

# Me as a Parent – Short Form

## Parent handout

Think about your parenting, and answer the below questions:

### I have confidence in myself as a parent

Strongly disagree

 1

Disagree

 2

Mixed feelings

 3

Agree

 4

Strongly agree

 5

### I know I am doing a good job as a parent

Strongly disagree

 1

Disagree

 2

Mixed feelings

 3

Agree

 4

Strongly agree

 5

### I have all the skills necessary to be a good parent to my child

Strongly disagree

 1

Disagree

 2

Mixed feelings

 3

Agree

 4

Strongly agree

 5

### I can stay focused on the things I need to do as a parent even when I've had an upsetting experience

Strongly disagree

 1

Disagree

 2

Mixed feelings

 3

Agree

 4

Strongly agree

 5

Add up the scores for all four items to get a total score.  
Total score can range from 4 to 20.

**Total score**

#### Reference:

Matthews, J., Millward, C., Hayes, L., & Wade, C. (2022).  
Development and Validation of a Short-Form Parenting Self-Efficacy Scale:  
Me as a Parent Scale (MaaPs-SF). *Journal of Child and Family Studies*, 1-11.