

## Parenting Inventories: Skills In Warmth

Parent support Tools by The Opening Path

- \_\_\_\_\_ I hug my child every day
- \_\_\_\_\_ I tell my child I love them every day
- \_\_\_\_\_ Normally, when my child comes into the room, I acknowledge them by saying “hello” or “What’s happening” or “what have you been doing ?” or some small statement like that.
- \_\_\_\_\_ I watch tv with my child at least ½ hour a day.
- \_\_\_\_\_ I play games with my child or talk to my child for at least twenty minutes every day.
- \_\_\_\_\_ I eat a meal with my child every day.
- \_\_\_\_\_ When my child is sad, angry or happy, I ask them about it.
- \_\_\_\_\_ When my child is hurt, I help them, talk to them.
- \_\_\_\_\_ I know the name of my child’s teacher.
- \_\_\_\_\_ Give yourself a point for each friend’s name you can remember.
- \_\_\_\_\_ When my child asks for my help, either I assist them or give them directions.
- \_\_\_\_\_ If my child goes to school, I make breakfast for them.
- \_\_\_\_\_ I help my child lay out their clothes for the next day (if the child is under ten).
- \_\_\_\_\_ I look at my child’s homework every day
- \_\_\_\_\_ I sit near my child when they are doing their homework
- \_\_\_\_\_ Give yourself a point for those times when your child is with you while you are doing chores, such as me cooking, cleaning, laundry, preparing dinner, fixing the car, etc.
- \_\_\_\_\_ I spend some time with my child before bed
- \_\_\_\_\_ We take vacations together as a family
- \_\_\_\_\_ We have special holiday activities we do together as a family, even if it is once a year.
- \_\_\_\_\_ Give yourself a point for each time in the last week you have done something small together, like laughing , looking out the window, something spontaneous that you both enjoy.