

# Me as a Parent

## Parent handout

Think about your parenting, and answer the below questions:

**1. When something goes wrong between me and my child, there is little I can do to fix it**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**2. I know how to solve most problems that arise with parenting**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**3. I have confidence in myself as a parent**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**4. My child usually ends up getting their own way, so why try**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**5. I have the skills to deal with new situations with my child as they arise**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**6. When changes are needed in my family I am good at setting goals to achieve those changes**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**7. I can find out what's needed to resolve any problems my child has**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

**8. I meet my expectations for providing emotional support for my child**

Strongly disagree

☐ 1

Disagree

☐ 2

Mixed feelings

☐ 3

Agree

☐ 4

Strongly agree

☐ 5

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Think about your parenting, and answer the below questions:

<b>9. I often feel helpless about my child's behaviour</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>10. I am good at making plans and arranging fun and educational activities for my child to engage in</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>11. I have all the skills necessary to be a good parent to my child</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>12. I know I am doing a good job as a parent</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>13. I know how to work out which situations my child is likely to be happiest in</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>14. I can stay focused on the things I need to do as a parent even when I've had an upsetting experience</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>15. My parenting skills are effective</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

<b>16. How my child turns out is mainly due to luck</b>	Strongly disagree	Disagree	Mixed feelings	Agree	Strongly agree
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5