

Relationship with In-laws			
Area of your Life	Before Child/ren	After Child/ren	Your Evaluation
Connection to Community			
Connection to Religion			
Overall Life Plans			
Feelings of Control of Your Life's Course			
Feeling of Adequacy as a Parent			
Conservatism			
Liberalism			
Intellectual Interests			
Casual Reading			

Consider these questions for this exercise:

How many of the changes you observed would have occurred even if you had no children?

Overall what is your evaluation of the effects that children have had on your life?

If some of the areas indicated no change, do you think that change may yet occur? If so how do you feel about it?

How will life be after your child/ren are gone? What types of adjustment will be necessary for that transition in life?

Notes:

Parenting Quiz

Please check the appropriate answers which apply to you for each item below.

1. Do you preside as the parent in your home?___Yes___No
2. Do you facilitate your child's skills in making choices?___Yes___No
3. Do you often connect the consequences of your child's behavior to his or her actions?___Yes___No
4. Do you know what your child's needs and desires really are?___Yes___No
5. Could you make a list of the top 5 needs and top 5 wants of your child?___Yes___No
6. Do you often direct your child to behave in a healthy and responsible manner by connecting satisfying consequences to his or her needs?___Yes___No
7. Do you often reward positive and healthy behaviors in your child?___Yes___No
8. Do you often penalize negative and unhealthy behaviors in your child?___Yes___No
9. Do you often make positive and healthy behaviors an appealing choice for your child?___Yes___No
10. Do you often make negative and unhealthy behaviors appear to be too costly to your child?___Yes___No
11. Do you allow your child to experience something unpleasant (not dangerous) as a motivator to behave?___Yes___No
12. Do you arrange your child's environment in such a way as to maximize his or her opportunities to behave properly?___Yes___No
13. Do you often apply negatives when you want to decrease misbehaviors?___Yes___No
14. Do you often remove something pleasant from your child in order to decrease misbehaviors?___Yes___No
15. Do you often arrange your child's environment so that misbehaviors cannot occur?___Yes___No
16. Do you often remove the payoff when your child misbehaves?___Yes___No
17. Do you often distract your child when he or she is fixated on asking for something you do not want him/her to have?___Yes___No
18. Do you often provide more desirable alternatives for your child when he/she wants to do something you do not want him/her to do?___Yes___No
19. Do you sometimes satiate your child with something he/she desires (not dangerous) in order to make them become sick of it?___Yes___No
20. Do you agree that all misbehaviors can be changed if the proper approach is used?___Yes___No
21. Are you often capable of seeing how your child's misbehavior is paying off?___Yes___No
22. Are you often capable of discerning when your child is trying to shock you?___Yes___No
23. Do you have a plan for managing your child's indolence?___Yes___No
24. Are you often, silent, supportive, promptive, & reflective when you listen to your child (answer yes if any apply)?___Yes___No
25. Do you often avoid the use of sarcasm, punishing your child's honesty, labeling, & jumping to conclusions (answer yes if any apply)?___Yes___No
26. Do you often postpone talking to your child about difficult issues until a time when you are both well rested and clear minded?___Yes___No
27. Do you often have unconditional love for your child?___Yes___No
28. Do you often have resultant love for your child?___Yes___No
29. Do you often let your children make their own mistakes and assume responsibility for the consequences?___Yes___No
30. Overall do your positives far out way your negatives when the daily interactions with your child are considered?___Yes___No

Key: Give yourself 1 point for each "Yes" answer. Add up your total points. This assessment is scored toward excellent

parenting patterns. A higher score indicates better parenting skills.

Try not to get discouraged if your score is lower than you wished it to be. Parents are usually ill equipped for parenting when they first start out and most improve significantly with time, trial, and wisdom gained from mistakes. Even parents with excellent scores on the quiz can improve their habits and skills.

The most important strategy to remember (for parents who want to improve) is the strategy of developing a paradigm or framework from which to parent. Find out what works best for you and your family. Try it as you apply it and realize up front that nobody is perfect and nobody expects parents to perfectly parent.

The quiz you took above is from the Behaviorism paradigm. You can learn more about it from Paul Robinson and Leo Hall's book, Answers: a parents' guidebook for solving problems. (1993) Lion house press, Canby Oregon. It works especially well with younger children but not so well with older teenagers and adults.

Dr. Robinson, like most experts provides scientifically and practically proven guidelines for parents. Take them as guidelines not as mandates. Use those guidelines which work best for you.

Notes:

Single Parenting Assessment

This assessment is specifically designed for single parents. Other parents can take it because many of the parenting principles are similar regardless of marital status. Also, if you are not a parent, it might be very insightful for you to interview a single parent using this questionnaire. Either way, wait until the assessment is completed before looking at the key. *The use of the word, "children" in the questions is meant to imply one or more children.*

- 1 T/F. I have a good life
- 2 T/F. My emotional needs are met
- 3 T/F. I could use more time spent in the company of adults
- 4 T/F. I have good friendships
- 5 T/F. I exercise regularly
- 6 T/F. I get adequate sleep at night
- 7 T/F. I manage stress successfully
- 8 T/F. I am not over weight
- 9 T/F. I look attractive
- 10 T/F. I have a nice wardrobe of clothes
- 11 T/F. I enjoy the place we live in
- 12 T/F. I have my intimacy needs met
- 13 T/F. I have enough money
- 14 T/F. I have adequate privacy
- 15 T/F. I pursue my hobbies
- 16 T/F. I rarely go to bed tired
- 17 T/F. My social life works for me
- 18 T/F. I enjoy my extended family
- 19 T/F. I enjoy parenting
- 20 T/F. My children are basically unhappy
- 21 T/F. My children do not listen to me
- 22 T/F. My children get more of what they want from me than I would like
- 23 T/F. My children need another parent
- 24 T/F. My children need more of my time
- 25 T/F. My children take me for granted
- 26 T/F. My children are not held to my standards
- 27 T/F. My children run over me sometimes
- 28 T/F. My children drain my energies
- 29 T/F. My children are not learning responsibilities
- 30 T/F. My children spend too much time without me _____

Key:1-19=True & 20-30=False. Score_____. This assessment is biased toward healthy single parenting. A score of **30** means very healthy and **0** means very unhealthy single parenting. A single parent often has more responsibilities than couple parents. The first 19 questions deal with the single parent's well being as an individual. Questions 20-30 deal with the single parent's perception of their parenting performance by measuring outcomes of child well being. Discuss the issues presented in each item. Which is/are the most critical? Which needs immediate attention? What can be done, given the single parent's resources to bring about change?

Fatherhood Patterns Assessment

This assessment is designed to explore your impression of fatherhood. By answering the questions below, you will become familiar with the types of patterns exhibited in fathering behaviors, especially those you saw from your perspective as a child growing into adulthood.

As you answer the T=True and F=False questions below, think about your own father, stepfather, grandfather, or adult male (only one role if possible) who you would consider the primary father figure in your growing up stage of life.

1. T/F I could clearly tell when I had done wrong with him
2. T/F The most common form of punishment was physical in nature
3. T/F He would forgive my mistakes
4. T/F He was never around to know if I was doing something I shouldn't do
5. T/F He would forget about what I had done so I could move on
6. T/F He punished me with reasonable punishments
7. T/F At times, I really felt afraid of him
8. T/F We always did things together
9. T/F He was frequently at home in the evenings and/or weekends
10. T/F He never really knew what I was going through
11. T/F He knew who my friends were
12. T/F He was a good provider for me
13. T/F I felt protected by him
14. T/F If people knew what I knew about him, they'd say he was a good father
15. T/F I couldn't really talk to him
16. T/F He was there to be a part of my life events
17. T/F I was satisfied with his involvement with me
18. T/F I could wake him up to talk if I needed to
19. T/F He would take me shopping with him
20. T/F He and I played regularly together
21. T/F He touched me in ways I needed
22. T/F He was cool around my friends
23. T/F More than once, he pulled me out of a jam
24. T/F He spent his money on me
25. T/F I did not learn much from him
26. T/F We worked together on things
27. T/F We get along well now
28. T/F When I was hurt, he took care of me
29. T/F He's the kind of person I'd Like to be
30. T/F If I were like him, I'd make a good parent

Key: 1=T, 2=F, 3=T, 4=F, 5=T, 6=T, 7=F, 8=T, 9=T, 10=F, 11=T, 12=T, 13=T, 14=T, 15=F, 16=T, 17=T, 18=T, 19=T, 20=T, 21=T, 22=T, 23=T, 24=T, 25=F, 26=T, 27=T, 28=T, 29=T, 30=T. Total score=___.

This assessment is biased toward the ideal role of fatherhood. A score of **30** represents a very healthy and positive fatherhood. A score of **0** represents a very unhealthy and negative one. Can you identify the expressive and instrumental traits in your father figure? Many people make strong reference to their memories of their father figure when they themselves become adults and parents. How much of this process do you see in your own life? Prior to taking this assessment had your impression of your father figure changed significantly and if so, why? Has it changed after taking this assessment, if so why? Could you talk about this with him? Why or why not?

Motherhood Patterns Assessment

This assessment is designed to explore your impression of motherhood. By answering the questions below, you will become familiar with the types of patterns exhibited in mothering behaviors, especially those you saw from your perspective as a child growing into adulthood. As you answer the T=True and F=False questions below, think about your own mother, stepmother, grandmother, or adult female (only one role if possible) who you would consider the primary mother figure in your growing up stage of life.

1. T/F I could clearly tell when I had done wrong with her
2. T/F The most common form of punishment was physical in nature
3. T/F She would forgive my mistakes
4. T/F She was never around to know if I was doing something I shouldn't do
5. T/F She would forget about what I had done so I could move on
6. T/F She punished me with reasonable punishments
7. T/F At times, I really felt afraid of her
8. T/F We always did things together
9. T/F She was frequently at home in the evenings and/or weekends
10. T/F She never really knew what I was going through
11. T/F She knew who my friends were
12. T/F She was a good provider for me
13. T/F I felt protected by her
14. T/F If people knew what I knew about her, they'd say she was a good mother
15. T/F I couldn't really talk to her
16. T/F She was there to be a part of my life events
17. T/F I was satisfied with her involvement with me
18. T/F I could wake her up to talk if I needed to
19. T/F She would take me shopping with her
20. T/F She and I played regularly together
21. T/F She touched me in ways I needed
22. T/F She was cool around my friends
23. T/F More than once, she pulled me out of a jam
24. T/F She spent her money on me
25. T/F I did not learn much from her
26. T/F We worked together on things
27. T/F We get along well now
28. T/F When I was hurt, she took care of me
29. T/F She's the kind of person I'd Like to be
30. T/F If I were like her, I'd make a good parent

Key: 1=T, 2=F, 3=T, 4=F, 5=T, 6=T, 7=F, 8=T, 9=T, 10=F, 11=T, 12=T, 13=T, 14=T, 15=F, 16=T, 17=T, 18=T, 19=T, 20=T, 21=T, 22=T, 23=T, 24=T, 25=F, 26=T, 27=T, 28=T, 29=T, 30=T. Total score=___.

This assessment is biased toward the ideal role of motherhood. A score of **30** represents a very healthy and positive motherhood. A score of **0** represents a very unhealthy and negative one. Can you identify the expressive and instrumental traits in your mother figure? Many people make strong reference to their memories of their mother figure when they themselves become adults and parents. How much of this process do you see in your own life? Prior to taking this assessment had your impression of your mother figure changed significantly and if so, why? Has it changed after taking this assessment, if so why? Could you talk about this with her? Why or why not?

Processing the Fatherhood & Motherhood Patterns Assessments

Now that you have completed the Fatherhood and Motherhood Patterns assessments, you can study the influence these patterns might have or be having in your current roles and relationships. Answer the questions below and discuss them with your partner, parents, or a close friend. Keep in mind that the primary function of these assessments is to help you better understand your perspective and dispositions. It's best to focus more on what you learn rather than how you might stack up in comparison to another person.

QUESTIONS:

1) Sometimes, in our parenting roles we act more like one parent than the other. Sometimes we act like a mixture of both parents. Which is the case for you? Why is it so?

2) What influence did your parents' other roles have on how they parented? For example sole versus dual breadwinners, traditional versus working-for-pay mothers, and any other significant adult-family roles.

Compare the father to the mother findings in the assessments (for questions 3, 4, & 5).

3) Who was the most expressive, nurturing, emotionally supportive, and connected with you?

4) Who was the most instrumental, providing, protecting, and economical sustaining for you?

5) Do you anticipate that you will be in similar roles with your partner when you parent?

6) How does your partner compare to the same sex parent you had?

7) How have past partners compared to the same sex parent you had?

8) Have you discovered any insightful trends or patterns that may be helpful to you in your perception of parent? If so, list them:

9) Why would or wouldn't you talk to your parents about these findings? How does your answer impact your role as parent to your own children?

Children and Attachment

According to studies of childhood attachment, it is important for infants and young children to closely attach to their parents. Early attachment by the young child has shown to have a positive affect when the child goes through adolescence because of the positive relationships they have with their parents.

During the first few years of life for the infant and young child it is also important for the father and mother to bond and attach to their child.

Some disruptions may occur that affect the child's relationship with their parents. Evaluate how you could counteract some of them in your own experience:

Affects on attachment of children to parents:

1. Working Parents:
2. Age of Child:
Birth to five:
3. Extended family:
4. Possibility of mother/father staying home during early years of a child's life and start work when children start school.
5. Possibility of working part time or sharing flex time with spouse.

If the mother stays home with children it is important for her to stay tied to the work force by keeping her work skills current. In this way, if she wants or needs to return to work, she can. What would be my plan?

If a woman lives to age 77 and she takes 6-7 years to stay home with infant and toddlers she has given up 7 years out of 77. Is this an option? What is our option?