

## Getting to know you

*Questions to learn about the parenting style and parent/child interaction*

**Name:**

**Birthdate**

**Interests and hobbies:**

**Education experiences:**

**Family memories:**

**When upset, scared, or hurt, my mother would:**

**My father would:**

**The family member I felt closest to, and what drew me to that person?**

**Friendships and community supports:**

**Before my baby was born:  
How was my lifestyle different?**

**How did I feel during my pregnancy (e.g. emotionally?)**

**How was adjusting to being a parent? Any surprises?**

**How did you and your partner deal with things as they came up? (coping strategies for stress? Changing roles from partners to include parenting partners...**

**Things you enjoy about your child.**

**Your child's strengths?**

**Things you like to do together?**

**If you could wave a magic wand, what would make parenting this child 'perfect'?**

**Keeping a child safe can be one of the most challenging tasks of parenting.**

- a) What is the most challenging part of keeping your child safe?**
  
  
  
  
  
  
  
  
  
  
- b) No matter how much a parent tries to protect a child, to child-proof the house, to train the child in being safe away from home, accidents can happen. No one can keep their eyes on the child 100% of the time 24/7. But we do the best we can. We try to prevent potential dangers.**

**How do you keep your child safe at home?**

**In the community?**

**How do you 'train' your child to be safe?**

**Parenting is a full-time job that does not come with a training program. Your child is unique and does not fit a 'mold', though expectations of 'normal' development and behaviour have been identified. Things may happen that you find stressful. Every parent feels stressed sometimes. This is natural.**

**When you feel stressed, how do you react? What happens in your body? What tells you that you are overwhelmed, or stressed, or just not able to cope at that moment?**

**What do you do when you feel stressed? If I were your child, how would I know you were frustrated, or your 'buttons were getting pushed'?**

**a) What happens?**

**b) What would you like to happen? (e.g. tell your child you are getting upset).**

**What tells you your child's intention behind his or her behaviour? E.g. is he or she trying to get attention (how do you know)?**

**Is he or she angry or frustrated (e.g. not able to do a required task.) What tells you?**

**Is he or she wanting to be in control? "My way or the highway". What tells you?**

**Is there a physical need? Is he or she hungry? In pain or sick? Tired? Teething?**

**Is he or she in need of emotional support? Is it a new situation and they do not know what to do? Are there strangers? (Is child feeling unsafe).**

**How does your child react when you are stressed?**

How does your child react to:

a) voice: loudness or tone?

c) Body language? Facial expression?

d) Words used?

What do you think/feel would help your child clearly communicate his or her needs/wishes to others?