Strength	Okay	Better	DNA	
15. Get help for myself, if I need it	Strength	Okay	Better	DNA	
16. Talk with my child about my situation or worries	Strength	Okay	Better	DNA	
17. Keep in touch with my child who is not living with me	Strength	Okay	Better	DNA	
18. Live a substance free lifestyle	Strength	Okay	Better	DNA	
19. Communicate well with my child	Strength	Okay	Better	DNA	
20. Have good relationships with my child's caregivers/helpers	Strength	Okay	Better	DNA	
21. Express anger without hurting anyone	Strength	Okay	Better	DNA	
22. Keep my child and myself safe	Strength	Okay	Better	DNA	
23. Make time to take care of myself	Strength	Okay	Better	DNA	
24. Manage stress and worries in healthy ways	Strength	Okay	Better	DNA	
25. Cope with bad things that have happened to me in my life	Strength	Okay	Better	DNA	
26. Get special services and supports for my child	Strength	Okay	Better	DNA	
27. Other:	Strength	Okay	Better	DNA	