

# Parent Interest Survey

Child's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Parent committee meetings are held monthly (except Dec/May) with a business meeting and an education session. At a minimum, parent training activities for parents must be planned and offered by the program in the areas of: Parenting Skills, Education and Child Development, Mental Health, Oral Health, and Nutrition.

\*Parent Education in Head Start is specific to Parent's interests and needs as individuals and as members of the parent committee. 1304.40 (d)(l)

Your parent committee will use information from this survey to plan parent education topics.

What is the best day and time of the week for you to attend your parent meeting/education session?

Best day of the week? \_\_\_\_\_ Morning  Afternoon  Evening

Listed below (bolded areas) are the required Education areas that need to be covered at parent meetings. In each area, please check **ONE** topic that interests you for each of the educational areas.

## **Parenting Skills**

- Enhancing Parent Skills
- Discipline
- Time Management/Child's Daily Routines
- Transportation Safety/Car Seat Safety
- CPR/First Aide
- Fire Safety
- Home Safety
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## **Mental Health**

- Child Mental Health Issues
- Family Mental Health Issues
- Support Groups
- Depression/Anxiety
- Stress Management
- Holiday Stress
- Anger Management
- Self-esteem
- Seasonal Affect Disorder
- Attachment/Nurturing Relationships
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## **Oral Health**

- Preventative Dental Care
- Food Choices for Optimal Oral Health
- How to Prepare for Dental Visit
- How to Brush Your Teeth
- Other: \_\_\_\_\_

## **Education & Child Development**

- Stages of Development
- School Readiness
- Developmentally Appropriate Activities
- Transitioning to Kindergarten
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## **Nutrition**

- Fitness and Physical Activity
- Selection or Food Preparation
- Food Safety
- Healthy Snack
- Meal Planning
- Food Budgeting
- Recipe Sharing
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## **Other Topics**

- Family Literacy & Personal Goals
- Employment Training/Employment Services
- Domestic Violence
- Substance Abuse
- Child Maltreatment/Prevention, Recognition and Reporting
- Housing (unfair practices)
- Planning a Budget
- Volunteering in Head Start

Please list other topics of interest to you: \_\_\_\_\_

Would you like to be a presenter for a Parent Education Session? If so, please list topic: \_\_\_\_\_

Mother/Father/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_