PARENTING SCALE

At one time or another, all children misbehave or do things that could be harmful, that are "wrong", or that parents don't like. Examples include hitting someone, whining, throwing food, forgetting homework, not picking up toys, lying, having a tantrum, refusing to go to bed, 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, circle the number that best describes your style of parenting during the past 2 months with your child.

Sa	imple Item										
	At meal time			`							
	I let my child decide how much to eat.	1	(2)	3	4	5	6	7	I decide how much my child eats.		
Ι.	When my child misbehaves										
	I do something right away.	I	2	3	4	5	6	7	I do something about it later.		
2.	Before I do something about a problem										
	I give my child several reminders or warnings.	I	2	3	4	5	6	7	I use only one reminder or warning.		
3.	When I'm upset or under stress										
	I am picky and on my child's back.	I	2	3	4	5	6	7	I am no more picky than usual.		
4.	When I tell my child not to do something										
	I say very little.	1	2	3	4	5	6	7	I say a lot.		
5.	When my child pesters me										
	I can ignore the pestering.	I	2	3	4	5	6	7	I can't ignore the pestering.		
6.	When my child misbehaves										
	I usually get into a long argument with my child.	I	2	3	4	5	6	7	I don't get into an argument.		
7.	I threaten to do things that										
	I am sure I can carry out.	I	2	3	4	5	6	7	I know I won't actually do.		



am the kind of paren	t tha	t						
sets limits on what my child is allowed to do.	I	2	3	4	5	6	7	lets my child do whatever he or she wants.
Vhen my child misbel	aves							
I give my child a long lecture.	I	2	3	4	5	6	7	I keep my talks short and to the point.
Vhen my child misbel	aves							
I raise my voice or yell.	I	2	3	4	5	6	7	I speak to my child calmly.
saying no doesn't wo	rk r	ight a	away.					
I take some other kind of action.	I	2	3	4	5	6	7	I keep talking and trying to get through to my child.
Vhen I want my child	to s	top c	doing	son	nethi	ng		
I firmly tell my child to stop.	I	2	3	4	5	6	7	I coax or beg my child to stop.
Vhen my child is out	of m	y sigl	nt					
I often don't know what my child is doing.	I	2	3	4	5	6	7	I always have a good idea of what my child is doing.
fter there's been a pr	oble	m w	ith m	ny ch	ild			
I often hold a grudge.	I	2	3	4	5	6	7	things get back to normal quickly.
Vhen we're not at ho	me							
I handle my child the way I do at home.	I	2	3	4	5	6	7	I let my child get away with a lot more.
Vhen my child does s	ome	thing	l do	n't li	ke			
I do something about it every time it happens.	I	2	3	4	5	6	7	I often let it go.
Vhen there's a proble	m w	ith m	y ch	ild				
things build up and I do things I don't mean to do.	I	2	3	4	5	6	7	things don't get out of hand.
Vhen my child misbeh	aves	, I sp	ank,	slap,	grab	or h	nit my	child
never or rarely.	ı	2	3	4	5	6	7	most of the time.
	sets limits on what my child is allowed to do. When my child misbeh I give my child a long lecture. When my child misbeh I raise my voice or yell. Saying no doesn't wo I take some other kind of action. When I want my child I firmly tell my child to stop. When my child is out of the stop of the stop of the stop of the stop. When my child is out of the stop of	sets limits on what my child is allowed to do. When my child misbehaves I give my child a I long lecture. When my child misbehaves I raise my voice or yell. saying no doesn't work rill take some other I kind of action. When I want my child to still I to stop. When my child is out of my I often don't know I what my child is doing. Ifter there's been a proble I often hold a I grudge. When we're not at home I handle my child I the way I do at home. When my child does some I do something I about it every time it happens. When there's a problem we things build up and I I do things I don't mean to do. 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When my child misbehaves, I spank, slap, grab, or here	sets limits on what I 2 3 4 5 6 7 my child is allowed to do. When my child misbehaves I give my child a I 2 3 4 5 6 7 long lecture. When my child misbehaves I raise my voice I 2 3 4 5 6 7 or yell. saying no doesn't work right away I take some other I 2 3 4 5 6 7 kind of action. When I want my child to stop doing something I firmly tell my child I 2 3 4 5 6 7 to stop. When my child is out of my sight I often don't know I 2 3 4 5 6 7 what my child is doing. Ifter there's been a problem with my child I often hold a I 2 3 4 5 6 7 grudge. When my child does something I don't like I do something I 2 3 4 5 6 7 about it every time it happens. When there's a problem with my child things build up and I 2 3 4 5 6 7 I do things I don't mean to do. When my child misbehaves, I spank, slap, grab, or hit my child my child misbehaves, I spank, slap, grab, or hit my



19. W	hen my child doesn't	: do	what	l as	k					
	I often let it go or end up doing it myself.	I	2	3	4	5	6	7	I take some other action.	
20. W	hen I give a fair thre	at or	war	ning.						
	I often don't carry it out.	I	2	3	4	5	6	7	I always do what I said.	
21. If	saying "No" doesn't v	work								
	I take some other kind of action.	I	2	3	4	5	6	7	I offer my child something nice so he/she will behave.	
22. W	hen my child misbeh	aves.	·••							
	I handle it without getting upset.	I	2	3	4	5	6	7	I get so frustrated or angry that my child can see I'm upset.	
23. W	hen my child misbeh	aves.								
	I make my child tell me why he/she did it.		2	3	4	5	6	7	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.	I	2	3	4	5	6	7	I let it go that time.	
25. W	hen my child misbeh	aves.								
	I rarely use bad language or curse.	I	2	3	4	5	6	7	I almost always use bad language.	
26. W	hen I say my child ca	ın't d	lo so	meth	ning					
	I let my child do it anyway.	I	2	3	4	5	6	7	I stick to what I said.	
27. W	hen I have to handle	a pr	oble	m						
	I tell my child I am sorry about it.	I	2	3	4	5	6	7	I don't say I'm sorry.	
	hen my child does so Il my child names	omet	hing	l do	n't lik	ке, I і	nsult	my cl	hild, say mean things, or	
	never or rarely.	I	2	3	4	5	6	7	most of the time.	
29. If	my child talks back o	r coi	mplai	ins w	hen	I han	ıdle a	prob	lem	
	I ignore the complaining and stick to what I said.	I	2	3	4	5	6	7	I give my child a talk about not complaining.	
30. If	my child gets upset v	vhen	I say	"No	o"					
	I back down and give in to my child.	I	2	3	4	5	6	7	I stick to what I said.	

