Growing Step by Step

1. How I perceive my child’s progress in various areas of development:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Normal | I am concerned | What I can do to help my child (adjust my expectations, have discussions, provide guidance, seek support from a professional or from my network, etc.) |
| Autonomy  |  |  |  |
| Physical and motor skills |  |  |  |
| Cognitive skills |  |  |  |
| Emotional skills |  |  |  |
| Social skills |  |  |  |
| Sexuality |  |  |  |

1. I identify my priorities: I identify the first actions to help my child in the areas of development for which I have concerns. Circle the 3 priorities that require action over the next few weeks.

I KEEP SOME TIME FOR MYSELF.

I PUT ON MY AGENDA THE VIEWING OF THE NEXT STEP OF THE PARENTAL PATHWAY!