

FAMILY INTEREST SURVEY

Head Start is committed to providing workshops and training opportunities that meet the needs of parents and caregivers. We want these opportunities to be interesting, informative, helpful and fun. Throughout the year you will receive information through many different resources such as brochures, newsletters, workshops and parent meetings. Please take a few minutes to complete the survey below to assist us in better serving you this year.

Family Name: _____ **Child's Name:** _____

CHILD DEVELOPMENT

- ___ Ages 3-5
- ___ Infants and toddler's
- ___ Reading with children
- ___ Potty training
- ___ Discipline

PARENTING/ FAMILY LIFE

- ___ Child support (What is the law?)
- ___ Peer pressure issues
- ___ Step parenting & blended families
- ___ Grandparents raising children
- ___ Childcare after school
- ___ Divorce / separation
- ___ Sibling rivalry

MENTAL HEALTH

- ___ Building relationships
- ___ Building self – esteem
- ___ Stress management
- ___ Death, dying & grief
- ___ How to deal with anger
- ___ How to deal with fear
- ___ Dealing with substance abuse (alcohol or drugs)
- ___ Domestic violence
- ___ Counseling resources

HOME MANAGEMENT

- ___ Budgeting / money management
- ___ Credit counseling
- ___ Renters rights (the law)
- ___ Household tips
- ___ Furniture / appliances
- ___ Housing repairs / weatherization
- ___ Energy assistance

PERSONAL

- ___ Expanding your education
- ___ Resume writing / job readiness
- ___ Setting realistic goals
- ___ GED
- ___ Computer classes
- ___ Financial assistance for school
- ___ SSI or social security guidelines
- ___ Getting a driver's license

JUST FOR FUN

- ___ Crafts – home decorations
- ___ Aerobics
- ___ Make over tips (hair, make –up, etc.)
- ___ Group sports (softball, bowling, etc.)
- ___ Sewing
- ___ Relaxation tips

HEALTH & SAFETY

- Child proofing your home
- Allergies & asthma
- Diabetes
- First Aid / CPR
- Poisons and look-alikes
- Smoking and tobacco products
- Signs of drug /alcohol abuse
- Health coverage
- Signs of lead poisoning
- Birth control or prenatal information
- The importance of dental health

NUTRITION

- Cooking & baking workshops
- Healthy snacks
- Understanding food labeling
- Cooking with children at home
- Healthy eating & weight control
- Exercising to good health
- Overweight child
- Underweight child
- Other _____

MENU INPUT:

What is your opinion of this past year's menu?

- It needs improvement It was average It was excellent Not applicable

What food items would you like to see on the menu?

What food items would you prefer not to be on the menu?

ADDITIONAL COMMENTS OR INTERESTS:
