

Parent Wellbeing Checklist

RANK YOURSELF IN EACH AREA:

1 = SOME PROBLEMS
2 = FEW PROBLEMS

3 = PRETTY GOOD
4 = REALLY GOOD

1. How am I adjusting to being a parent?

2. How is my relationship adjusting?

3. How am I coping?

4. How am I dealing with feelings of irritability or anger?

5. Tobacco, alcohol or other drug use at this time?

6. My financial wellbeing

7. How past experiences are affecting me?

8. My relationship with other family members?

9. My level of support and connection to the community

10. My knowledge of community support services available to me?

