

Parenting Skills Test	5	4	3	2	1
	Always	Generally	Sometimes	Rarely	Never
1. My child's other parent/caregiver and I agree on how to discipline our child.					
2. My child can depend on me to do what I say I will.					
3. When I say "no", I stick to it.					
4. I treat my child with respect, even when I'm angry.					
5. I let natural consequences do the teaching whenever feasible.					
6. I'm confident my child has everything she/he needs to make good decisions.					
7. I allow my child to do his/her chores without my reminding					
8. I allow my child to voice her/his opinions when done in a respectful way.					
9. I am able to stay out of arguments by disengaging before they escalate.					
10. When I make a mistake in judgment, I'm quick to admit it.					
Column subtotals:					

TOTAL

- 45 – 50** Good job! You are on the right track.
- 30 – 45** Not bad, just a little more work in those challenging areas
- < 30** Keep trying! Find a support group, therapist for you & the co-parent, read books or blogs on parenting skills

This test is from a parenting guide created in 2007 by StandUp Parenting (www.standup.org).