



SELF EVALUATION FORM

Today's Date

Name

Date you took the approved class

Instructor's Name

Please use this form to evaluate your abilities. This will give us an idea of where we need to improve our classes and teaching. This form is to be filled out after you do your internship or if you have experience after you have taken the classes.

Evaluate your confidence level with each statement with a number between 1 and 10. 1 being you do not feel you understand the subject or technique and 10 being you are completely confident in your knowledge and ability on that subject.

- I feel confident in how to swaddle a baby
- I know 4 different diaper rashes and how to treat each
- I understand my role as a NCS and how that differs from a Nanny or a Doula role
- I know how to hold, feed and diaper a newborn
- I know how to figure out how much a baby should be eating daily
- I know how to tell if a baby is under eating
- I know 3 effective ways to burp a baby
- I know how to teach a baby to self soothe
- I have a firm conviction and love for the proper care of a newborn
- I know what RSV is and how to prevent it
- I know what SIDS is and how to prevent it
- I understand the importance of a contract
- I understand the importance of being professional and what it means to not be too personal
- I know the difference between Colic and Reflux
- I would be able to help a mom who was breast feeding
- I would be able to show a mom different positions to breast feed
- I understand the breast milk storage guidelines

- I understand how to warm up formula and breast milk
- I know the signs of PPD
- I would be confident in telling a Mother what to do if I saw some signs of PPD
- I would be able to care for a baby with a circumcised penis
- I know 3 ways to sleep train a baby
- I know how to stretch a baby from 3 to 4 hour feeds
- I know how to instruct a Mother of multiples in structuring her day and multiple care
- I know how to bath a baby without the baby crying
- I would be comfortable in educating a Mom on newborn issues
- I am comfortable discussing my salary with a prospective client
- I understand the code of ethics as stated in the NCSA code
- I will abide by the standards set by the NCSA code
- I have compiled a list of resources that can be used by my clients
- I know other NCS's I could call for support

Your Signature

(I acknowledge the above statements are true and am willing to have anyone test me on any subject I have checked) Your typed signature will be regarded as legally binding.)

Date