

### Parenting Inventory (Part One)

Read each statement below and circle the answer that is closest to how you would describe your parenting TODAY.

1. I am a patient parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
2. I tell my child(ren) that I love them.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
3. I am a playful parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
4. I pay close attention to my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
5. I enjoy being a parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
6. I set limits with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
7. I am a good role model for my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
8. I am affectionate with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
9. I am a good listener for my child(ren)	always 1	most of the time 2	some of the time 3	rarely 4	never 5
10. I am someone on whom my child(ren) can rely.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
11. I feel loved by my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
12. I let my child(ren) take risks.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
13. I show interest in what my child(ren) is doing or learning.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
14. I can be myself with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
15. I am feel competent as a parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5

The five things I hope my child(ren) would say are the best things about having me as a parent are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Parenting Inventory (Part Two)

Read each statement below and circle the answer that is closest to how you would IDEALLY like to be as a parent.

1. I would be a patient parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
2. I would tell my child(ren) that I love them.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
3. I would be a playful parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
4. I would pay close attention to my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
5. I would enjoy being a parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
6. I would set limits with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
7. I would be a good role model for my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
8. I would be affectionate with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
9. I would be a good listener for my child(ren)	always 1	most of the time 2	some of the time 3	rarely 4	never 5
10. I would be someone on whom my child(ren) can rely.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
11. I would feel loved by my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
12. I would let my child(ren) take risks.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
13. I would show interest in what my child(ren) is doing or learning.	always 1	most of the time 2	some of the time 3	rarely 4	never 5
14. I would be myself with my child(ren).	always 1	most of the time 2	some of the time 3	rarely 4	never 5
15. I would feel competent as a parent.	always 1	most of the time 2	some of the time 3	rarely 4	never 5

The five things I wish I could do better as a parent are:

2. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_