

Scale for Assessment of Family Enjoyment within Routines (SAFER)

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Directions: Ask appropriate questions under each routine, making notes of the family’s responses to the right. After all routines have been discussed, the interviewer reviews the concerns that were mentioned for each routine with the family. The interviewer asks the family to rate the routine on the following scale. Be sure to record a number for each routine.

1	2	3	4	5
Not at all satisfied		Satisfied		Very Satisfied

Waking up

- Could you describe what wake up time is like?
- Who usually wakes up first?
- Where does your child sleep?
- How does your child let you know she is awake?
- Does she want to be picked up right away? If so, is she happy when picked up?
- Or is she content by herself for a few minutes? What does she do?
- What is the rest of the family doing at this time?
- Is this a good time of day? If not, what would you like to be different?

Satisfied? __

The family chooses which concerns they would like to have addressed as outcomes or goals. Progress on outcomes or goals may be measured over time by asking the family to rate their satisfaction of routines addressed in interventions again.

★This instrument is designed to gather information about home and community routines from families. During the routines based assessment process, it is important to gather information from the classroom staff about classroom routines.