



Parent Skills Checklist

Client: _____

Date: _____

Completed By: _____

Check Any That Apply. The results of this screening can be used for tailoring person-centered teaching.

Preconception – Person with IDD		Preconception – Service Agency	
<input type="checkbox"/>	Choose a primary care provider	<input type="checkbox"/>	Nursing assessment identifies areas of support need
<input type="checkbox"/>	Participate in regularly scheduled appointments	<input type="checkbox"/>	Offer support to schedule and keep medical appointments
<input type="checkbox"/>	Learn about sexual health issues	<input type="checkbox"/>	Assess learning needs
<input type="checkbox"/>	Plan for beginning a family	<input type="checkbox"/>	Reinforce learning
<input type="checkbox"/>	Practice safe sex	<input type="checkbox"/>	Model responsible behavior
Prenatal – Person with IDD		Prenatal – Service Agency	
<input type="checkbox"/>	Attend all obstetric appointments	<input type="checkbox"/>	Offer support to make and keep medical appointments
<input type="checkbox"/>	Follow the recommendations of the doctor, midwife or NP	<input type="checkbox"/>	Reinforce learning
<input type="checkbox"/>	Learn how to take care of yourself	<input type="checkbox"/>	Offer emotional support
<input type="checkbox"/>	Prepare for the arrival of the baby	<input type="checkbox"/>	Assist in planning for arrival of baby, including budgeting
Newborn – Person with IDD		Newborn – Service Agency	
<input type="checkbox"/>	Love your baby and talk to your baby	<input type="checkbox"/>	Observe for any problem areas (i.e., fussy baby, post-partum)
<input type="checkbox"/>	Learn about your baby's habits	<input type="checkbox"/>	Assist in developing a picture schedule of baby care
<input type="checkbox"/>	Sleep when you can and eat food that is good for you	<input type="checkbox"/>	
<input type="checkbox"/>	Learn to ask for help	<input type="checkbox"/>	
Infancy – Person with IDD		Infancy – Service Agency	
<input type="checkbox"/>	Learn safety skills	<input type="checkbox"/>	Observe for safe environments
<input type="checkbox"/>	Take the baby to all scheduled well-child checks	<input type="checkbox"/>	Reinforce good parenting skills
<input type="checkbox"/>	Meet other parents of young children	<input type="checkbox"/>	Assist parent in creating a workable schedule
<input type="checkbox"/>	Take the baby to activities at the library	<input type="checkbox"/>	Assist parent to identify community resources

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Toddler & Preschool – Person with IDD		Toddler & Preschool – Service Agency	
<input type="checkbox"/>	Enroll your 3 year old in DCPS pre-school	<input type="checkbox"/>	Observe for safe environments
<input type="checkbox"/>	Continue with enrichment activities	<input type="checkbox"/>	Reinforce good parenting skills
<input type="checkbox"/>	Seek help to maintain loving discipline	<input type="checkbox"/>	Assist parent in creating a workable schedule
<input type="checkbox"/>	Plan activities for out-of-school time	<input type="checkbox"/>	Assist the parent in creating a workable schedule
School Age – Person with IDD		School Age – Service Agency	
<input type="checkbox"/>	Select the best school for your child	<input type="checkbox"/>	Observe for safe environments
<input type="checkbox"/>	Meet your child’s teacher and learn how to communicate	<input type="checkbox"/>	Reinforce good parenting skills
<input type="checkbox"/>	Be sure your child is prepared for school	<input type="checkbox"/>	Continue with a daily schedule
<input type="checkbox"/>	Learn about the resources available to assist you	<input type="checkbox"/>	Assist parent with interaction with school personnel
<input type="checkbox"/>	Learn about what happened during your child’s day	<input type="checkbox"/>	
<input type="checkbox"/>	Prepare for the next school day	<input type="checkbox"/>	
<input type="checkbox"/>	Find summer programs	<input type="checkbox"/>	
Teen Years – Person with IDD		Teen Years – Service Agency	
<input type="checkbox"/>	Take a deep breath!	<input type="checkbox"/>	Respect the parent’s decision
<input type="checkbox"/>	Find ways to communicate with your teen	<input type="checkbox"/>	Know referral sources that provide emotional guidance
<input type="checkbox"/>	Create balance about providing appropriate privacy	<input type="checkbox"/>	Be familiar with community resources for teens
<input type="checkbox"/>	Assist them in enrolling in after-school activities	<input type="checkbox"/>	Be prepared to listen to teen, but do not contradict parent
<input type="checkbox"/>	Monitor their school work	<input type="checkbox"/>	Assist parent in guiding the teen in post-secondary pursuits
<input type="checkbox"/>	Seek assistance from others	<input type="checkbox"/>	

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