

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 <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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2. I know how to solve most problems that arise with parenting	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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3. I have confidence in myself as a parent	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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4. My child usually ends up getting their own way, so why try	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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5. I have the skills to deal with new situations with my child as they arise	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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6. When changes are needed in my family I am good at setting goals to achieve those changes	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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7. I can find out what's needed to resolve any problems my child has	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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8. I meet my expectations for providing emotional support for my child	Strongly disagree <input type="checkbox"/> 1	Disagree <input type="checkbox"/> 2	Mixed feelings <input type="checkbox"/> 3	Agree <input type="checkbox"/> 4	Strongly agree <input type="checkbox"/> 5
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9. I often feel helpless about my child's behaviour	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

10. I am good at making plans and arranging fun and educational activities for my child to engage in	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

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

12. I know I am doing a good job as a parent	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

13. I know how to work out which situations my child is likely to be happiest in	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

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

15. My parenting skills are effective	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

16. How my child turns out is mainly due to luck	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

Reference:

Hamilton, V. E., Matthews, J. M., & Crawford, S. B. (2015). Development and preliminary validation of a parenting self-regulation scale: "Me as a Parent". *Journal of Child and Family Studies, 24*(10), 2853–2864. <https://doi.org/10.1007/s10826-014-0089-z>