**Overview of the NTDC Self-Assessment**

The NTDC Self-Assessment is based on competencies and characteristics that have been identified as important when caring for children who have experienced trauma, separation, and loss. The

Self-Assessment is a vital part of the NTDC curriculum because it supports you in identifying your individualized strengths and areas you could improve upon when parenting children who have experienced trauma, separation, and loss.

**The Self-Assessment is not a test; there are no right or wrong answers and it’s not something you pass or fail.** Rather, the feedback is intended to allow you to better understand both your strengths and areas where you can further increase your knowledge. This way, you can be as effective as possible in parenting foster or adopted children in a manner that improves their physical, mental, and educational well-being.

Upon completion of the Self-Assessment, you will be given feedback that includes information on understanding your score in each competency and characteristic area, guidance about how these competencies and characteristics can be most useful in parenting and helping the child in your care, and recommendations for how you can strengthen areas where you do not have strong understanding.

The Self-Assessment results are ***confidential*** and available only to you. The goal is for you to learn as much as you can about yourself. You may also choose to talk openly with your parenting partner or support network about the results. These discussions will help you identify the best co-parenting strategies, using the strengths of all in your community through accepting that no one parent cannot do it all without support.

The survey will take approximately 30 minutes to complete. You will be asked to rate a series of statements on a scale from **0 (Strongly Disagree) through 10 (Strongly Agree)**. Choose the rating that best reflects your response to each statement.

**Self-Assessment Next Steps**

After completing the Self-Assessment, a score is calculated for each competency or characteristic. We recommend selecting 3 to 5 competency or characteristic areas that the assessment indicates you have an “opportunity to learn more” or have “good foundation” in as areas of focus. You can review

information about why the competency or characteristic is so important, consider the recommendations provided to build your skills, and notice which Classroom-Based Training and Right-Time Training themes contain information related to that competency or characteristic.

The information on the competencies or characteristics you select can help guide you in developing parenting goals for improvement. The recommendations included in your feedback will help increase your knowledge and skills when developing supportive relationships with the children in your home. The feedback will also help you focus on how you can adapt your parenting styles to best respond to the children’s needs.

**Self-Assessment Tool**

The Self-Assessment tool allows you to learn about different competencies and characteristics that may be important when parenting children who have experienced trauma, separation, and loss.

The questions are worded as if you already have a child in your home. It is understood that the first time you take this Self-Assessment you are just beginning your journey and therefore may not have a child in your home. As you respond to each question, consider how you would answer as though you *do* have a foster or adopted child in your home. The second time you take the Self-Assessment, you will have completed the Classroom-Based Training and may or may not have a child in your home. Again, if there is not a child in your home yet, respond to the questions as if there is a child in your home.

Please answer each question by selecting the number on a scale of **0 (Strongly Disagree) to 10 (Strongly Agree)** that best reflects your answer to each statement.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Strongly Disagree

Moderately Disagree

Slightly Disagree

Slightly Agree

Moderately Agree

Strongly Agree

|  |  |  |
| --- | --- | --- |
| **Self-Assessment** | | Score |
| 1 | I am committed to developing a healthy attachment with the children I parent, no matter how long it takes. |  |
| 2 | I can recognize when the children I parent are not reaching typical developmental milestones. |  |
| 3 | I know the various losses that children who are adopted or from foster care may experience. |  |
| 4 | I know trauma-informed parenting strategies and techniques. |  |
| 5 | I understand how early trauma, abuse, and neglect impacts brain development. |  |
| 6 | I am able to adjust rules to meet the developmental and emotional needs of a child when a parenting technique is not working. |  |
| 7 | I respect the opinions of a child I’m parenting, even if they are different from mine. |  |
| 8 | I am good at anticipating how children will respond to difficult situations. |  |
| 9 | In (most) difficult parenting situations, I can work with the child I’m parenting to find a solution. |  |
| 10 | I know that even when a child is rejecting or hostile towards me, they need people who will commit to caring for them. |  |
| 11 | I know how to provide a supportive and nurturing environment for children I am parenting. |  |
| 12 | I believe that children need to be supported or helped to express their pain and grief. |  |
| 13 | I believe humor can be used to decrease tensions associated with parenting. |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Strongly Disagree

Moderately Disagree

Slightly Disagree

Slightly Agree

Moderately Agree

Strongly Agree

|  |  |  |
| --- | --- | --- |
| **Self-Assessment** | | Score |
| 14 | I may need to adjust my parenting techniques over time as the relationship between a child and me grows. |  |
| 15 | I am careful not to say negative things to children about other people who are important to their lives. |  |
| 16 | I notice even the smallest steps of a child’s progress. |  |
| 17 | In most situations, I can identify why I have responded inappropriately in a parenting situation. |  |
| 18 | I do not need to receive love and affection from a child in order to provide love and affection as a parent. |  |
| 19 | I understand the importance of being honest and reliable in building trust with a child I am parenting. |  |
| 20 | I am willing to learn and practice new attachment parenting strategies. |  |
| 21 | I know when to seek help if I have questions or concerns about the development of the children I parent. |  |
| 22 | I understand how various types of losses related to foster care/adoption can impact children over their lifetime. |  |
| 23 | I know the reasons why trauma-informed parenting strategies and techniques help children manage their behaviors and emotions related to separation and loss. |  |
| 24 | I understand how children’s behaviors and coping strategies are associated with underlying exposure to trauma. |  |
| 25 | I am able to recognize when a parenting technique is not working. |  |
| 26 | I value differences in others, including those in the children I am parenting. |  |
| 27 | When children “act out”, I am usually able to figure out what triggered the behavior. |  |
| 28 | I am confident I can meet the specific needs of the children in my care. |  |
| 29 | When children I’m parenting do something wrong, I reassure them that they are still loved by me. |  |
| 30 | When children get emotional, I can be present and supportive to them. |  |
| 31 | Children who have experienced loss should be allowed to express their pain and grief. |  |
| 32 | I think that using humor is an important way for me to deal with parenting stress or challenges. |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Strongly Disagree

Moderately Disagree

Slightly Disagree

Slightly Agree

Moderately Agree

Strongly Agree

|  |  |  |
| --- | --- | --- |
|  | **Self-Assessment** | Score |
| 33 | I recognize that success of the child I am parenting may look different than success for other children. |  |
| 34 | I realize that a child’s love for and loyalty to the birth parents and other family members, former foster families, and others is not a rejection of me. |  |
| 35 | If the child I am parenting and I work together to solve a problem, we’ll eventually find a way to resolve it. |  |
| 36 | I reflect on what I have done successfully or unsuccessfully in my role as a parent. |  |
| 37 | I can be nurturing toward a child without receiving affection in return. |  |
| 38 | It is important to me that a child I am parenting sees me as a safe and trustworthy person. |  |
| 39 | I believe it takes time to build trust. |  |
| 40 | I believe it is my role to support children in reaching their unique and full developmental potential. |  |
| 41 | I understand that grieving children often express emotions differently than adults. |  |
| 42 | I know ways to build relationships with children who have been traumatized. |  |
| 43 | I know how to recognize behaviors associated with the fight-flight-freeze response. |  |
| 44 | I am open to new ideas and techniques to improve my parenting. |  |
| 45 | I have an interest in and a curiosity for learning about those who are different from me. |  |
| 46 | As I am parenting, it is important for me to be sensitive to what children are experiencing. |  |
| 47 | I believe that I can change my parenting style to help a child heal and grow. |  |
| 48 | I believe a parent’s dedication to a child is expressed through unconditional commitment. |  |
| 49 | I know that at times my being a supportive listener is one of the most important things I can do for a child. |  |
| 50 | I know it is important to try and understand what is really going on with a child and not only focus on negative behaviors. |  |
| 51 | I use humor to connect with the children in my care. |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Strongly Disagree

Moderately Disagree

Slightly Disagree

Slightly Agree

Moderately Agree

Strongly Agree

|  |  |  |
| --- | --- | --- |
|  | **Self-Assessment** | Score |
| 52 | I accept that I may make mistakes in my parenting choices and can learn from those mistakes and adjust accordingly. |  |
| 53 | I believe that current and former relationships have an effect on a child’s self-perception and identity. |  |
| 54 | I know ways of calming myself down after a difficult situation. |  |
| 55 | I take the time to think about ways in which I can improve my parenting. |  |
| 56 | I know how to stay calm in a situation when a child is pushing my buttons. |  |
| 57 | It is my role as a parent to create an environment of trust. |  |
| 58 | I change my own responses based on the moods and emotions I recognize in children. |  |

*Be ready and willing to embrace your child’s culture, and make sure you educate yourself.*

TIP FROM A FOSTER/ADOPTIVE PARENT