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Personal Information You Choose to Provide to the Casey Life Skills Web site

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What Are Cookies?

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By "us," "we" and "our" we mean Casey Family Programs

By "user" and "you" we mean a person visiting CaseyLifeSkills.org

By "Web site" we mean CaseyLifeSkills.org

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Health

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I make sure my child gets the right shots on schedule.					
I make sure my child sees a doctor or nurse on a regular basis.					
If I miss an appointment, I know how to call and schedule another appointment.					
I understand what my doctor or nurse tells me to do.					
I ask questions of my child's doctor when I don't understand his or her instructions.					
I know when my child should start having dental appointments.					
I know how often my child should see a dentist.					
I know how to get my child's vision checked.					
I know how to get my child's hearing checked.					
I know when to call 9-1-1 if my child is sick or in danger.					
I know what to do if my child gets sick.					
I can use a thermometer to take my child's temperature.					
I know what a safe body temperature is for my child.					
I listen to my doctor's advice more than my friends' advice about my child's health.					

Nurturing

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to comfort my child.					
I know that children need daily attention and love.					

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I talk with my child even when I'm tired.					
I have a daily routine for my child.					
I understand why it's not OK to hit, shake or pull on my child.					
I understand my child may get mad at me sometimes.					
I know how important it is to attend to my child's needs every day.					
I know how important it is to hug my child every day.					

Nutrition

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I give my child healthy foods every day.					
I know my child's eating habits and favorite foods.					
I give my child the right amount of food every day - not too much and not too little.					

Child Care

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to choose good child care for my child.					
I leave my child with a trusted adult for several hours during the day while I take care of my business.					
I know how to keep my child safe.					
I know what clothing and food to bring to my child's babysitter or child care.					
I have an emergency child care plan if I am not able to take care of my child.					

Safety and Well-Being

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I make sure my child gets at least 8 hours of sleep at night.					
I have put unsafe and dangerous items where my child cannot reach them.					
I know how to safely install a car seat for a child.					
I know how to safely secure a child in a car seat.					
I ensure that my child's home is free from violence.					
I make sure my child is supervised in and around water.					
I do not smoke cigarettes when I'm in the same room as my child.					
I know how to perform CPR on a child.					
I keep our living space clean.					
I know how to wash my child's clothing.					
I never leave my baby in the car alone, even for a few minutes.					
I make sure my child is dressed to be comfortable whether it's cold or hot outside.					
I can explain why it's not OK to use illegal drugs around a child.					
I know how to get help if I or my child is in danger.					
I know how to find shelter or safety in an emergency.					

Child Growth and Development

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I read to my child every day.					

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I limit the amount of time my child watches TV daily.					
I have books and toys that are appropriate for my child.					
I make time to play with my child every day.					
I let my child make some choices to help develop thinking skills.					
I set clear limits for my child.					
I can explain why it is not OK to hit a child.					
I know the age most children start to read.					
I make sure my child gets to school or day care on time.					
I know how my child is doing in school or day care.					
I know the age most children start to make friends with other children.					

Goals

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
I know how to budget to buy the things my child needs.					
I understand how a good education helps me be a good parent.					
I understand why talking, hugging, listening and paying attention to my child every day is important for both my child and me.					
I can explain why a good education is important for my child.					
I help my child with homework.					