



Parenting Report Card

The following is a quiz to assess your parenting strengths and weaknesses. On a separate piece of paper give yourself 5 points for something you always do, and 0 points for something you never do, or any score in between. Ask your child to do the same (even the adult children). You may be surprised at the results. Upon completion try not to be defensive. Use both assessments to start a conversation that may improve your relationship with your child.

- 1) Do I spend enough time with you?
- 2) Am I available when you need me?
- 3) Do I give you praise when you deserve it, and avoid criticizing you too much?
- 4) Do I really listen to what you say?
- 5) Do I make and enforce rules fairly and consistently?
- 6) Do I let you have input in decisions that affect you?
- 7) Do I help you learn new things?
- 8) Am I “approachable” and pleasant to be around?
- 9) Do I accept you for who you are instead of trying to make you into someone I think you should be?
- 10) Do I tell you and show you “I love you” often enough?
- 11) Do you know or feel that “I love you” even when I’m angry?
- 12) Do I provide you with enough clothes, money, food and safety for you to feel comfortable?
- 13) Are my actions consistent with what I say is good behavior?
- 14) Do I give you more freedom, as you demonstrate the ability to act more responsibly?

Add up total to come up with your score, ratings as follows:

51-70 You have done a very good job of raising your child.

31-50 You would benefit significantly from parenting classes.

30 or below please seek help from a professional immediately.

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