

School Readiness Rubric: Parent

This rubric is a self-assessment tool to identify what stage you are at for each area. This will help us to work together to put strategies in place so you and your child can progress towards being ready to attend school. Highlight or mark the description that describes you best in each area.

Child Name:	Parent Name:	Date:
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Task	Step 1	Step 2	Step 3	I would like some help with this (<i>please tick</i>)
Understanding my child's school refusal behaviours	I don't understand my child's school refusal behaviours.	I understand a little about my child's school refusal behaviours.	I understand my child's school refusal behaviours.	
Contact with someone at school	I am not in contact with anyone from school.	I speak with a teacher/ wellbeing person from school at least once per month.	I speak with a teacher/ wellbeing person from school at least once per week.	
Being familiar with school	I don't drive past the school with my child.	I sometimes drive past the school with my child.	I drive to the school and get out of the car with my child and sometimes walk to the school gate or office.	
Transport	I am not available to transport my child to and from school.	I am sometimes available to transport my child to and from school.	I am always available to transport my child to and from school.	
Attending school: part time attendance	I am not available to transport my child during school hours so they can attend school for a few sessions only in a day e.g. morning session.	I am sometimes available to transport my child during school hours so they can attend school for a few sessions only in a day e.g. morning session.	I am always available to transport my child during school hours so they can attend school for a few sessions only in a day e.g. morning session.	

Task	Step 1	Step 2	Step 3	this. (please tick)
Home routines	We don't have a consistent daily evening and morning routine at home.	We sometimes have daily evening and morning routines at home.	We always have daily evening and morning routines at home.	
Boundaries	My child does not respond when I set boundaries.	With several prompts, my child does respond when I set boundaries.	My child usually responds when I set boundaries.	
Screen time	I am not able to limit the amount of time my child spends online and on a screen.	I am sometimes able to limit the amount of time my child spends online and on a screen.	I am able to limit the amount of time my child spends online and on a screen.	
Sleep	I don't think my child gets enough sleep between 10pm and 7am.	I think my child sometimes gets enough sleep between 10pm and 7am.	I think my child gets enough sleep between 10pm and 7am.	
Other				