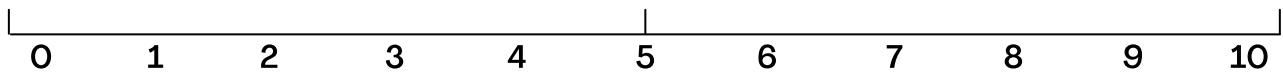


# Caregiver Effectiveness Goals Worksheet

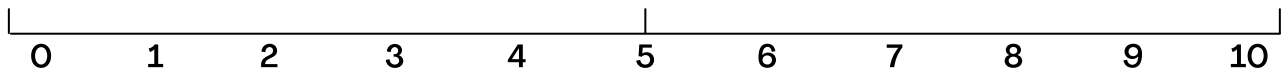
On a scale of ZERO (ineffective or having great difficulty) to TEN (very effective), rate your current skills in each caregiving area.

## Trust and Respect

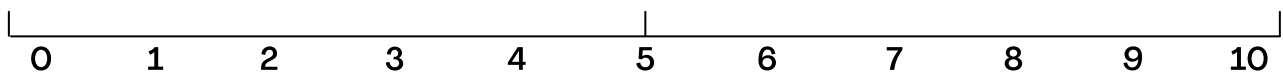
I acknowledge my child's right to have their own feelings, friends, activities, and opinions



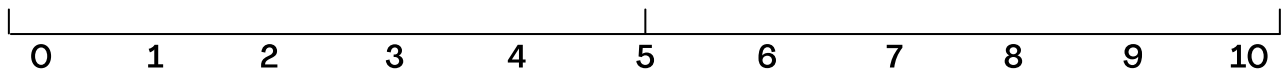
I promote my child's independence



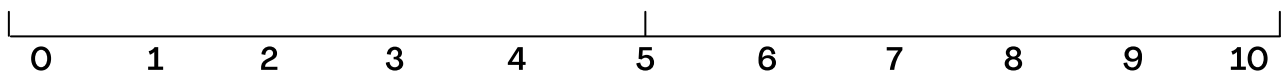
I allow my child to have privacy



I promote my child's respect for their other parent / caregivers



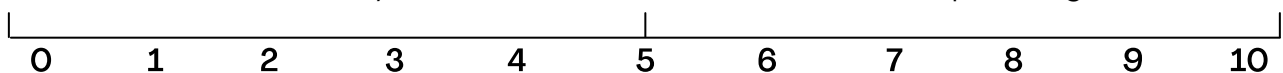
I believe my child when they tell me something



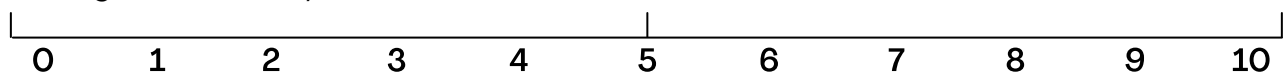
Section Total \_\_\_\_\_

## Promote Emotional Security

I talk and act so that my child feels safe and comfortable expressing themselves



I am gentle with my child



My child can depend on me

0 1 2 3 4 5 6 7 8 9 10

I follow through when I tell my child I'm going to do something

0 1 2 3 4 5 6 7 8 9 10

I am accepting of my child's feelings

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Provide Physical Security

I consistently provide food, shelter, and clothing to my child

0 1 2 3 4 5 6 7 8 9 10

i teach my child personal hygiene and nutrition

0 1 2 3 4 5 6 7 8 9 10

I monitor my child's safety

0 1 2 3 4 5 6 7 8 9 10

I maintain a healthy routine (eating, sleeping, activities) for my child

0 1 2 3 4 5 6 7 8 9 10

I attend to my child's wounds

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Provide Discipline

I am consistent in enforcing rules and discipline

0 1 2 3 4 5 6 7 8 9 10

I ensure that rules are appropriate to the age and development of my child

0 1 2 3 4 5 6 7 8 9 10

I am clear about limits and expectations

0 1 2 3 4 5 6 7 8 9 10

I use discipline to give instruction, not punish

0 1 2 3 4 5 6 7 8 9 10

I look for ways to praise my child when they' make good choices

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Give Time

I participate in my child's life: activities, school, sports, special events and days, celebrations, friends

0 1 2 3 4 5 6 7 8 9 10

I include my child in my activities

0 1 2 3 4 5 6 7 8 9 10

I let my child see who I really am

0 1 2 3 4 5 6 7 8 9 10

I make a point to spend time with my child without distractions

0 1 2 3 4 5 6 7 8 9 10

I respond when my child says they want to spend more time with me

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Encourage and Support

I give my child emotional support and encouragement

0 1 2 3 4 5 6 7 8 9 10

I encourage my child to follow their interests

0 1 2 3 4 5 6 7 8 9 10

I let my child disagree with me

0 1 2 3 4 5 6 7 8 9 10

I give recognition to my child's improvements

0 1 2 3 4 5 6 7 8 9 10

I allow my child to make mistakes

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Give Affection

I express verbal affection to my child (saying "I love you")

0 1 2 3 4 5 6 7 8 9 10

I express physical affection to my child (hugs, kisses, pats)

0 1 2 3 4 5 6 7 8 9 10

I comfort my child when they are sad, hurt, or upset

0 1 2 3 4 5 6 7 8 9 10

I do things for my child to demonstrate my affection

0 1 2 3 4 5 6 7 8 9 10

I refrain from saying/doing things that make my child feel unloved

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

## Love and Care for Yourself

I give myself personal time

0 1 2 3 4 5 6 7 8 9 10

I take care of my physical needs

0 1 2 3 4 5 6 7 8 9 10

I maintain my own friendships

0 1 2 3 4 5 6 7 8 9 10

I accept love from other people

0 1 2 3 4 5 6 7 8 9 10

I work on improving my own mental health

0 1 2 3 4 5 6 7 8 9 10

Section Total \_\_\_\_\_

# Caregiver Effectiveness Goals Worksheet

