

CHECKLIST: WAYS I CARE FOR MY CHILD



I know what foods my child likes and dislikes.

I feed my child nutritious meals.

I show my child affection.

I take my child to the doctor.

My child is up to date on all their vaccination shots.

I have talked to my child's doctor or school about delays in my child's milestones.

I have gotten my child special services when needed.

I make sure my child arrives at school on time.

I attend parent-teacher conferences and other school activities.

I volunteer in my child's school.

I take my child to activities at a community center or religious institution.

I go to the park with my child.

I read books with my child.

I play games with my child.

I sing to my child.

I cook with my child.

My child and I have favorite shows or movies.

I know my child's favorite activities.

I understand my child's strengths and weaknesses.

I know what my child is afraid of.

I talk to my child when my child is scared or sad.

I help my child understand what is right and wrong in ways that are age appropriate.

I have enrolled my child in extracurricular activities.

I've taken parenting classes.

I've attended parent-child therapy, a parenting support group or other services to strengthen my parenting skills.

I've learned about child development from reading books.

I have people in my life who support me as a parent.

I have people in my child's life who are positive and supportive.



Other:

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