

Me as a Parent scale – Short Form

Suggestions for introducing the scale to parents

The Me as a Parent scale – Short Form (MaaPs-SF) measures how parents perceive their self-efficacy as a parent. It is not a measure of parenting skills or competence.



We recommend watching [this short video](#) before using the MaaPs-SF with parents.

The video suggests one way you can introduce the MaaPs-SF to parents, and covers a number of key touch points when asking the questions, including:

- outlining how the scale works and the options for answering
- encouraging open and honest answers
- allowing time for questions and reflection, and the opportunity for further sharing and conversation
- summarising the conversation and next steps.

Introducing the scale works best when...

You are positive

- Assume the parent will complete the scale – try not to pre-empt how the parent will feel by saying that the questions might be tricky or hard.
- Go in with the mindset that it is a positive thing to ask these questions and that the questions are not particularly confrontational or invasive. The questions are not outside what practitioners often ask parents.
- Speak directly about the scale; be nonapologetic.
- Ensure it is incorporated and seen as part of the overall service.

You are honest

- Be upfront, inform the parent about confidentiality and its limitations (e.g. you might let them know that the data collected will be de-identified in any reports).
- Describe the purpose and importance of collecting data (e.g. you might explain that this data collection is about having evidence that the program they are participating in does what it says it will do, which might help to secure more funding to deliver it to more families).

- Be prepared to explain your organisation's processes and protocols for using and storing information.
- Where any data is to be provided to a funder, explain what information will be shared (e.g. you might let them know that data will be de-identified, and that their responses have no impact on their access to programs or services).

You are welcoming

- Take a conversational tone.
- Be clear that there are no right or wrong answers.
- Offer options for completing the scale (e.g. talking through the items together, or the parent filling in the scale themselves).
- Explain the benefits of working together on the survey to discuss responses and assist with goal-setting.

Other considerations

Practitioner assumptions or mindset can create a roadblock, more so than parent reactions. For example, it's common to worry about breaking a rapport with clients, or to worry about upsetting clients by asking these questions. However, try to challenge your thinking around using the survey – if you are uncomfortable with it or do not see its value, this influences parent receptiveness.

- If the parent pushes back, that is OK. It needs to be a big push back to decide not to pursue the survey with the client.
- Sometimes there is an inflated sense of confidence at the beginning of an intervention, which can mean pre- to post-intervention changes are minimal.

To get the most out of this survey, it's important to value data collection and understand the benefits. Team leaders can conduct training with practitioners to make sure they know why data collection is important and that the MaaPs-SF is an opportunity to reflect the important work they are doing with families.

Visit parentingrc.org.au for more resources on using the Me as a Parent Scale-Short Form



Parenting Research Centre