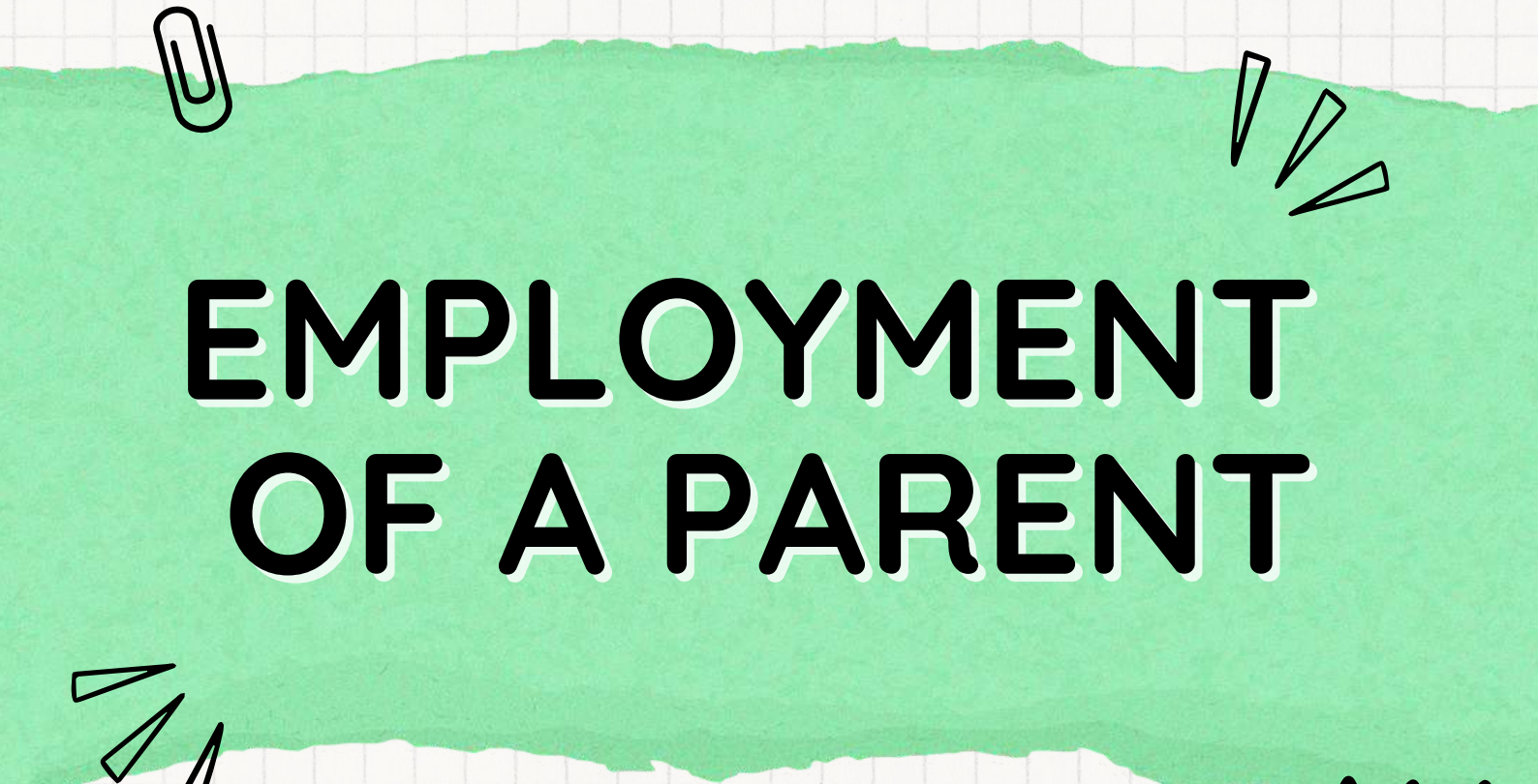



Parenting Assessment in Social Work



EMPLOYMENT OF A PARENT



Checklist | Questions &
Analysis

www.SocialWorkersToolbox.com

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Checklist/questions - Employment of a parent

- Are you currently working? If yes, what is your job and how many hours do you work each week?
- If you're not working, when did you last have a job?
- What types of jobs have you had in the past?
- Which job did you enjoy the most, and why?
- Have you ever stopped working because of childcare, health, or other family reasons?
- What were the reasons you changed jobs or left previous jobs?
- Would you like to be working now, or in the future?
- If yes, what kind of work would you like to do?
- Are you currently looking for work, training, or volunteering? If so, what are you doing to find opportunities?
- If you are not working, what do your days usually look like?
- How do you manage childcare around work or job-seeking?
- Does working (or not working) affect how you feel as a parent? In what ways?
- Do you feel your current work situation helps or makes parenting more difficult?
- Are there any challenges (e.g. childcare, health, confidence, skills) that make it harder to work?

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Analysing responses - Employment of a parent

What this might show about the parent:

A parent who is currently working, particularly in a routine or stable job, may demonstrate structure, time management, and motivation—skills that can positively influence parenting. Where the parent describes enjoying past work or actively seeking employment, this can reflect ambition, self-worth, and a desire to provide for their child.

Parents who are not working may have a range of reasons, including health problems, lack of childcare, or previous negative experiences. An open and reflective response, especially where the parent expresses interest in working or identifies practical barriers, shows insight and potential for change.

In contrast, unclear answers, defensiveness, or a lack of structure to their daily life may suggest low motivation, limited planning, or emotional difficulties. Gaps in work history related to substance use, mental health, or unstable housing may also point to wider vulnerabilities.

Implications for the child and parenting:

Employment can influence a child's wellbeing both directly and indirectly. A working parent may have financial stability, be able to meet basic needs more consistently, and offer a role model of routine and responsibility. However, long hours or shift work can limit time with the child or lead to fatigue, which may reduce emotional availability or supervision.

When parents are not working and lack routine or daily purpose, this can affect mood, energy, and self-esteem, which may in turn affect the quality of care given. If the parent feels unsupported, overwhelmed, or judged in relation to work or job-seeking, they may withdraw from services or avoid discussing barriers.

Parents who rely heavily on informal childcare arrangements or leave their children with unassessed adults while working may unintentionally place the child at risk. Conversely, a parent who reflects on work-life balance, seeks flexible options, or prioritises safe childcare shows protective thinking and a commitment to their child's welfare.

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1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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