

Completion Form for Self-care

Please initial on the line next to the worksheet once you have gone over it with your Family Service Worker. Family Service Workers need to initial on the *second line* that they have gone over the worksheets with a parent. Once the chapter has been completed, sign the line below and your Family Service Worker will keep it in your record.

Introduction to mindfulness	_____	_____
Taking care of yourself	_____	_____
Self-care chart	_____	_____
The Mind Jar	_____	_____
Breathing exercises	_____	_____
Taking care of yourself worksheet	_____	_____
Loving kindness	_____	_____
You need encouragement too	_____	_____
Mindful parenting	_____	_____
Your family needs you	_____	_____

Parent signature _____ Printed name _____

Family Service Worker signature _____ Printed name _____