AutPlay® Parent Self Care Inventory

Please complete the following questions. Try to reflect on and think about each question and answer as thoroughly as possible. If you are unsure, leave blank.

1) Do you have support people in your life? If so, who and in what ways do they provide support for you or your family?

2) Are you involved with any community agencies or programs that provide support services? If so, what type of support are you receiving?

3) Do you have any leisure time that is child free? If yes, describe the leisure time.

4) What do you do for relaxation?

5) What does self care mean to you? Describe your current level of self care.

6) What would be your ideal balance of child care and self care?

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