

## **PARENT SURVEY – Family Stress Checklist**

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### **1 PARENTS' CHILDHOOD EXPERIENCES**

- Relationship with Paternal & Maternal grandparents
- **Recall happy/fun experiences**; any sad/disturbing experiences
- Reason for multiple living arrangements – 2 families/relatives, foster care
- Exposure to poor coping behaviors (drugs, alcohol, DV) and MH concerns
- Experiences with sexual abuse, CPS/ACS, PINS, running away overnight
- Forms of discipline used – Self/Sibs – **Parent's perception of method(s)**
- If physical discipline method(s) used...

*Might ask: "Do you have any fond memories from your childhood? Any traditions that you'd like to continue with your children?"*

**YOU MUST  
ASK!**



- ① Number of occurrences
- ② Implements used
- ③ Marks and bruises
- ④ Perception of method(s) for PS#8

### **2 LIFESTYLE BEHAVIORS AND MENTAL HEALTH**

- Alcohol and/or Drug Use
- Prenatal Behaviors
- **Quantify!!! & Qualify!!!**
- Perceived as a Problem?
- Mental Health Concerns – Depression/PHQ-2
- Legal Matters Detailed

**STRENGTHS  
CAN BE FOUND  
IN ADVERSITY!**

### **3 PARENTING EXPERIENCE**

- Caregiving experiences – their children, step-children, babysitting, Sibs
- Ever suspected of neglect, maltreatment or physical abuse?
- **Might ask: "Has anyone ever expressed or showed concern about how you've cared for a child?"**
- Exposing child to substances (drugs/alcohol)

*ID Strengths: "Can you pick one characteristic that you feel (or someone has told you) that you have, that will help you in your role as a parent?"*

### **4 COPING SKILLS AND SUPPORT SYSTEM**

- Education Background – Experiences, Challenges **& Successes**
- Employment Background – Experiences, Challenges **& Successes**
- Transportation & Phone Availability
- Unhealthy/Poor Coping Behaviors
- Prenatal Care
- Lifelines – Friends and Family (Fun & Support)
- **DEPRESSION** (prenatal & postpartum)

*Explore with questions about the indicators of prenatal and postpartum depression.*

## 5 STRESSES & CONCERNS

- Relationship(s)
- Housing – Experiences, Challenges & Successes
- Finances – Experiences, Challenges & Successes
- Any stressors/concerns affecting parent's life
- How does parent handle stress

### TIP....

Using “What-if” scenarios with teen parents may help them to better visualize & consider the possibilities.

*Consider... Ask about DV while gathering info about stresses:  
“Have you ever been in a relationship where it's been a constant worry for you because someone was consistently hurting, threatening, screaming insults, or cursing at you?”*

## 6 ANGER MANAGEMENT SKILLS

- How do parents handle their anger – Experiences, Challenges & Successes
- Is either partner concerned with the other's methods for handling anger?
- Past and/or present violent behavior towards others?

## 7 EXPECTATIONS OF INFANT'S DEVELOPMENTAL MILESTONES & BEHAVIORS

Walking                      Toilet Training                      Spoiling                      Crying

- Rigidity? When will parent begin to worry and what will they do?
- **How will Dad or current partner respond if left alone with a crying or colicky baby?**

## 8 PLANS FOR DISCIPLINE

- Mobile infant      8 mo – 18 mo
- Toddler            1 ½ y – 3 y
- Older Child        3 y – 5+ y

**NOTE...** Scenarios should capture discipline method(s) parents may use to teach their child appropriate behavior to avoid repetitive unwanted & unsafe behaviors.

## 9 PERCEPTION OF NEW INFANT

- Ask, “How would you describe your baby?”

## 10 BONDING AND ATTACHMENT

- How did parents feel about the pregnancy...then and now
- Adoption and/or abortion considered
- Parents' bonding w/child and “risks” of poor bonding
- Baby's impact on parents' lives



**Avoid Judgement Words – Great! Good! Wow!  
Instead... HELP PARENTS IDENTIFY THEIR  
STRENGTHS!!!**

“What do you feel is the reason for your success?”  
“What is it about you that enabled you to make it happen?”  
“How do you feel about your achievement?”