

## Emotional Well-being

*Please Circle*

When upset, can your child calm down within 15 minutes?

No            Sometimes            Often

Does your child seem happy?

No            Sometimes            Often

(ASQ-SE2 60 month – Squires, Bricker & Twombly 2015)

Does your child often complain of headaches, stomach-aches or sickness?

No            Sometimes            Often

Is your child often unhappy, depressed or tearful?

No            Sometimes            Often

(SDQ – Goodman 2005)

## Parenting Well-being

*Given all that goes on at these times, parenting can be hard work. Thinking about the past 6 months:*

Was it difficult to know how your child(ren) was feeling?

No            Sometimes            Often

Was it difficult to comfort and be warm with each of your children?

No            Sometimes            Often

Was it difficult to set limits and deal with problem behaviour?

No            Sometimes            Often

Was it difficult to support your child(ren)'s activities and interests?

No            Sometimes            Often

Were you harsher towards your child(ren) than you wanted or meant to be?

No            Sometimes            Often

Do you have any major worries about how you have been coping?

Yes  No

Are you getting enough emotional support (e.g. from friends, family, professionals)?

Yes  No

(DOORS – McIntosh, 2011)



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# School Readiness Checklist



**Starting school can be a really exciting and special time for families that can also come with its own worries and questions.**

- Am I ready for my child to go to kindy/school?
- Is my child ready to go to kindy/school?
- How can I identify my child's emotional wellbeing?
- Do I know how to develop resilience in my child?
- Do I know where to get support with school transition for myself/child?

This checklist poses a series of questions that may help you to explore some of these areas and guide you on how to best support this milestone.

*'School readiness is a measure of how prepared a child is to succeed in school, cognitively, socially and emotionally... Infants and young children thrive when parents and families are able to surround them with love and support and opportunities to learn and explore their world.'* Sinmarie Pieterse

This section is anonymous and helps us to work out how to best support our community.

Please give this checklist to a Relationships Australia South Australia team member or to admin staff where you have filled this out.

PLEASE COMPLETE ONE PER CHILD about to start school

### A bit about your family:

Are you a parent or carer for a child about to start kindy/school?

Mother  Father  Step-Parent  Grandparent

Other (please provide details).....

.....

### Family Structure (Sole Parent Etc)

.....

### Gender of child and age

Male  Female  Other Age: .....

### Current Centre or school

.....

### Do you identify as Aboriginal or Torres Strait Islander?

No  Yes, Aboriginal  Yes, Torres Strait Islander

Yes, both Aboriginal and Torres Strait Islander

### What is your cultural background/heritage?

.....

### Do you speak another language at home?

Yes  No

### If yes, which language?

.....

If you would like a member of the Children and Parenting Support team to get in contact with you please provide your name and contact phone number in the space below and return to a Relationships Australia SA team member or admin staff.

.....

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## Self Care

*Please Circle*

Does your child go to the bathroom by themselves?

No                      Sometimes                      Always

Does your child sleep at least 8 hours in a 24 hour period?

No                      Sometimes                      Always

Do you and your child enjoy mealtimes together?

No                      Sometimes                      Always

Does your child use words to tell you what they want or need?

No                      Sometimes                      Always

(ASQ-SE2 60 month - Squires, Bricker & Twombly 2015)

## Social Skills

*Please Circle*

Is your child helpful if someone is hurt, upset or feeling ill?

No                      Sometimes                      Often

Does your child spend time with at least one good friend?

No                      Sometimes                      Often

Does your child generally get on well with and play with other children?

No                      Sometimes                      Often

Does your child share readily with other children, for example toys, treats, pencils?

No                      Sometimes                      Often

Does your child generally follow rules at home or at childcare?

No                      Sometimes                      Often

(SDQ - Goodman 2005)

