

Parenting Scale

Child's Name: _____

Today's Date: _____

Sex: Boy _____ Girl _____

Child's Birthdate: _____

Instructions:

At one time or another, all children misbehave or do things that could be harmful, that are "wrong", or that parents don't like. Example include:

hitting someone

whining

not picking up toys

forgetting homework

throwing food

refusing to go to bed

having a tantrum

lying

wanting a cookie before dinner

running into the street

arguing back

coming home late

Parents have many different ways or styles of dealing with these types of problems. Below are items that describe some styles of parenting.

For each item, fill in the circle that best describes your style of parenting during the past two months with the child indicated above.

SAMPLE ITEM:

At meal time...

I let my child decide
how much to eat.

0---0---●---0---0---0---0

I decide how much
my child eats.

1. When my child misbehaves...

I do something
right away.

0---0---0---0---0---0

I do something
about it later.

2. Before I do something about a problem...

I give my child several
reminders or warnings.

0---0---0---0---0---0

I use only one
reminder or warning.

3. When I'm upset or under stress...

I am picky and on my
child's back.

0---0---0---0---0---0

I am no more picky
than usual.

4. When I tell my child not to do something...

I say very little.

0---0---0---0---0---0

I say a lot.

5. When my child pesters me...

I can ignore the pestering.

0---0---0---0---0---0

I can't ignore pestering.

6. When my child misbehaves...

I usually get into a long argument with my child.

0---0---0---0---0---0

I don't get into an argument.

7. I threaten to do things that...

I am sure I can carry out.

0---0---0---0---0---0

I know I won't actually do.

8. I am the kind of parent that...

set limits on what my child is allowed to do.

0---0---0---0---0---0

lets my child do whatever he/she wants.

9. When my child misbehaves...

I give my child a long lecture.

0---0---0---0---0---0

I keep my talks short and to the point.

10. When my child misbehaves...

I raise my voice or yell.

0---0---0---0---0---0

I speak to my child calmly.

11. If saying "No" doesn't work right away...

I take some other kind of action.

0---0---0---0---0---0

I keep talking and try to get through to my child.

12. When I want my child to stop doing something...

I firmly tell my child to stop.

0---0---0---0---0---0

I coax or beg my child to stop.

13. When my child is out of my sight...

I often don't know what my child is doing.

0---0---0---0---0---0

I always have a good idea of what my child is doing.

14. After there's been a problem with my child...

I often hold a grudge.

0---0---0---0---0---0

things get back to normal quickly.

15. When we're not at home...

I handle my child the way I do at home. 0---0---0---0---0---0---0

I let my child get away with a lot more.

16. When my child does something I don't like...

I do something about it every time it happens. 0---0---0---0---0---0---0

I often let it go.

17. When there is a problem with my child...

things build up and I do things I don't mean to do. 0---0---0---0---0---0---0

things don't get out of hand.

18. When my child misbehaves, I spank, slap, grab, or hit my child...

never or rarely. 0---0---0---0---0---0---0

most of the time.

19. When my child doesn't do what I ask...

I often let it go or end up doing it myself. 0---0---0---0---0---0---0

I take some other action.

20. When I give a fair threat or warning...

I often don't carry it out. 0---0---0---0---0---0---0

I always do what I said.

21. If saying "No" doesn't work...

I take some other kind of action. 0---0---0---0---0---0---0

I offer my child something nice so he/she will behave.

22. When my child misbehaves...

I handle it without getting upset. 0---0---0---0---0---0---0

I get so frustrated or angry that my child can see I'm upset.

23. When my child misbehaves...

I make my child tell me why he/she did it. 0---0---0---0---0---0---0

I say "No" or take some other action.

24. If my child misbehaves and then acts sorry...

I handle the problem like I usually would. 0---0---0---0---0---0---0

I let it go that time.

25. When my child misbehaves...

I rarely use bad language or curse.

0---0---0---0---0---0

I almost always use bad language.

26. When I say my child can't do something...

I let my child do it anyway.

0---0---0---0---0---0

I stick to what I said.

27. When I have to handle a problem...

I tell my child I'm sorry about it.

0---0---0---0---0---0

I don't say I'm sorry.

28. When my child does something I don't like, I insult my child, say mean things, or call my child names...

never or rarely.

0---0---0---0---0---0

most of the time.

29. If my child talks back or complains when I handle a problem...

I ignore the complaining and stick to what I said.

0---0---0---0---0---0

I give my child a talk about not complaining.

30. If my child gets upset when I say "No"...

I back down and give in to my child.

0---0---0---0---0---0

I stick to what I said.