

Bonding Assessment

Personal Information

Your Name: _____

Child's Name: _____

Relationship to Child: _____

Age of Child: _____

Caregiver's Perspective

Emotional Connection: On a scale of 1 to 5, rate the strength of your emotional connection with your child:

- 1 (Very Weak)
- 2 (Weak)
- 3 (Moderate)
- 4 (Strong)
- 5 (Very Strong)

Quality Time: How often do you engage in bonding activities with your child?

- Daily
- Several times a week
- Once a week
- Rarely
- Never

Emotional Responsiveness: How consistently do you respond to your child's emotional needs?

- Always
- Most of the Time
- Sometimes
- Rarely
- Never

Understanding Cues: How confident are you in recognizing your child's emotional cues and signals?

- Very Confident
- Confident
- Neutral
- Not Very Confident
- Not Confident at All

Seeking Guidance: Have you considered seeking professional support to enhance your parenting skills?

- Yes, regularly
- Yes, occasionally
- Considering it
- Not considering it

Child's Perspective

Open Communication: On a scale of 1 to 5, rate how comfortable you feel sharing your thoughts and feelings with your caregiver:

- 1 (Very Uncomfortable)
- 2 (Uncomfortable)
- 3 (Neutral)
- 4 (Comfortable)
- 5 (Very Comfortable)

Quality Time: How often do you spend quality one-on-one time with your caregiver?

- Daily
- Several times a week
- Once a week
- Rarely
- Never

Emotional Support: Do you feel your caregiver understands your emotions and offers support?

- Always
- Most of the Time
- Sometimes
- Rarely
- Never

Overall Satisfaction: How satisfied are you with the quality of your relationship with your caregiver?

- Very Satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very Dissatisfied

Observations and Checklists

Responsiveness: Observe the caregiver's responsiveness during interactions. Choose the description that best fits:

- Prompt and Attentive
- Generally Responsive
- Sometimes Responsive
- Infrequently Responsive
- Rarely Responsive

Comfort Level: How comfortable and willing are you to engage with your caregiver?

- Very Comfortable
- Comfortable
- Neutral
- Uncomfortable
- Very Uncomfortable

Interaction Tone: Evaluate the overall warmth and positivity in your interactions with your caregiver:

- Very Warm and Positive
- Warm and Positive
- Neutral
- Cold and Negative
- Very Cold and Negative

Interpreting Your Assessment

Upon completing the assessment, your responses will provide valuable insights into your parent-child relationship. Reflect on the patterns and areas for improvement identified in the assessment.