

Trauma-informed Parenting Readiness Tool

Name _____ Date _____

It is important that all caring adults involved in the care of your birth/foster child understand how stress and trauma affect children and adults. Trauma-informed parenting promotes your understanding of your birth/foster child, his or her emotions, behaviors, and attitudes. Trauma-informed parenting allows for healing for both you, and your birth/foster child, and facilitates attachment and resilience to face challenges in the future.

In addition to asking you to complete this tool, we will also be working directly with you, your birth/foster child, and all caring adults involved with your child. We will be spending time together in order to observe ways that you interact with your child. Your responses to and interactions with your child are one of the most important contributors to healthy and strong child development. Your interactions now will prepare your child to be successful and resilient in the future.

This tool will be used to get to know you better. It will identify your strengths and learning needs, and will improve communication between you, your birth/foster child, and all caring adults involved with your child. We will ask you to complete this tool at least every year so you can continually grow in your understanding of trauma, as well as your understanding of yourself and your child. No parent will have all of the attributes, knowledge, and skills described, but all will have some. Answer as honestly and accurately as possible. Your answers will not be used to approve or disapprove you for any services, placements, etc.

Caregiver		Caseworker
	PHYSICAL SAFETY	
	I am able to provide nutritious food, shelter, and clean clothing consistently and for the long term.	
	I am able to provide an environment free from exposure to all harmful substances.	
	I am able to provide an environment free from arguing or domestic violence.	
	I am able to recognize and respond to child's physical and emotional distress.	
	I am able to provide a developmentally appropriate level of supervision.	
	I am able to educate child about physical and social boundaries and model those boundaries for him or her.	
	I am able to educate child about assertiveness, and model assertiveness by using, "I messages"	
	I am able to work with team members to develop a safety/crisis plan for child and am willing to implement crisis plan.	
	PSYCHOLOGICAL SAFETY	
	I am confident in my ability to parent child.	
	I am able to collaborate with birth/foster/adoptive/kinship family in determining limits and expectations of child's behavior.	
	I am able to set and communicate consistent limits and expectations for child in a calm, non-threatening manner.	

0 - strongly agree 1 - agree 2 - disagree 3 - strongly disagree

Trauma-informed Parenting Readiness Tool

Name _____ Date _____

Caregiver		Caseworker
	I am able to respond consistently to child's words, attitudes, and behaviors. I am prepared to handle intense expressions of emotion.	
	I am willing to collaborate with birth/foster/adoptive/kinship family in developing predictable routines.	
	I am able to provide predictable routines for child. I am able to plan ahead and communicate plans to child.	
	I am able to allow child to make developmentally appropriate choices as much as possible. I am able to respect and honor child's choices.	
	I am able to encourage child to express emotions without judging and feel competent to share the burden of child's pain with him or her.	
	I am able to promote child's sense of belonging by developing routines, rituals, and traditions that we share together. Foster/adoptive/kinship parent is able to respect and include child's culture and background, routines, rituals, and traditions from birth and is able to include child in family activities and responsibilities.	
	I am willing to address loyalty issues and demonstrate collaboration and shared responsibility for the child's well being	
	I am able to provide child with prompt, accurate information about what happened and is happening (including trauma and loss). I am able to encourage child to ask questions, and admit when I do not know the answer.	
	I am able to reassure the child that the trauma and loss is not his or her fault.	
	I am able to recognize and respond to child's emotional distress with calm empathy.	
	I am available to the child whenever the child is in distress or when the child asks for help.	
	I am able to recognize when I need help and I am able to model asking for help when needed.	
RELATIONSHIP		
	I am able to take full responsibility for my relationship with child and take full responsibility for all relationship repair	
	I understand the difference between bonding and attachment	
	I believe that adults must earn the trust and respect of child and I am willing to earn child's trust and respect.	
	I believe that each child is unique and experiences emotions and feelings in his or her own way. I am able to respect a child's emotions and feelings without changing them.	
	I feel competent to face child's pain and grief with him or her.	
	I am able to affirm and share a child's emotions and feelings, even when the emotions and feelings are different from what I am feeling.	
	I feel comfortable providing caring, healthy touch to child.	

0 - strongly agree 1 - agree 2 - disagree 3 - strongly disagree

Trauma-informed Parenting Readiness Tool

Name _____ Date _____

Caregiver		Caseworker
	I am able to facilitate attachment of the child to the permanent caregivers.	
	I am able to develop and maintain working relationships with teachers, counselors, caseworkers and other professionals supporting child's safety and well being.	
COMMUNICATION		
	I am comfortable and able to communicate with child in ways that make the child feel safe and comfortable. I am willing to communicate with child verbally, in writing, through gestures, creative arts, journaling, etc.	
	I will make the child aware upfront that all caregivers and professionals are working together for his or her best interests and that all communication will be shared except under certain extraordinary circumstances.	
	I am able to communicate effectively with other team members. I am able to manage my own emotions during collaboration to focus on the child's needs.	
	I understand that communication is two way and that intent and impact are not always the same. I am able to ask for feedback to determine if my message was received as intended.	
	I am able to look beyond child's words, attitudes, and behaviors to seek an understanding of the reasons underlying them and the message being communicated.	
	I am able to understand and clearly articulate child's strengths needs to caregivers and professionals.	
	I am able to articulate my own feelings, emotions and needs to child and other adults.	
ATTUNEMENT		
	I am able to recognize emotions and feelings in child and I am able to share emotions and feeling with child without judgment.	
	I feel competent and able to share the burden of the child's pain and grief with him or her.	
	I am able to recognize when a child requires structure and limit setting versus when a child requires nurture and connection.	
POSTIVE BEHAVIOR SUPPORTS AND INTERVENTIONS		
	I am able to collaborate with all adults involved in child's care to develop a written positive behavior support plan.	
	I understand that the child's challenges are the challenges of all the caring adults in the child's life.	
	I will focus on improving the quality of child's life, not just on managing behaviors	
	I am able to consistently hold child to high behavioral standards.	
	I understand that physical symptoms can contribute to behavioral issues.	

0 - strongly agree **1** - agree **2** - disagree **3** - strongly disagree

Trauma-informed Parenting Readiness Tool

Name _____ Date _____

Caregiver		Caseworker
	I understand the a lack of felt safety, lack of predictability, and inconsistent responses will contribute to a child’s behavioral issues	
	DISCIPLINE	
	I understand that some behaviors are “can’t” and some behaviors are “won’t”	
	I understand the goal of discipline IS NOT compliance. The goal of discipline IS the child’s success, learning, and growth	
	I am able to handle strong emotional responses from child	
	I am able to focus on correction of the behavior, and not “fixing” of the child	
	I am able to hold child accountable for choices with natural consequences	
	I understand that the foundation and motivation for a child to make positive changes and mature is trusting relationships with caring adults	
	PARENTAL CHARACTERISTICS AND WELL BEING	
	I see humor and playfulness as a release, and a way to build relationships when shared with child	
	I hold strong spiritual or religious beliefs.	
	I have reflected on how I was parented and understand how that impacts my relationships with my child(ren)	
	I am free of nightmares, flashbacks, numbing, and avoidance related to any past traumatic experience	
	I am confident in who I am as a person, and as a parent	
	I derive pleasure from parenting	
	I find happiness in meaning in interpersonal relationships	
	I know my own strengths and weaknesses.	
	I am able to handle criticism and rejection from a child without becoming defensive	
	I can live with a child that does not show reciprocation of my affection	
	I can do the right thing for the right reason and do not need recognition or acknowledgement	
	I recognize the needs of other people and I act to address those needs	
	I am open-minded and accept diversity	
	I am resilient and not afraid of a challenge	
	I am able to see mistakes as opportunities for growth, and do not expect perfection from myself or others	
	I am optimistic and positive about my future and child’s future	

0 - strongly agree 1 - agree 2 - disagree 3 - strongly disagree

Trauma-informed Parenting Readiness Tool

Name _____ Date _____

Caregiver		Caseworker
	UNDERSTANDING OF TRAUMA	
	I understand that all children involved in the child welfare system must be parented from a trauma informed perspective	
	I understand that healing and neurological changes occur through my interactions with child in the context of a therapeutic relationship	
	I understand that child's behaviors and attitudes are based on his or her past traumatic experiences	
	I understand that I must assist my child in managing his arousal level.	
	I understand parenting a traumatized child can be isolating and will seek out supports and connections with others traveling the same path	
	ADVOCACY AND INVOLVEMENT	
	I understand child's medical and/or mental health conditions and the prescribed treatment.	
	I am aware of and will utilize resources to support my involvement in child's medical and/or mental health treatment.	
	I understand child's legal situation and permanency plan.	
	I am aware of child's rights and options related to legal and permanency planning and my role in the planning process.	
	I understand child's educational needs and long term educational plan.	
	I am aware of child's rights in the Educational Evaluation Process and the Individual Education Planning Process and my role.	

Caregiver comments: _____

Caregiver Signature _____ Date _____

Caseworker comments: _____

Caseworker Signature _____ Date _____

0 - strongly agree 1 - agree 2 - disagree 3 - strongly disagree