

When completing this booklet,
please focus on the child that has been
part of the reason for you to attend
a parenting programme

Name:..... Date:.....

By completing this booklet, you will help us to evaluate our parenting programmes and enable us to make improvements.

There are no right or wrong answers. Your booklet will not be compared with other parents' and will remain confidential.

The following section is about emotion and affection.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- I am able to show affection towards my child.
- I can recognise when my child is happy or sad.
- I am confident my child can come to me if they're unhappy.
- When my child is sad I understand why.
- I have a good relationship with my child.
- I find it hard to cuddle my child.

The following section is about play and enjoyment.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- I am able to have fun with my child.
- I am able to enjoy each stage of my child's development.
- I am able to have nice days with my child.
- I can plan activities that my child will enjoy.
- Playing with my child comes easily to me.
- I am able to help my child reach their full potential.

The following section is about empathy and understanding.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- I am able to explain things patiently to my child.
- I can get my child to listen to me.
- I am able to comfort my child.
- I am able to listen to my child.
- I am able to put myself in my child's shoes.
- I understand my child's needs.

The following section is about discipline and setting boundaries.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- Setting limits and boundaries is easy for me.
- I am able to stick to the rules I set for my child.
- I am able to reason with my child.
- I can find ways to avoid conflict.
- I am consistent in the way I use discipline.
- I am able to discipline my child without feeling guilty.

The following section is about pressures.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- It is difficult to cope with other people's expectations of me as a parent.
- I am not able to assert myself when other people tell me what to do with my child.
- Listening to other people's advice makes it hard for me to decide what to do.
- I can say 'no' to other people if I don't agree with them.
- I can ignore pressure from other people to do things their way.
- I do not feel a need to compare myself to other parents.

The following section is about self-acceptance.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree				Moderately agree			Completely agree			

- I know I am a good enough parent.
- I manage the pressures of parenting as well as other parents do.
- I am not doing that well as a parent.
- As a parent I can take most things in my stride.
- I can be strong for my child.
- My child feels safe around me.

The following section is about learning and knowledge.

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

0	1	2	3	4	5	6	7	8	9	10
Completely disagree			Moderately agree				Completely agree			

- I am able to recognise developmental changes in my child.
- I can share ideas with other parents.
- I am able to learn and use new ways of dealing with my child.
- I am able to make the changes needed to improve my child's behaviour.
- I can overcome most problems with a bit of advice.
- Knowing that other people have similar difficulties with their children makes it easier for me.

