

## Survey: Parenting Practices I

Please circle the parenting practices you use frequently:

- Nagging
- Raising voice
- Arguing
- Debating
- Getting very angry
- Shaming
- Finding blame
- Making accusations
- Guilting
- Threatening
- Angry lecturing
- Spanking
- Insulting
- Removing Toys
- Time Outs
- Bribing
- Restraining
- Humiliating
- Amping up your punishments
- Giving lengthy explanations
- Yelling
- Bargaining
- Grounding
- Pitying
- Criticizing
- Policing

## Survey: Parenting Practices II

- I find things to compliment my child on regularly T / F
- I spend quality time with my child doing things he likes to do T / F
- I spend time teaching my child skills (ex. conflict resolution skills, organizational skills, problem-solving skills, independent living skills) T / F
- I withdraw from my child when s/he gets very upset or fights with me or a sibling T / F
- I frequently give affection to my child T / F
- I create clear expectations for my child T / F
- I can have explosive reactions to my child T / F
- I tell my child how important s/he is to me T / F
- I reflect on what my child needs from me T / F
- I am overprotective of my child T / F
- I go out of my way to notice things my child is doing right T / F
- I create easily understandable rules (ex. for mealtime or for screen time use), changing them as my family grows and my child's needs change T / F
- I model appropriate coping behaviors to my child when I am stressed T / F

- I work hard to please my child T / F
- I show my child that I understand the reason for her tears or anger, even if I don't see things the ways s/he does T / F
- I withhold affection when my child has done something s/he shouldn't have T / F
- I apologize to my child when I have made a mistake T / F
- I think about my own behavior as a parent and make efforts to improve T / F
- I convey confidence in my child's ability to change T / F
- I observe my child regularly and wonder what his behavior means T / F
- I allow natural consequences to play out for my child (ex. If you don't put that shirt in the washing machine it will not be clean for your practice tomorrow) T / F
- I offer my child a way to repair a bad behavioral choice (ex. by cleaning up a mess s/he made, getting an ice pack for an injury s/he caused, giving a hug and apology that is accepted by you warmly) T / F
- I frequently bend to my child's wishes T / F
- I convey respect and support for my child T / F
- I follow through on my expressed consequences (ex. if you throw that ball in the house again, I will take it away from you) T / F

## Survey: Parenting Practices III

**Please circle the parenting style that best describes you:**

Style 1. I have a hard time setting limits and enforcing rules. I feel badly for my children when they scream, cry and resist, so I don't follow through. I don't want my children to feel unhappy or disappointed. I shy away from conflict and/or taking on the role of an authority because it makes me feel nervous. I often put my children's needs or wishes over my own, even allowing them to treat me disrespectfully sometimes.

Style 2. I tend to be overly harsh in my punishments, policing my children and finding fault in their behavior. As a result, there is frequent tension in my household. I hold my kids to high expectations and have many rules that are to be followed without question. When they misbehave, I get very angry and vindictive. If I am not in total control, I feel stressed. I wish I could be a bit more flexible and easy going, but I am not sure how.

Style 3. Parenting is tiring but I know the job entails a lot of follow through. I hold my children to high standards and work hard to teach them the things they need to learn. I have a clear vision of the people I want my children to be as adults and gear my parenting accordingly. I realize that I also have to consider each child's needs and be flexible in my parenting. I provide my children with clear limits and boundaries, allowing them some choice within the parameters I have created.