

Family Map Question Set	Rationale for Inclusion	Curriculum /Resources
Self-Support: Education and employment are the foundation that supports families in providing for their children		
English Language Learner	All- For the parents, language may be a barrier in their ability to benefit from your program.	
Education and Past Program Experience	All- Wages are higher when education is higher. Parents may have (had) children in similar programs and building on these experiences can help to empower a parent.	
Employment	All- Families need enough money to afford the basics.	
Others who help parent: Education, Employment, and Connections	All- Many families share the parenting role. Understanding the educational and employment experiences of all co-parents will help you as you consider how to support the parent.	TIPS: 04-A4 Co-Parenting
Routines: Having a set, daily routine and organized home can help children develop important skills like self-control and decrease misbehavior		
Moving, Homelessness, Household Transitions	Early Childhood- Children thrive when things stay the same! Unstable caregiving includes changes in the location, person, or routine of the child's world. When it has to happen, helping the child transition can protect the child.	TIPS: 06-A1c – Family traditions when things change 12-B1a – When a parent is deployed 12-B1b – Children and divorce 12-B1d – Talking to children about death
Daily Routines	Early Childhood- Predictable routines help children develop self-regulation. A lack of routines and structure can interfere with children's development.	TIPS: 03-B1a – Nurturing family routines 03-B1a – Tooth brushing 04-A1 – Bedtime routine 04-A2 – Morning routine 04-A1 – Bedtime routine
Adequate Sleep	Early Childhood - Preschoolers getting too little sleep are more impulsive and hyperactive than children getting the recommended hours of sleep. Pediatricians recommend preschoolers sleep from 10 to 12 hours; younger children may need 14 hours each day.	TIPS: 04-A1 – Bedtime routine
TV- Quality and Quantity	Early Childhood - Overuse of TV is associated with a variety of problems for young children including being overweight, having health problems, and exposure to poor parenting. Families develop habits that include TV watching as a way to relax but they often don't realize how long they and their children are in	TIPS: 04-A3 – Selecting TV for Preschoolers

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	front of a screen.	
Organization Observational Questions	All- Learning is easier when there are few distractions. In general, children’s development is influenced by how parents organize the physical environment and the schedules of the home.	
Early Learning: There is strong research evidence that parents can help children be ready for school by the things they provide in the home and do with their children. Early experiences influence brain development and provide the foundation for language, reasoning, problem solving, social skills, behavioral adjustment and emotional health.		
Learning Materials	All- Children learn by exploring the world around them. It is important that they can explore a variety of materials that engage all of their senses.	TIPS: 02-A1 – Play 02-A1a – What is play? 02-A1b – Play and learning 02-A1c – Time, space and materials 02-A1i – Helps social skills grow 02-A1j – Solitary play for infants 02-A1n – Helps thinking skills grow 02-A1o – Exploratory Play 02-A1u – Infant and toddlers 02-A1a – What is play? 02-A1b – Play and learning 02-A1c – Time, space and materials 02-A1i – Helps social skills grow 02-A1j – Solitary play for infants 02-A1n – Helps thinking skills grow 02-A1o – Exploratory Play 02-A1u – Infant and toddlers 02-A1p – Functional play 02-A1q – Constructive play 02-A1r – Symbolic play 02-A1v – Preschoolers

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Literacy Materials and Reading	Early Childhood -The number of books in a home is an important indicator of the family’s understanding of literacy. When children have access to at least 10 books, children have the best language development, literacy skills, and early achievement. It is important that someone is reading to the child.	TIPS. 02-D2 – Reading 02-D3 – Choosing children’s books 02-D4 – Dads and reading
Informal Teaching	Early Childhood - A child playing with a parent is not only learning but it is building a special bond between parents and children.	TIPS. 02-A1 – Play 02-A1a – What is play? 02-A1b – Play and learning 02-A1c – Time, space and materials 02-A1i – Helps social skills grow 02-A1j – Solitary play for infants 02-A1n – Helps thinking skills grow 02-A1o – Exploratory Play 02-A1u – Infant and toddlers 02-A1p – Functional play 02-A1q – Constructive play 02-A1r – Symbolic play 02-A1v – Preschoolers
More Formal. Teaching	Early Childhood - Parents may not consider themselves to be teachers when they do things like sing a rhyming song or comment on the number of balls a child holds.	TIPS. 02-A1 – Play 02-A1a – What is play? 02-A1b – Play and learning 02-A1c – Time, space and materials 02-A1i – Helps social skills grow 02-A1j – Solitary play for infants 02-A1n – Helps thinking skills grow 02-A1o – Exploratory Play 02-A1u – Infant and toddlers 02-A1p – Functional play

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		02-A1q – Constructive play 02-A1r – Symbolic play 02-A1v – Preschoolers
Outside of the Home Activities	Early Childhood - Family activities in the community have many benefits. It helps parents and children find mentors and other people to enjoy in their lives.	TIPS: 02-C1 – Social-Emotional learning 02-C1i – Following Rules 02-C1j – Raising socially healthy kids 02-C1k – Raising emotionally healthy kids
Monitoring: Most accidents or unintentional injuries happen because parents are not monitoring or supervising children.		
Daily Supervision	Early Childhood - Keeping track for the child’s whereabouts and activities is an important parenting task. Parents tend to underestimate the risk they will be distracted when monitoring from outside the immediate area of the child’s play.	TIPS: 05-A2 - Bath time 05-A2a – Infant Safety 05-A2c – Toddler-Preschooler Safety 05-A2b – Toddlers – Preschoolers 05-A3j – Drowning 05-A3o – Other Dangers
Childcare by Others	Early Childhood - Many low-income families need informal, unregulated care because of costs or at times when programs are not available.	TIPS: 06-B1 – Quality Childcare 06-B1a – Why children need quality care 06-B1b – Choosing quality childcare for babies
Environmental Safety: children who live in unsafe neighborhoods are more likely to see violence or be involved in violence.		
Neighborhood Safety	All- Children living in low-income areas are unhealthier and have poorer development than those who don’t live in these areas.	
Seeing or Being hurt	Early Childhood - When there is violence in the home or nearby, children usually know about it.	TIPS: 01-E2 - Bullying 01-E3 - Biting 08-A1 - Domestic Violence 08-D1 - Child abuse and neglect 08-D - Child abuse and neglect 08-D1 – Child sexual abuse 08-D1a - Preventing child sexual abuse 08-D2b - Signs of child sexual abuse

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		08-D1c – When a child reports sexual abuse 08-D1d – Responding to child sexual behaviors
Family Cohesion, Conflict, and Parenting Stress: How well families get along is important for healthy child development. Children from families that are close and supportive usually grow up with fewer problems.		
Family Cohesion	Early Childhood - Young children are thought to be aware of and harmed when conflict occurs among people living in their home. Even when children are not aware, conflict can impact the child, because distressed parents are less able to attend to and care for the child.	TIPS: 01-A4 – Co-parenting 01-A4b – Consistent Co-parenting 01-A4b – Protecting Children from Parent Conflict 01-A4f – Making the best of Co-parenting
Parenting Stress	Early Childhood - Parents who report high parenting stress often also report conflict among family members, depression, and less effective parenting practices. Parenting stress can be high when parents have unrealistic expectations.	TIPS: 07-B1 – Spoiling Babies 07-B1a – Spoiling vs. comforting crying babies.
Discipline: Real discipline teaches children to control themselves.		
Frequent and Effective Discipline Practices	Early Childhood - Parents often punish their child frequently when they have not identified a discipline practice that works for them and their child.	TIPS: 03-B1 – Effective Discipline 03-B1k – Consequences for Good Behavior 03-B1l – Consequences for Bad Behavior
Parenting Strategies	Early Childhood - Harsh parenting can contribute too many later psychological and behavior problems in children. Ineffective parenting means that children have less help in learning to control themselves. This can lead to problems at schools, more ineffective parenting at home, and frustration for everyone.	TIPSS: 03-B1n – Time Out 03-B1o – Voluntary Time Out 03-B1f – Distract 03-B1e – Talking together 03-B1j – Teach all the steps 03-B1i – Attention or ignore 03-B2 - Spanking
Physical and Mental Health: Making sure children have well-child visits and immunizations are important for good health and for families with young children, it is very important that parents stay healthy – physically and mentally.		
Health Literacy	All- Good self-management of chronic health conditions is a critical step in preventing medical emergencies and even death. Parents may have problems understanding and following medical instructions. Health literacy refers to a person’s ability	TIPS:12A – Parental Mental Health 12B – Child Mental Health

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	to access, understand, and use accurate health information. Low health literacy is common among adults with low education and income. Many parents do not have easy access to medical professionals to ask questions.	
Health Care Access and Use	Early Childhood - When children have routines well-child visits and immunizations they are more likely to stay healthy. Children with poor health do not do as well in school and can have poorer long-term development. Ideally the child and family will have a medical home.	TIPS: 01-B2 – Medial Home TIPS: 01-B3 – Well-Child Care 01-A7 – Oral Health 01-A7c – Dental Home 01-A7f – Healthy teeth
Exercise and Sleep	All- Getting enough sleep and exercise has immediate benefits as well as a long-term positive impact on your health.	
Mental Health	All- Mental health problems can make it difficult to be a good parent and are barriers to healthy child development and school readiness.	TIPS.12A – Mental Health 12A1 – Parental Depression
Chronic Health – Alcohol and Drug	All- Children of substance abusing parents are considered at high risk for a range of health, developmental, and behavioral problems. Substance abuse problems occur among families at all income levels.	TIPS.11-A1 – Alcohol and Drugs 1-A1a – Getting help
Basic Needs: All children require adequate nutrition, shelter, and healthcare to ensure survival. Meeting these basic needs is as vitally important to psychological development as it is to physical development.		
Basic Needs	All- Parents having difficulty keeping up with monthly bills, transportation, repairs, food costs, and other necessary expenses often experience high amounts of stress that could affect their ability to do the same things they want to do for themselves and their children.	
Food Assistance	All- The issue for many families may be that they don’t have enough resources to provide adequate quantity and quality of food for their entire family.	
Nutrition Education	Early Childhood -Many children suffer from poor nutrition and poor eating habits resulting in compromises to their health.	TIPS: 01-C3 – Healthy Eating Habits 01-C3c – Food Pyramid

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		01-C3d – Fun, healthy meals TIPS: 01-C5a – Fruit and Juice 01-C7 – Vegetables 01-C7a – Recommended weekly vegetable servings 01-C7b – Serve a variety of vegetables 01-C7c – Kid-Friendly vegetables 01-C7d – Shopping for vegetables
Home & Car Safety: Accidents are the leading cause of death and serious injury in children from ages 1 to 5 years. The most common home injuries for children under the age of 5 are falls from heights, burns and poisonings.		
Car and Vehicle Safety	Early Childhood -More children are killed in motor vehicle accidents than from any other cause. The use of child safety seats prevents most such deaths and reduces the risk and severity of injury.	TIPS: 05-A1 – Car Seat Safety 05-A1b – Toddlers 05-A1c - Preschoolers 05-A1e – Car safety rules 05-A1h – It’s the law!
Home Safety	All - Children may be exposed to several types of dangers in the home including second hand smoke, lead paint, scalding hot water, and high risk of house fires.	TIPS: 05-A3 – Household dangers 05-A3i – Smoke alarms 05-A3k - Fire 05-A3m – Fire escape plan 05-A3f – Burns
Access to Dangerous Things	Early Childhood - The list of common poisons for young children is a list of things often used in the home. Children are most likely to get to these things when they are being used or are left out for later use. Guns are common in many homes and while parents may think they are being careful, children can often get to them.	TIPS: 05-A3 – Household dangers 05-A3a – Watch Out! 05-A3b – Poisons 05-A3c – Medicine safety 05-A3e – Poison control hotline 05-A3f – Burns 05-A3g – Falls 05-A3h – Baby walkers 05-A3i – Choking

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		05-A3j – Drowning 05-A3k – Fire 05-A3l – Smoke alarms 05-A3m – Fire escape plan 05-A3n – Firearm Accidents 05-A3o – Other dangers
Observation of Home Safety	All -Sometimes parents are aware of dangers in the home or in outside play areas, but do not have the resources to make changes. Just as often they are unaware of dangers.	
Social Integration: Means that the parent and child are connected to other people in the home, in the family, in the school and in the community.		
Family and Friends Support	Early Childhood - Parenting requires knowledge of many things. Having a supportive friend when the parent is distressed can help the parent cope. It can even reduce the chances of child abuse or neglect.	TIPS: 06-A1 – Family Traditions
Community and Program Involvement	All - Connecting to the community can lead to reductions in stress for the parent.	TIPS: 09-B1a – Child needs both parents 09-B1c – How moms can help dads 10-C1 – Importance of Fathers 01-C1a – In school and in life
Parental Warmth: Children thrive when they feel wanted. Feeling wanted as a young child can help children succeed, even as adults.		
Observation of Child with Parent	Early Childhood - Children learn self-control when parents respond and communicate well with them. Parents who have loving feelings toward their child will often use several actions which you may notice.	