



ParentingWell Practice Profile - PLAN – Self Assessment

This worksheet is for staff to assess their own practice with respect to parenting practice as defined by the ParentingWell Practice Profile. This worksheet is to be used in preparation for meeting with your supervisor. Use the *Plan* Core Element of the Practice Profile to identify both the strengths and areas needing improvement in your practice. Using a copy of the Plan Core Element from the practice profile, read the description of the Core Element all the way through so you can get a sense of what the practice looks like as a “whole.” Make note (you may highlight, underline or circle items on your copy of the profile) of specific items that reflect your current practice, then assess your practice for each sub-category using a rating scale of 1 to 10 as defined below. Record your rating for each sub-category and provide examples of strengths and areas needing improvement on this worksheet.

Rating	Meaning	Explanation
10	Ideal practice proficiency served	My practice in this area demonstrates a consistently high degree of mastery in a wide range of situations and with all persons served.
5	Developmental practice proficiency	My practice in this area demonstrates a good understanding and skill level. My practice is strong, but only in some situations and with some persons served.
1	Unsatisfactory practice proficiency	This is a new or emerging skill for me. It is not yet present in my practice.
0	N/A	This practice is not part of my responsibilities.



PLAN	Rating	Notes/Examples/Questions/New Goals
a. Help parents/parents-to-be identify what they want to change and picture the outcomes.		
b. Assist parents in setting priorities.		
c. Help parents identify options and consider the benefits or costs of choosing one option over another.		
d. Work with parents to set “SMART” goals.		
e. Discuss the value of following up on implementing the plan, evaluating, and revising or setting a new goal to move forward.		
f. Assist with a problem-solving approach if parents cannot “put the pieces in place” to take steps forward.		



PLAN	Rating	Notes/Examples/Questions/New Goals
g. Debrief with parents when goals are not achieved to discuss options, to make a new plan, and to use lessons learned to move forward.		
h. Help parents anticipate crises and address vulnerabilities through preventive action or activating resources.		
i. Provide concrete suggestions for time management and other organizational skills.		
j. Assist parent to develop strategies for keeping in touch with children when they are apart.		
k. Help parents make a back-up plan for providing for children if parents are unavailable.		
l. Provides rationale for taking care of oneself.		



PLAN	Rating	Notes/Examples/Questions/New Goals
m. Check-in regularly to help parents evaluate progress and adjust action steps if necessary.		
n. Support parents in identifying ways to celebrate small steps and large accomplishments.		
o. Understand that parents' attitudes and beliefs, priorities and actions may not be consistent with one's own.		