

Parent Empowerment Assessment Tool

Parent Name: _____ Family Code: _____

Person doing assessment: _____ Location/Org: _____

Date of Assessment: _____ Pre or Post? _____

1. Culture Domain

a. Parent transmits cultural values to their children

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| 1. Parent uses own culture and values to strengthen family. | 4 Parent consciously finds or creates opportunities to share with children their own culture and values on a daily basis (e.g. chooses to speak native language at home, shares traditional foods, carries out cultural traditions, sings songs, or shares stories, art, music, pictures, or books). |
| | 3 Parent shares with children their own culture and values on a regular basis (e.g. chooses to speak native language at home, shares traditional foods, carries out cultural traditions, sings songs, or shares stories, art, music, pictures, or books). |
| | 2 Parent rarely shares with children their own culture and values (e.g. chooses to speak native language at home, shares traditional foods, carries out cultural traditions, sings songs, or shares stories, art, music, pictures, or books). |
| | 1 Parent never shares with children their own culture and values (e.g. chooses to speak native language at home, shares traditional foods, carries out cultural traditions, sings songs, or shares stories, art, music, pictures, or books). |
| Notes: | |

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| Average score for Category 1.a. (total score / 1): _____ |
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2. Parenting Domain

a. Parent stimulates positive physical, social, and cognitive development of their children

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| 2. Parent stimulates children's physical development | 4 Parent regularly (at least 3 times per week) has their children play physical games such as going to the park, playing ball, riding bike, dancing, wrestling, going for a walk, etc. |
| | 3 Parent often (1-2 times per week or every other week) has their children play physical games such as going to the park, playing ball, riding bike, dancing, wrestling, going for a walk, etc. |
| | 2 Parent occasionally (few times per month) has their children play physical games such as going to the park, playing ball, riding bike, dancing, wrestling, going for a walk, etc. |
| | 1 Parent rarely (less than once per month) has their children play physical games such as going to the park, playing ball, riding bike, dancing, wrestling, going for a walk, etc. |
| Notes: | |

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| 3. Parent stimulates children's oral language development | 4 On a daily basis, parent engages children in purposeful conversation by talking to them, listening to them, asking questions, singing, etc.; parent pays attention to children's responses. |
| | 3 Parent often engages children in purposeful conversation by talking to them, listening to them, asking questions, singing, etc.; parent doesn't always pay attention to response. |
| | 2 Parent rarely engages children in purposeful conversation; parent generally only talks to child to give orders or directions. |
| | 1 Parent never or almost never engages child in purposeful conversation; parent almost always talks to child to give orders or directions. |
| Notes: | |

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| 4. Parent provides opportunities for children ages 2 and older to interact with other children. | 4 Children 2 and older regularly (at least 3 times per week) interact with other children outside of school time (neighbors, at park, on sports team, etc.). |
| | 3 Children 2 and older occasionally (less than 3 time per week) interact with other children outside of school time (neighbors, at park, on sports team, etc.). |
| | 2 Children 2 and older rarely interact with other children outside of school time; parent does not make additional efforts for children to play with other children. |
| | 1 Children never or almost never have opportunities to interact with other children. |
| Notes: | |

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| 5. Children watch limited TV | 4 Children 2 and over watch less than 1 hour of TV per day; children under 2 rarely or never watch TV. |
| | 3 Children 2 and over watch 1-2 hours of TV per day; children under 2 watch limited TV. |
| | 2 Children 2 and over watch 2-3 hours of TV per day; children under 2 watch less than 1 hour of TV per day. |
| | 1 Children 2 and over watch more than 3 hours of TV per day; children under 2 watch 1 hour or more per day. |
| Notes: | |

Average score for Category 2.a. (total score / 4): _____



b. Parent actively supports their children’s learning experiences

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| 6. Parent provides ongoing literacy experiences for their children | 4 Parent reads to children 4 or more times per week; parent enjoys reading to children |
| | 3 Parent reads to children 2-3 times per week; parent usually enjoys reading to children |
| | 2 Parent reads to children once per week or less; parent does not particularly enjoy reading to children. |
| | 1 Parent rarely or never reads to children; parent does not enjoy reading to children. |
| Notes: | |

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| 7. Parent visits library | 4 Parent visits library weekly; parent has library card and checks out books. |
| | 3 Parent visits library less than weekly but at least once per month |
| | 2 Parent visits library a few times per year but less than once per month |
| | 1 Parent never or almost never visits library |
| Notes: | |

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| 8. Parent provides ongoing opportunities for their children to engage in enriching activities other than reading | 4 On a daily basis parent engages children in fun activities; over the course of a few weeks parent engages children in at least 4 different kinds of activities (e.g. painting, drawing, puzzles, singing, dancing, games, sports, etc.) |
| | 3 5-6 times per week parent engages children in fun activities; over the course of a few weeks parent engages children in at least 3 different kinds of activities (e.g. painting, drawing, puzzles, singing, dancing, games, sports, etc.) |
| | 2 3-4 times per week parent engages children in fun activities; over the course of a few weeks parent engages children in at least 2 different kinds of activities (e.g. painting, drawing, puzzles, singing, dancing, games, sports, etc.) |
| | 1 Parent engages children in fun activities less than two times per week; when parent does engage children it is usually the same activity with little or no variability |
| Notes: | |

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| 9. Parent is involved in children’s schooling (<i>only for children who are in school</i>) | 4 Parent attends back-to-school night, meets with teacher in parent-teacher conferences, and attends other meetings at the school; parent talks to teacher regularly (once per month or more) about children’s progress; parent knows how children are doing in school; parent reviews children’s homework; parent makes sure children are prepared for school each day. |
| | 3 Parent attends 1 or 2 of the following: (1) back-to-school night, (2) parent-teacher conferences, or (3) meetings at school; parent sometimes (few times per year) talks to teacher about children’s progress; parent has some sense of how children are doing in school; parent sometimes reviews children’s homework. |
| | 2 Parent has minimal involvement in school activities; parent rarely talks to teacher about children’s progress; parent does not have a sense of how children are doing in school; parent rarely reviews children’s homework. |
| | 1 Parent does not attend meetings or conferences at school; parent does not talk to teacher about children’s progress, parent does not know how children are doing in school; parent does not review children’s homework. |
| Notes: | |

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| Average score for Category 2.b. (total score / 4): _____ |
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c. Parent has positive communication with their children

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| 10. Parent praises all children on regularly | 4 Parent regularly praises children; parent praises children’s actions and behaviors, not who the child is; parent always uses praise genuinely, not to manipulate. |
| | 3 Parent occasionally praises children; parent mostly uses praise genuinely, not to manipulate. |
| | 2 Parent rarely praises children; praise is sometimes not genuine or appropriate. |
| | 1 Parent never praises children; parent does not offer genuine praise. |
| Notes: | |

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| 11. Parent is verbally and/or physically affectionate with child | 4 Parent regularly offers physical affection (giving hugs or kisses, etc.) AND verbal affection (saying “I love you,” etc.). |
| | 3 Parent occasionally offers physical affection (giving hugs or kisses, etc.) OR verbal affection (saying “I love you,” etc.) to their children. |
| | 2 Parent rarely offers physical affection (giving hugs or kisses, etc.) OR verbal affection (saying “I love you,” etc.) to their children. |
| | 1 Parent never or almost never offers physical affection (giving hugs or kisses, etc.) OR verbal affection (saying “I love you,” etc.). |
| Notes: | |

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| Average score for Category 2.c. (total score / 2): _____ |
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d. Parent uses appropriate disciplinary methods (behavior management)

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| 12. Parent does not yell or lose control of their anger easily. | 4 Parent rarely (less than once per week) yells at children when upset; yelling is never threatening or insulting; parent almost always able to control anger with children. |
| | 3 Parent occasionally (less than once per day) yells at children when upset; yelling is rarely threatening or insulting; parent usually able to control anger with children. |
| | 2 Parent sometimes (once per day or less) yells at children when upset; yelling is occasionally threatening or insulting; parent sometimes unable to control anger with children. |
| | 1 Parent regularly (once per day or more) yells at children when upset; yelling is often threatening or insulting; parent often unable to control anger with children. |
| Notes: | |

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| 13. Parent does not use corporal punishment. | 4 Parent never or almost never uses corporal punishment with children. |
| | 3 Parent rarely (once per month or less) uses corporal punishment with children; corporal punishment done in controlled way, not lashing out of anger. |
| | 2 Parent regularly (more than once per month) uses corporal punishment with children; corporal punishment usually involves lashing out in anger. |
| | 1 Parent uses corporal punishment very often (daily or almost daily); parent uses other items besides hands (such as belt, etc.) to hit children; parent leaves marks or bruises when hitting; parent has been reported to Child Protective Services. |
| Notes: | |

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| 14. Parent uses appropriate behavior management techniques | 4 Parent almost always uses a discipline technique (controlling environment, time out, ignoring, rewards, etc.) that is appropriate for the child's age and misbehavior. |
| | 3 Parent generally uses a discipline technique (controlling environment, time out, ignoring, rewards, etc.) that is appropriate for the child's age and misbehavior. |
| | 2 Parent occasionally uses a technique that is appropriate for the child's age and misbehavior; parent often yells or hits children. |
| | 1 Parent rarely if ever uses a technique that is appropriate for the child's age and misbehavior; parent's use of techniques mostly limited to hitting or yelling at children; parent does not control environment. |
| Notes: | |

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| Average score for Category 1.d. (total score / 3): _____ |
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3. Basic Needs Domain

a. Parent is able to meet family's basic food needs

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| 15. Parent has enough food for the family and consistently provides three meals each day. | 4 Parent always has enough food for everyone in the family; parent provides a minimum of three meals per day for each family member. |
| | 3 Parent usually has enough food for everyone in the family; family members regularly skip some meals (e.g. breakfast). |
| | 2 Food is occasionally scarce and family members are not getting three full meals per day. |
| | 1 Parent doesn't have enough food to feed everyone in the family three full meals. |
| Score: | Notes: |

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| 16. Parent provides balanced nutrition for children. | 4 Children eat healthy, balanced meals daily; children eat limited candy, chips, and soda. |
| | 3 Children mostly eat healthy, balanced meals; children eat small amounts of candy, chips, and soda. |
| | 2 Children sometimes eat healthy, balanced meals; parent provides no active supervision of amount of candy, chips, and soda children eat. |
| | 1 Children rarely eat healthy, balanced meals; children often eat candy, chips, and soda in place of regular meals. |
| Score: | Notes: |

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| Average score for Category 3.a. (total score / 2): _____ |
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b. Parent is able to meet family’s basic shelter needs

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| 17. Family has stable housing | 4 Family owns house or is in long-term lease for housing that they live in by themselves. |
| | 3 Family rents space in housing shared with another family. |
| | 2 Family is staying temporarily with friends or family; family has moved more than 2 times in the past year. |
| | 1 Family is homeless or living in a shelter. |
| Score: | Notes: |

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| 18. Family has low-stress living arrangement | 4 Family lives by themselves. |
| | 3 Family shares living space with 1 other family who is related to them. |
| | 2 Family shares living space with 1 other family who is not related to them. |
| | 1 Family shares living space with more than 1 family. |
| Score: | Notes: |

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| Average score for Category 3.b. (total score / 2): _____ |
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c. Parent is able to meet family’s basic medical care needs

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| 19. Parent has regular access to medical care | 4 Parent always visits the doctor when ill; parent visits doctor annually for physical exams; parent gets regular pap smears, mammograms, etc. |
| | 3 Parent usually visits the doctor when ill; parent visits doctor every few years for physical exams; parent gets irregular pap smears, mammograms, etc. |
| | 2 Parent rarely visits the doctor when ill; parent uses emergency room as main source of care; parent does not get physicals or preventative screening such as pap smears, mammograms, etc. |
| | 1 Parent never goes to the doctor when ill; parent does not get physicals or do preventative screening such as pap smears, mammograms, etc. |
| Notes: | |

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| 20. Parent has regular access to dental care | 4 Parent visits dentist at least twice per year; parent is able to get treatment for tooth and gum problems when they arise. |
| | 3 Parent visits dentist once per year; parent is usually able to get treatment for tooth and gum problems when they arise. |
| | 2 Parent visits dentist less than once per year; parent only sees dentist when there is a severe problem. |
| | 1 Parent does not visit the dentist; parent is living with unresolved dental problems. |
| Notes: | |

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| 21. Children have regular access to medical care | 4 Children have health insurance; children always visit the doctor when ill; children get regular medical check-ups. |
| | 3 Children have health insurance or have applied for health insurance; children generally visit the doctor when ill but may not get regular medical check-ups. |
| | 2 Children do not have health insurance; children sometimes visit the doctor when ill but may not get regular medical check-ups. |
| | 1 Children do not have health insurance; children rarely visit the doctor when ill; children do not get regular medical check-ups. |
| Notes: | |

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| 22. Children have regular access to dental care | 4 Children over age 2 visit dentist at least twice per year; children are able to get treatment for problems when they arise. |
| | 3 Children over age 2 visit dentist once per year; children are usually able to get treatment for problems when they arise. |
| | 2 Children over age of 2 visit dentist less than once per year; children only see dentist when there is a severe problem. |
| | 1 Children over age of 2 do not visit dentist; children have unresolved dental problems. |
| Notes: | |

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| 23. Children are up-to-date with immunizations | 4 Children are completely up-to-date with immunizations |
| | 3 Children are mostly up-to-date with immunizations. |
| | 2 Children are not up-to-date; parent knows what immunizations are still needed |
| | 1 Children are not up-to-date; parent does not know what immunizations are needed |
| Notes: | |

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| Average score for Category 3.c. (total score / 5): _____ |
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4. Community Support Domain

a. Parent has a strong support network and strong ties to the community

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| 24. Parent, in their role as a parent, receives support from extended family and others. | 4 Parent exchanges ample support with supportive extended family members and/or other families with young children with whom they have developed a positive relationship. |
| | 3 Parents exchanges minimal support with extended family members and/or other families with young children with whom they have developed a positive relationship. |
| | 2 Parent rarely exchanges support with extended family members or other families with young children. |
| | 1 Parent has no supportive extended family members and no relationships with families with young children; parent is very isolated. |
| Notes: | |

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| 25. Parent is involved formally and/or informally in the community. | 4 Parent is involved in a helping capacity with more than one of the following: (1) children's school; (2) place of worship; or (3) community organization; and/or parent regularly offers support to other parents. |
| | 3 Parent is involved in a helping capacity with one of the following: (1) children's school; (2) place of worship; or (3) community organization; and/or parent sometimes offers support to other parents. |
| | 2 Parent is rarely involved in a helping capacity at the children's school, place of worship, or community organization; parent rarely provides support to other parents. |
| | 1 Parent is not involved in a helping capacity in the community; parent does not provide support to other parents. |
| Notes: | |

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| Average score for Category 4.a. (total score / 2): _____ |
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Parent Name: _____ Family Code: _____

Person doing assessment: _____ Location/Org: _____

Date of Assessment: _____ Pre or Post? _____

| Parent Empowerment Category | | Score | Priority Area(s) |
|-----------------------------|---|-------|------------------|
| 1. Culture | 1.a. Parent transmits cultural values to their children | | |
| 2. Parenting | 2.a. Parent stimulates positive physical, social, and cognitive development of their children | | |
| | 2.b. Parent actively supports their children's learning experiences | | |
| | 2.c. Parent has positive communication with their children | | |
| | 2.d. Parent uses appropriate disciplinary methods (behavior management) | | |
| 3. Basic Needs | 3.a. Parent is able to meet family's basic food needs | | |
| | 3.b. Parent is able to meet family's basic shelter needs | | |
| | 3.c. Parent is able to meet family's basic medical care needs | | |
| 4. Community Support | 4.a. Parent has a strong support network and strong ties to the community | | |



Family Plan

Parent Name: _____ Family Code: _____

Person doing assessment: _____ Location/Org: _____

Initial Assessment Date: _____ Follow Up Date: _____

| Strengths |
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| Goals (Maximum of 3) |
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| Recommended Services | Ref. | Att. | Com. | Recommended Services | Ref. | Att. | Com. |
|-----------------------------|------|------|------|----------------------|------|------|------|
| Parenting Classes | | | | ESL | | | |
| Read-2-Me | | | | CTC | | | |
| BEST Program | | | | Health Library | | | |
| Girls Literacy & Leadership | | | | Volunteer | | | |
| Children's Library | | | | Other | | | |
| Women's Program | | | | Other | | | |
| 1:1 Counseling | | | | Other | | | |

Comments: _____

continue on back if necessary

