



6840 Seaview Road, Sechelt, BC V0N 3A4

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Healthy Families Questionnaire

The *Healthy Families Questionnaire* was designed by a pediatric occupational therapist to help families identify things to do to improve healthy family function. Fill out the *Healthy Families Questionnaire* together to come up with ideas for improving family function and overall health.

0	1	2	3	4	5
Never	Rarely	Sometimes	Moderately	Often	Very Often

Communication	Score
1. How often do you have meaningful conversations with each other?	
2. How often do you express your highs and lows with your family?	
3. How well do you think you listen to each other?	
4. How often do you prioritize face to face communication over using screen devices?	
<i>What can you do as a family to improve your communication with each other?</i>	
Affection	Score
5. How often do you hug or lovingly touch each other?	
6. How often is your love for each other without conditions e.g. you love each other no matter what?	
7. How often do you tell each other you love them?	
8. How often do you reach out lovingly (with words or deeds) during conflict?	
<i>What can you do as a family to improve your affection toward each other?</i>	
Respect	Score
9. How often do you help each other with daily tasks e.g. meal preparation and clean-up, laundry, tidying up?	
10. How often do you offer to help each other when not asked?	
11. How often do you speak kindly to each other?	
12. How often do you feel your family is a team working together ?	
<i>What can you do as a family to improve your respect toward each other?</i>	



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Play				Score
13. How often do you play non-screen games together as a family (cards, board games, blocks)?				
14. How often do you participate in physical activities as a family (sports, walks, swimming, biking)?				
15. How often do you play outside with each other (sports, games)?				
16. How often do you read to each other?				
<i>What can you do as a family to increase play with each other?</i>				
Responsibility				Score
17. Does your family have clear rules and consequences regarding bedtime, cleaning, cooking, screen time?				
18. How often does your family follow these rules ?				
19. Does your family take responsibility for mistakes e.g. doesn't blame others?				
20. Does each family member have specific roles and chores ?				
21. How often do members finish chores without reminders?				
<i>What can you do as a family to improve your responsibility to each other?</i>				
Culture				Score
22. How often does your family talk about their ancestral origins ?				
23. How often does your family get to see or talk with their extended family members e.g. aunts/uncles, cousins, grandparents?				
24. How often does your family participate in family traditions (cultural, religious, social, reunions)?				
25. How often does your family pursue shared values and interests e.g. events, sports, crafts, games?				
<i>What things can you do to weave YOUR family fabric?</i>				
Total Score				
0-25 😞	26-50 😐	51-75 😊	76-100 😄	101-125 😁

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