

Here are a few questions to help guide your team while you are writing positive and specific behaviors/interactions you observed from parents at FAST®.

How did this parent/couple demonstrate their commitment to their child/children?

- Arrived early to help child with homework
- Committed to staying off cell phone during family activities and Special Play
- Engaged in family activities – laughing, smiling, hugging, valuing conversation time with his or her child (during Scribbles, Feeling Charades or Special Play)
- If they are a single parent, what are ways you see them going above and beyond for their child?

How did this parent demonstrate their commitment to FAST?

- Perfect attendance
- Extra efforts in preparing the meal
- Arrived early to help set up or help clean-up
- Super enthusiastic during the songs or Hello
- Invited other parents to join FAST
- If they are a dad or a working parent, what sacrifices or risks have they taken in an effort to participate in FAST?

How did this parent demonstrate their commitment to other parents/families?

- Encouraging to other parents in Parent Group with words or actions
- Shared resources and offered help or support to other parents
- Kept a positive attitude during a difficult situation
- Showed strong leadership in Parent Group
- If they are a couple, do they work together as a team when managing family or demonstrate strong connection during Buddy Time with one another?