

Building Strong Families

Is Your Child Responsible in Self-Care?

Children's actions or inactions indicate their capacities and abilities and give clues about the kind of help they need. Reaching maturity is a long, gradual process. Responsible individuals can carry out tasks and answer for their behavior.

The questions below may help assess your child's maturity and readiness for self-care. Are you comfortable with your answers? Have your child answer the same questions about himself or herself.

1. **Do your children get to the bus or arrive at school on time?**
a) rarely b) sometimes c) frequently d) almost always
2. **Do your children get to the return bus or arrive home from school on time?**
a) rarely b) sometimes c) frequently d) almost always
3. **Do your children tell you where they're going before they leave?**
a) rarely b) sometimes c) frequently d) almost always
4. **Do your children tell the truth about what happens when they are alone?**
a) rarely b) sometimes c) frequently d) almost always
5. **Do your children complete chores?**
a) rarely b) sometimes c) frequently d) almost always
6. **Can your children solve problems on their own?**
a) rarely b) sometimes c) frequently d) almost always
7. **Do your children know when to ask for help?**
a) rarely b) sometimes c) frequently d) almost always
8. **Do your children cooperate with each other? Do they obey the sibling placed "in charge?"**
a) rarely b) sometimes c) frequently d) almost always
9. **Do your children openly discuss feelings they have about staying alone?**
a) rarely b) sometimes c) frequently d) almost always