CHILD-REARING SKILLS

Child-Rearing Skills Inventory

Directions: Rate how often you use the following skills: rarely (0 points), sometimes (1 point), consistently (2 points). Check any skills that you would like to improve. Focus on one area at a time until you make progress.

Cooperation and Rules

Points

___ 1. I use deadlines for starting tasks before valued activities that serve as incentives requiring cooperation.   1. ___

___ 2. I reinforce deadlines I set by withholding all privileges until the task is started and returning them as soon as the task is completed.   2. ___

___ 3. Once I decide on a consequence, I give only one warning before I act.   3. ___

___ 4. I think of a variety of actions to take when rules are broken, rather than always using the same consequence.   4. ___

___ 5. I use allowance, purchase points,[1] praise, snacks, and verbal recognition to reinforce desirable behavior and reduce the need for corrective action.   5. ___

___ 6. I take action to correct my child rather than lecture, nag, plead, or yell.   6. ___

Anger and Attitudes

___ 7. When I correct my children, I remember to express confidence that they will eventually succeed and point out their past and current progress.   7. ___

___ 8. When my children are upset, I persistently feedback and reflect their feelings.   8. ___

___ 9. When feeding back my children's feelings does not calm them, I repeat my decision and table discussions until later.   9. ___

___ 10. When my children are upset with me, I make sure that they eventually express their feelings to me.   10. ___

___ 11. I avoid arguments by feeding back my children's viewpoint, rather than try to get mine across.   11. ___

___ 12. When I am too upset to understand my child, I suspend all discussion until I can listen.   12. ___

___ 13. Sometimes, after feeding back my children's feelings and understanding their point of view, I do not find it necessary to take corrective action.   13. ___

Using Power Wisely

___ 14. I stop myself from interfering or taking any action when my children's behavior is not dangerous and affects only themselves.   14. ___

___ 15. When I am uncomfortable with my partner's child-rearing approach, I listen to his or her reasoning and express my own until we reach an understanding.   15. ___

TOTAL: ___

[1] Points that can be used to purchase a desired object.