



### ParentingWell Practice Profile - EXPLORE – Self Assessment

This worksheet is for staff to assess their own practice with respect to parenting practice as defined by the ParentingWell Practice Profile. This worksheet is to be used in preparation for meeting with your supervisor. Use the *Explore* Core Element of the Practice Profile to identify both the strengths and areas needing improvement in your practice. Using a copy of the Explore Core Element from the practice profile, read the description of the Core Element all the way through so you can get a sense of what the practice looks like as a “whole.” Make note (you may highlight, underline or circle items on your copy of the profile) of specific items that reflect your current practice, then assess your practice for each sub-category using a rating scale of 1 to 10 as defined below. Record your rating for each sub-category and provide examples of strengths and areas needing improvement on this worksheet.

10	Ideal practice proficiency	My practice in this area demonstrates a consistently high degree of mastery in a wide range of situations and with all persons served.
5	Developmental practice proficiency	My practice in this area demonstrates a good understanding and skill level. My practice is strong, but only in some situations and with some persons served.
1	Unsatisfactory practice proficiency	This is a new or emerging skill for me. It is not yet present in my practice.
0	N/A	This practice is not part of my responsibilities.



EXPLORE	Rating	Notes/Examples/Questions/New Goals
a. Provide framework and support for talking about how things are going with children and family.		
b. Discuss daily routines, household management and child care.		
c. Listen carefully, with genuine curiosity.		
d. Note children's situations, development and functioning.		
e. Guide and provide information about behavioral health, parenting and children's wellbeing.		
f. If parent is separated or disengaged from children, ask about why/how this happened, and about relationships and coping.		
g. Ask about stressful life events and trauma, at the parent's pace.		



EXPLORE	Rating	Notes/Examples/Questions/New Goals
h. Discuss cultural norms, family beliefs, and expectations regarding parenting and family life, behavioral health and treatment		
i. Discuss children's understanding of parent's behavioral health condition and how parent communicates about this.		
j. View adult in terms of roles, responsibilities and priorities as a parent and family member.		
k. Consider cultural context and identity as they relate to parent's experiences, strengths, supports and resources.		
l. Assist parent in identifying and building on strengths.		
m. Consider own issues that may be triggered in conversation with parent.		