**Teacher: Site: Child:**

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|  |  | **FALL****Fall Date: \_\_\_\_\_\_\_\_\_\_\_\_** | **SPRING****Spring Date: \_\_\_\_\_\_\_\_\_\_\_\_** |
| **Number of days** **per week that you...** | **0 Days** | **1-2 Days** | **3-4 Days** | **5-6 Days** | **7 Days** | **0 Days** | **1-2 Days** | **3-4 Days** | **5-6 Days** | **7 Days** |
| Scale for Child Plus | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| 1. | Talk to your child about their day. |   |   |   |   |   |   |   |   |   |   |
| 2. | Play with your child. |   |   |   |   |   |   |   |   |   |   |
| 3. | Play with your child without toys(only you and your child). |   |   |   |   |   |   |   |   |   |   |
| 4. | Sing to and with your child. |   |   |   |   |   |   |   |   |   |   |
| 5. | Read with your child. |   |   |   |   |   |   |   |   |   |   |
| 6. | Have a nap/bedtime routine. |   |   |   |   |   |   |   |   |   |   |
| 7. | Have a bedtime routine with child in bed about the same time nightly. |   |   |   |   |   |   |   |   |   |   |
| 8. | Days per week that your child receives the age-recommended sleep (during 24 hours, including nighttime sleep and daytime naps): **Age 0-4 months**: Sleeps for short periods, approximately 1-2 hours at a time, sometimes longer, with the total hours of sleep for  daytime: 8-9 hours, nighttime: 8 hours. **Age 4-12 months:** Sleeps 12-16 hours during 24-hours.  **Age 1-2 years:** Sleeps 11-14 hours during 24-hours. **Age 3-5 years:** Sleeps 10-13 hours during 24-hours. |   |   |   |   |   |   |   |   |   |   |
| 9. | Brush your child's teeth twice a day. |   |   |   |   |   |   |   |   |   |   |
| 10. | Eat a meal with your child. |   |   |   |   |   |   |   |   |   |   |
| 11. | How many days per week do you participate in physical activities with your child? |   |   |   |   |   |   |   |   |   |   |
| 12. | How many days per week do you practice self-care as a parent to build your resilience?  Resilience is the ability to manage tough experiences in positive ways and be able to bounce back from them. |   |   |   |   |   |   |   |   |   |   |
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| **Confidence Level** | **Calm** | **Mostly****Calm** | SlightlyFrustrated | Frustrated | **Over-Whelmed** | **Calm** | **Mostly****Calm** | SlightlyFrustrated | Frustrated | **Over-Whelmed** |
| Confidence Scale | 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 |
| 13. | What is your confidence level in responding calmly to your children’s challenging behaviors?  |  |  |  |  |  |  |  |  |  |  |
| **Notes:** |