



	Never 0	Sometimes 1	Quite often 2	All the time 3
In the evenings and weekends, do you make time to see friends?				
How often is the family involved in volunteering for a community project or charity?				
Does your family ever talk to, interact with or help your neighbours?				
Does your family look after animals either at home or elsewhere?				
Are responsibilities for looking after the home shared between family members?				



	Never 0	Sometimes 1	Quite often 2	All the time 3
How often does your child get a good night's sleep?				
Outside of school and work, how often does your family do activities that get them moving and make them active?				
How often does your family eat a healthy and balanced meals?				
Does your family have 'screen free' evenings or days?				
How often does your family do new activities that they haven't tried before?				



TAKE NOTICE



	Never 0	Sometimes 1	Quite often 2	All the time 3
Does your family take time to talk about their day?				
Do you have time during your week that is set aside to do something as a family?				
How often do you eat a meal together without distractions?				
Do you stick to routines before school and at bedtime?				
How often do you discuss your feelings with each other?				
Do you tell your child about things they do that make you happy or proud?				



CONNECT

	Never 0	Sometimes 1	Quite often 2	All the time 3
How often do you join in with a game or activity that your child is playing?				
When you pick up your child from school, a friend's or an activity, do you talk about what they did?				
How often do you discuss with your child the things they are interested in and enjoy?				
How often do you spend one to one time with your child?				
Do you seek advice and support from other parents or adults away from your children?				

KEEP LEARNING

	Never 0	Sometimes 1	Quite often 2	All the time 3
How often does your child do an activity outside of school where they are improving a skill?				
Do you involve your child in preparing or cooking food?				
How often do you talk with your child about something that they want to know more about?				
How often do you read a book or magazine with your child?				
How often do you do something at home that links to something your child is learning at school?				