**Caring Check-In Quiz: How Are We Doing?**

*A reflective quiz for parents and carers of children with special educational needs (SEN)*
*(Remember, there are no wrong answers!)*

**🔹 Section 1: Understanding My Child’s Needs**

**1. How confident do you feel about your child’s current support at school or nursery?**
A) Very confident – they are well supported
B) Somewhat confident – but I still have concerns
C) Not confident – I feel their needs are not being fully met
D) I am unsure what support is in place

**2. Which areas does your child currently need the most support with? (Tick all that apply)**
⬜ Learning or focus
⬜ Social interaction
⬜ Emotional regulation
⬜ Speech or communication
⬜ Sensory sensitivities
⬜ Physical or medical needs
⬜ I am still figuring this out

**3. Have you been able to speak to a SENCO or teacher about your child’s needs recently?**
A) Yes – we communicate regularly
B) Yes – but not as often as I’d like
C) No – I’ve been meaning to
D) No – I’m not sure who to speak to

**4. Do you feel your child is making progress (in their own time and way)?**
A) Yes – it is slow and steady, but we are moving forward
B) Sometimes – it is a bit up and down
C) Not really – I am worried about where we are at
D) I do not know – I feel too overwhelmed to track it

**🔹 Section 2: How Are *You* Doing?**

**5. How would you describe your energy levels lately?**
A) I feel mostly okay – just a bit tired now and then
B) I am regularly drained or struggling to keep up
C) I am running on empty
D) I am not sure – I have not had time to stop and think

**6. When did you last take a proper break, just for yourself?**
A) This week – I prioritise little moments when I can
B) Within the last month – but I would like more time
C) I genuinely cannot remember
D) Break? What is that?

**7. Do you have someone you can talk to who understands your situation?**
A) Yes – a friend, partner, or support group
B) Kind of – but they do not fully “get it”
C) No – I feel quite alone with it all
D) I would love to find that kind of support

**8. How would you rate your current self-care routine?**
A) Pretty decent – I make time when I can
B) Patchy – it depends on the week
C) Neglected – everything else comes first
D) Non-existent – I do not even know where to start

**🔹 Results: What Do Your Answers Suggest?**

🟢 **Mostly A’s – Balanced (but keep checking in)**
You seem to have a good sense of your child’s needs and some strategies in place for your own wellbeing. Keep up the balance – and do not be afraid to ask for more support if things shift.

🟡 **Mostly B’s – Doing Your Best (but stretched)**
You are juggling a lot, and it is starting to wear on you. You have a handle on things, but some extra support – whether at school, home, or for yourself – could make a big difference.

🔴 **Mostly C’s or D’s – Time to Pause & Refill Your Cup**
You are likely running on empty and doing the best you can under pressure. This is your gentle nudge to reach out for help, reconnect with support networks, and take even the smallest step toward self-care. You deserve it.

**What Next?**

* **One thing I will do for my child this week:**
* **One thing I will do for myself this week:**
* **Support I might explore or ask for:**