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|  | **Fall Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | **Spring Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | |
| **How comfortable are you…** | **Beginning** | **Learning** | **Practicing** | **Confident** | **Beginning** | **Learning** | **Practicing** | **Confident** |
| 1. **Talking with your infant/child, *taking turns?*** (This helps build positive relationships and self-esteem, and language and communication skills, which is important for infants also.) |  |  |  |  |  |  |  |  |
| 2. **Listening to your infant/child’s ideas during playtime and offering open questions and ideas to expand their play**? (This applies to listening to infants cooing and helps build planning skills and imagination for preschoolers). |  |  |  |  |  |  |  |  |
| 3. **Singing to and with your infant/child and/or finger plays?** (This helps build language & reading skills. We don’t need perfect singing). |  |  |  |  |  |  |  |  |
| 4. **Reading with your infant/child daily?** |  |  |  |  |  |  |  |  |
| 5. **Helping your infant/child notice and play with words and sounds?** (Pointing out beginning sounds of words & using rhyming, chants and fingerplaysto build language and reading skills). |  |  |  |  |  |  |  |  |
| 6. **Engaging in discussion while pointing out age-appropriate print concepts during daily routines?** (Reading, shopping, pretend play, cooking/baking, print within your home and community, ex. Street signs, magazines, stores, etc.) |  |  |  |  |  |  |  |  |
| 7. **Helping your infant/child understand math concepts, math vocabulary, number names, shapes and counting during daily routines?** (Meal prep, mealtime, shopping, play time, bathroom, dressing, counting stairs, counting toys, counting books, counting certain color cars, etc. "Let’s put on shoe one and now let’s put on shoe 2” “The moon is round,” “The stop sign is hexagon shaped.” |  |  |  |  |  |  |  |  |
| 8**. Doing physical activities with your infant/child?** (Outside play, nature walks, park, dancing, rolling/throwing ball, etc) |  |  |  |  |  |  |  |  |

**A picture containing table

Description automatically generated FAMILY OUTCOMES TOOL *(Sent to Families via Learning Genie)***

**We survey families twice per year to see if we are making positive differences in family routines. If enrolled in both Early Head Start and Head Start, please only complete one survey for Early Head Start. If your child lives between two homes, you may complete one survey per household. We celebrate family strengths and share tips with you to support these practices in your daily routines. Please complete in-kind (donation of your time) once you complete this survey to meet our federal in-kind requirement. Thank you for being actively involved with your child and their school readiness!**

**Teacher: Site: Child First/Last Name:**

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|  | **Fall Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | **Spring Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | |
| **How comfortable are you…** | **Beginning** | **Learning** | **Practicing** | **Confident** | **Beginning** | **Learning** | **Practicing** | **Confident** |
| 9. **Encouraging your infant/child to take age-appropriate risks to problem solve and be persistent?** Persistence means to keep trying. Ex - Encouraging self-help skills for grooming, bathroom, cleaning, brushing teeth/gums, dressing, zipping, meal prep, serving, pouring, sorting toys, chores, etc. “Keep trying, you can reach that rattle, crawl to me, walk” etc. |  |  |  |  |  |  |  |  |
| 10. **Having a nap time and/or bedtime routine with infant/child in bed around the same time nightly.** |  |  |  |  |  |  |  |  |
| 11**. Helping your infant/child receive the age-recommended sleep in 24 hours (including naps)**  **0-4 months**: Sleeps short 1–2-hour periods, sometimes longer; with the total hours of sleep for daytime: 8-9 and nighttime:  **4-12 months:** Sleeps 12-16 hours  **1-2 years:** Sleeps 11-14 hours  **3-5 years:** Sleeps 10-13 hours |  |  |  |  |  |  |  |  |
| 12. **Helping clean/brush your infant/child's gums/teeth twice a day daybrush your infant/child's teeth twice a day.** |  |  |  |  |  |  |  |  |
| 13. **Eating meals family-style daily**. (Sitting together – everyone gets to serve, pour and pass). |  |  |  |  |  |  |  |  |
| 14. **Discussing nutritious food choices and healthy eating?** (During making grocery lists and shopping, meal prep, gardening, etc. “I know you want a sucker now, but you need healthy food first, your cheese & milk makes your bones and teeth strong.” Etc.) |  |  |  |  |  |  |  |  |
| 15. **Your child breathe through their difficult emotions, naming them and helping build skills to work through them?** “Breathe, we can handle this; I am here for you; Let’s wait until we are calm to talk about what happened; you may do pushups to get anger out, but not hit.” |  |  |  |  |  |  |  |  |
| 16.  **Responding calmly to your infant/child(s) challenging behaviors?**  (Breathe with and for your child, take time before responding) |  |  |  |  |  |  |  |  |
| 17. **Practicing self-care (things that are good for you and calm you) for resilience**. (Resilience is the ability to manage tough experiences positively to bounce back easier.) |  |  |  |  |  |  |  |  |