

Parenting Assessment in Social Work



EDUCATION OF A PARENT



Checklist | Questions &
Analysis

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PARENTING ASSESSMENT IN SOCIAL WORK

Checklist/questions – Education of a parent

School Background

- What schools did you go to? Were they primary, secondary, mainstream, special, or another type?
 - Did you attend school regularly? Were there times you missed school a lot or were excluded? If so, why?
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School Experience

- How would you describe yourself as a pupil?
 - How do you think your teachers would have described you?
 - How would your school friends have described you?
 - Were you ever bullied at school? If yes, who by and for how long?
 - Did you ever bully anyone? If yes, who and for how long?
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School Achievements and Challenges

- Did you leave school with any qualifications or certificates?
 - What is something you were proud of at school?
 - What's the worst thing you remember doing at school?
 - Do you think you could have done better at school? What got in the way?
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Reflection and Parenting Impact

- How have your school experiences affected your life as an adult?
- Do you think your school experiences have influenced how you raise your child? In what ways?
- Are there parts of your school experience you hope your child will have – or avoid?

GUIDANCE FOR SOCIAL WORKERS

Analysing responses - Education of a parent

1. School Background

What this might show about the parent:

A parent's own school journey—whether stable or disrupted—may reflect early experiences of support or adversity. Frequent school absences, exclusions, or placement in special education may indicate past unmet emotional, behavioural, or learning needs.

Understanding the reasons for school non-attendance (e.g. trauma, care history, family issues) can reveal patterns that continue into adulthood.

Implications for the child and parenting:

Parents who faced challenges in school may carry unresolved emotions such as shame, failure, or mistrust of institutions. These feelings can influence their attitudes towards their child's education, teachers, or support services. They may struggle to engage with their child's school due to their own past discomfort or fear of judgement.

2. School Experience

What this might show about the parent:

Describing themselves as a pupil offers insight into the parent's self-image and social development. Experiences of bullying or being the bully may highlight issues with attachment, boundaries, or peer relationships. A parent who can reflect openly shows self-awareness and potential for emotional growth. In contrast, lack of detail or emotional disconnect may suggest avoidance or unresolved distress.

Implications for the child and parenting:

A parent's experiences with peers and authority figures may shape how they guide their own child through social and school situations. For example, a parent who was bullied may be hyper-alert to signs of their child being hurt, while one who bullied others may struggle with recognising boundaries or modelling empathy. Their relationship with school staff may also be affected by their own past dynamics.

3. School Achievements and Challenges

What this might show about the parent:

Identifying proud moments reveals areas of resilience, creativity, or capability that may not have been nurtured. Discussing regrets or challenges can uncover barriers the parent faced—such as family instability, unmet learning needs, or emotional struggles. If a parent

blames themselves without recognising wider causes, this may indicate internalised shame or low self-esteem.

Implications for the child and parenting:

A parent's ability to talk about both success and struggle shows emotional maturity and role modelling potential. If they believe they "weren't good enough," they may pass on limiting beliefs or disengage from their child's education. On the other hand, parents who recognise what got in their way may be motivated to ensure their child has a better chance.

4. Reflection and Parenting Impact

What this might show about the parent:

A parent who can link past school experiences to their current parenting shows valuable reflective capacity. They may aim to protect their child from similar pain or encourage them in ways they were not. Conversely, if they dismiss the impact of their school years or say it doesn't affect them, this may suggest unresolved issues or limited insight into how early experiences shape behaviour and attitudes.

Implications for the child and parenting:

When parents actively reflect on their schooling, they are more likely to be intentional in how they support or advocate for their child. Their hopes and fears for their child's school journey often mirror their own past, and may influence how they respond to their child's learning, friendships, and emotional struggles. Positive reflection can strengthen resilience; avoidance may risk repeating patterns.

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2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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