

## Highland Rim Head Start Family Interest Survey

Head Start is committed to providing workshops and training opportunities that meet the needs of parents and caregivers. We want these opportunities to be interesting, informative, helpful and fun. Please take a few minutes to complete the survey below to assist us in better serving you this year.

**Parent Name:** \_\_\_\_\_ **Child's Name:** \_\_\_\_\_

### **CHILD DEVELOPMENT**

- \_\_\_ Ages 3-5
- \_\_\_ Infants and toddler's
- \_\_\_ Reading with children
- \_\_\_ Potty training
- \_\_\_ Discipline

### **PARENTING/ FAMILY LIFE**

- \_\_\_ Child support (What is the law?)
- \_\_\_ Peer pressure issues
- \_\_\_ Step parenting & blended families
- \_\_\_ Grandparents raising children
- \_\_\_ Divorce / separation

### **MENTAL HEALTH**

- \_\_\_ Building relationships
- \_\_\_ Building self – esteem
- \_\_\_ Stress management
- \_\_\_ Death, dying & grief
- \_\_\_ How to deal with anger
- \_\_\_ How to deal with fear
- \_\_\_ Dealing with substance abuse (alcohol or drugs)
- \_\_\_ Domestic violence
- \_\_\_ Counseling resources

### **HOME MANAGEMENT**

- \_\_\_ Budgeting / money management
- \_\_\_ Credit counseling
- \_\_\_ Renters rights (the law)
- \_\_\_ Household tips
- \_\_\_ Furniture / appliances
- \_\_\_ Housing repairs / weatherization
- \_\_\_ Energy assistance

### **PERSONAL**

- \_\_\_ Expanding your education
- \_\_\_ Resume writing / job readiness
- \_\_\_ Setting realistic goals
- \_\_\_ GED
- \_\_\_ Computer classes
- \_\_\_ Financial assistance for school
- \_\_\_ SSI or social security guidelines
- \_\_\_ Getting a driver's license

### **JUST FOR FUN**

- \_\_\_ Crafts – home decorations
- \_\_\_ Aerobics
- \_\_\_ Make over tips (hair, make-up, etc.)
- \_\_\_ Group sports (softball, bowling, etc.)
- \_\_\_ Sewing
- \_\_\_ Relaxation tips

### **HEALTH & SAFETY**

- \_\_\_ Child proofing your home
- \_\_\_ Allergies & asthma
- \_\_\_ Birth control or prenatal information
- \_\_\_ First Aid / CPR
- \_\_\_ Poisons and look-alikes
- \_\_\_ Smoking and tobacco products
- \_\_\_ Signs of drug /alcohol abuse
- \_\_\_ Health coverage
- \_\_\_ The importance of dental health

### **NUTRITION**

- \_\_\_ Cooking & baking workshops
- \_\_\_ Healthy snacks
- \_\_\_ Understanding food labeling
- \_\_\_ Cooking with children at home
- \_\_\_ Healthy eating & weight control
- \_\_\_ Exercising to good health