


# Parenting Assessment in Social Work



**PARENTING WITH A  
RACIALLY OR  
CULTURALLY DIVERSE  
BACKGROUND**



**Checklist | Questions &  
Analysis**

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# PARENTING ASSESSMENT IN SOCIAL WORK

## Checklist/questions - Parenting with a racially or culturally diverse background

### 1. Cultural Identity and Parenting

- What is your cultural or ethnic background?
  - Are there parts of your culture or traditions that are important in how you raise your child?
  - Do you feel able to share your culture and values with your child?
  - Are there things you would like your child to know or do that relate to your background?
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### 2. Experiences of Racism and Discrimination

- Have you or your child experienced racism or unfair treatment?
  - How did that make you feel, and how has it affected your family?
  - Do these experiences make it harder for you to feel safe or included as a parent?
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### 3. Feeling Accepted in the Community

- Do you feel welcomed and accepted in your local community?
  - Have you ever felt judged or left out because of your background, clothing, religion, or accent?
  - Does this affect how comfortable you feel being involved in your child's school, nursery, or local activities?
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### 4. Relationship with Services

- Have you ever felt nervous or unsure about using services (like doctors, social workers, schools) because of your background?
- Do you feel that professionals understand and respect your culture or beliefs?
- Has your background ever made it harder to get help or support for your child?

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**5. Asylum and Immigration Concerns (if applicable)**

- Are you currently waiting for a decision about your immigration or asylum status?
- Does your immigration status make you feel worried or unsettled as a parent?
- Do you ever feel uncomfortable talking to professionals because of your immigration situation?
- Has your status affected what support or services you've been able to get for your child?

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**6. Language and Understanding (if English is not your first language)**

- Do you feel confident speaking and understanding English when talking to teachers, doctors, or other professionals?
- Have you ever needed help understanding letters or filling in forms for your child?
- Do you ever ask your child to translate or explain things for you?
- Would it help to have someone who speaks your language when talking about your family?

## GUIDANCE FOR SOCIAL WORKERS

### **Analysing responses -**

### **Parenting with a racially or culturally diverse background**

#### **1. Cultural Identity and Parenting**

##### **What this might show about the parent:**

A parent who values and shares their cultural background with their child shows strong identity and protective cultural continuity. This may support a sense of pride and belonging for the child. If a parent feels unable to pass on their culture—due to isolation, fear, or pressure to assimilate—it may signal stress or loss, and potentially weaken the child's cultural grounding.

##### **Implications for the child and parenting:**

Children benefit when parents pass on positive aspects of their heritage. When culture is celebrated at home, children often develop stronger self-esteem and identity. If parents feel their culture is under threat or not welcome, this may lead to confusion, silence around heritage, or cultural disconnection for the child.

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#### **2. Experiences of Racism and Discrimination**

##### **What this might show about the parent:**

Experiences of racism may result in anger, fear, or mistrust of society or professionals. Parents who are open about these experiences often have insight and are looking for validation or support. If parents downplay racism or show distress without coping strategies, it may point to ongoing emotional strain or fear of judgement.

##### **Implications for the child and parenting:**

Children exposed to racism—directly or through their parent's experience—may feel unsafe, excluded, or confused. Parents affected by racism may struggle with confidence when advocating for their child or trusting services. Fear of discrimination can also limit participation in school or community life, impacting the child's social development.

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#### **3. Feeling Accepted in the Community**

##### **What this might show about the parent:**

Feeling welcomed and valued in the local area can build confidence and support parenting. Parents who feel isolated or judged may withdraw from local services or school

engagement. Comments about hiding their background or feeling unwelcome often signal emotional distress or a history of exclusion.

**Implications for the child and parenting:**

If parents feel accepted, they are more likely to involve their children in school, activities, and the wider community. Children benefit from this inclusion. Where parents are isolated, children may also become withdrawn or experience reduced opportunities for learning, friendship, and cultural pride.

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#### **4. Relationship with Services**

**What this might show about the parent:**

A parent's relationship with services may be shaped by past discrimination, fear of authority, or cultural misunderstandings. Parents who speak about fear, mistrust, or feeling judged may need reassurance and culturally sensitive support. Those who describe positive relationships often feel empowered and supported.

**Implications for the child and parenting:**

Where trust exists, parents are more likely to seek help early and work in partnership with professionals. If parents feel judged or unsafe, they may avoid services even when support is needed—leaving issues unaddressed and potentially impacting the child's wellbeing or safety.

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#### **5. Asylum and Immigration Concerns (if applicable)**

**What this might show about the parent:**

Parents navigating asylum or immigration processes may experience high stress, uncertainty, or fear. Reluctance to share information may reflect trauma, mistrust, or concern about deportation. Parents with limited status may feel unable to plan long-term for their child or access key support.

**Implications for the child and parenting:**

Children may be living with hidden instability due to immigration concerns. They may sense their parent's anxiety, feel unsettled, or face barriers to education, healthcare, or community involvement. A parent's fear of disclosing issues can limit the support available to the child and increase vulnerability.

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#### **6. Language and Understanding**

**What this might show about the parent:**

Limited English can lead to communication difficulties, dependency on others (including children), and reduced confidence. Parents who ask for interpreters or mention needing support show awareness of their limitations and a desire to communicate well. Relying on children for interpreting may suggest gaps in adult support.

**Implications for the child and parenting:**

Children who act as interpreters may carry adult responsibilities too early, blurring boundaries and creating emotional strain. Miscommunication can also affect access to services, school relationships, and health care. When parents are supported to understand and express themselves, parenting confidence and access to services improves.



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