

Date:

Name:

These statements will help you to think about how you are guiding and supporting your child. They will help you to think about the kind of parent you want to be.

They will also support you in considering the skills you feel you're good at as well as the skills you feel you want to develop further.

Score yourself from 1–5 on each statement in each of the five sections below.

1= I want to become better at this.

5 = I am already very good at this.

1. CONSIDERING MY CHILD'S THOUGHTS AND FEELINGS	MY SCORE
• I think of how my child is doing today on a daily basis.	
• It is easy for me to be genuinely present with my child; listen to, observe and play with him/her.	
• I often give my child attention with a smile, a look or a calming touch.	
• I enjoy spending time with my child and I show it to him/her.	
• I think about the emotions and experiences behind the actions of my child.	
• I understand that my child may have difficulty controlling his/her behaviour sometimes (caused by things such as being hungry, being tired, needing the toilet, a difficult situation or a challenging task).	
• I can calm my child when he/she cannot regulate his/her own emotions in a challenging situation.	
• I can help my child in friendships, such as making new friends or playing together with others.	

Notes:

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2. MY POSITIVE CURIOSITY	MY SCORE
• I remember that my child has her/his own unique personality and does not think as I do.	
• I strive to understand my child as much as possible and I tell her/him that I want to understand her/him.	
• I understand that I cannot know for certain what thoughts and feelings my child is experiencing in different situations.	
• I show interest and ask my child about her/his thoughts, feelings and experiences.	
• I show my child that I appreciate her/his thoughts, feelings and experiences.	
• I observe the emotional states of my child and think about what she/he might need help with in daily situations.	
• In a difficult situation, I am able to consider the motives and experiences behind the outward behaviour of my child.	

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3. HELPING MY CHILD WITH FEELINGS AND SHOWING COMPASSION	MY SCORE
<ul style="list-style-type: none"> <li>• My child is allowed to express different kinds of feelings in our family.</li> </ul>	
<ul style="list-style-type: none"> <li>• I can easily see when my child is upset or experiencing a challenging feeling.</li> </ul>	
<ul style="list-style-type: none"> <li>• It is easy for me to comfort my child if he/she has hurt himself/herself or is sad.</li> </ul>	
<ul style="list-style-type: none"> <li>• I often ask my child how different situations and interactions feel.</li> </ul>	
<ul style="list-style-type: none"> <li>• I can put words to and guess out loud what feelings my child may be experiencing.</li> </ul>	
<ul style="list-style-type: none"> <li>• It is easy for me to show warmth and compassion toward my child in daily situations.</li> </ul>	
<ul style="list-style-type: none"> <li>• I can show my child compassion even when he/she is experiencing strong emotions.</li> </ul>	
<ul style="list-style-type: none"> <li>• In challenging situations I can, most of the time, control my feelings and behaviour.</li> </ul>	

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4. HAVING GOOD INTERACTIONS WITH MY CHILD	MY SCORE
<ul style="list-style-type: none"> <li>I can adjust my interaction skills to fit my child and the situation.</li> </ul>	
<ul style="list-style-type: none"> <li>Usually, I will notice when I have interpreted my child’s behaviour incorrectly.</li> </ul>	
<ul style="list-style-type: none"> <li>It is easy for me to revisit a difficult situation, after it has passed, and listen to my child’s point of view about what happened.</li> </ul>	
<ul style="list-style-type: none"> <li>It is easy for me to apologise to my child when he/she has become upset because of my misunderstanding.</li> </ul>	
<ul style="list-style-type: none"> <li>I am able to correct my own misunderstanding by telling my child what I thought about a situation.</li> </ul>	
<ul style="list-style-type: none"> <li>I can calmly help resolve disputes or challenges that arise between my child and friends or siblings.</li> </ul>	
<ul style="list-style-type: none"> <li>I am aware that my life situations, such as being stressed or tired, affect the interaction that I have with my child.</li> </ul>	

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5. CHANGING MY PERSPECTIVE	MY SCORE
<ul style="list-style-type: none"><li>I am able to make alternative interpretations of disputes or bullying situations between my child and other children.</li></ul>	
<ul style="list-style-type: none"><li>I can help my child to notice new and alternative points of view, such as what the other person might have meant, felt or thought.</li></ul>	
<ul style="list-style-type: none"><li>I understand that it can be difficult for a young child to consider other people’s feelings or perspectives in different situations.</li></ul>	

Notes: