

Incredible Years



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|-----------|-----------------------|-----------|-----------------------|----------------------|----------------------|----------------------|
| Time | <input type="text"/> | Child | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Mom/Other | <input type="radio"/> | Dad/Other | <input type="radio"/> | | | |

PARENTING SCALE

At one time or another, all children misbehave or do things that could be harmful, are "wrong," or that parents don't like. Examples include: hitting someone, forgetting homework, having a tantrum, whining, throwing food, lying, arguing back, not picking up things, refusing to go to bed, coming home late. Parents have many different ways or styles of dealing with these types of problems. Below are items that describe some styles of parenting.

For each item, fill in the bubble that best describes your style of parenting during the **PAST TWO MONTHS** with the child with you here today.

Example:

| | | | | | | | | |
|--|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|
| At meal time... | | | | | | | | |
| <i>I let my child decide how much to eat</i> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I decide how much my child eats</i> |

IN THE PAST TWO MONTHS

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|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|
| 1. When my child misbehaves... | | | | | | | | |
| <i>I do something right away</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I do something later</i> |
| 2. Before I do something about a problem... | | | | | | | | |
| <i>I give my child several reminders and warnings</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I use only one reminder or warning</i> |
| 3. When I'm upset or under stress... | | | | | | | | |
| <i>I am picky and on my child's back</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I am not more picky than usual</i> |
| 4. When I tell my child NOT to do something... | | | | | | | | |
| <i>I say very little</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I say a lot</i> |
| 5. When my child pesters me... | | | | | | | | |
| <i>I can ignore the pestering</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I can't ignore the pestering</i> |
| 6. When my child misbehaves... | | | | | | | | |
| <i>I usually get into a long argument with my child</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I don't get into an argument</i> |
| 7. I threaten to do things that... | | | | | | | | |
| <i>I'm sure I can carry out</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I know I won't actually do</i> |
| 8. I am the kind of parent that... | | | | | | | | |
| <i>Sets limits on what my child is allowed to do</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>Lets my child do whatever he/she wants</i> |
| 9. When my child misbehaves... | | | | | | | | |
| <i>I give my child a long lecture</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I keep my talks short and to the point</i> |
| 10. When my child misbehaves... | | | | | | | | |
| <i>I raise my voice or yell</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I speak to my child calmly</i> |
| 11. If saying no doesn't work right away... | | | | | | | | |
| <i>I take some other kind of action</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I keep talking and try to get through to my child</i> |
| 12. When I want my child to stop doing something... | | | | | | | | |
| <i>I firmly tell my child to stop</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I coax or beg my child to stop</i> |
| 13. When my child is out of sight... | | | | | | | | |
| <i>I often don't know what my child is doing</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I always have a good idea of what my child is doing</i> |



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|------|-----------------------|-------|-----------------------|----------------------|----------------------|----------------------|
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| | Mom/Other | | Dad/Other | | | |
| | <input type="radio"/> | | <input type="radio"/> | | | |

IN THE PAST TWO MONTHS

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|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---|
| 14. After there's been a problem with my child... <i>I often hold a grudge</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>Things get back to normal quickly</i> |
| 15. When we're not at home... <i>I handle my child the way I do at home</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I let my child get away with a lot more</i> |
| 16. When my child does something I don't like... <i>I do something about it every time it happens</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I often let it go</i> |
| 17. When there is a problem with my child... <i>Things build up and I do things I don't mean to do</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>Things don't get out of hand</i> |
| 18. When my child misbehaves I spank, slap, grab, or hit my child... <i>Never or rarely</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>Most of the time</i> |
| 19. When my child doesn't do what I ask... <i>I often let it go or end up doing it myself</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I take some other action</i> |
| 20. When I give a fair threat or warning... <i>I often don't carry it out</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I always do what I said</i> |
| 21. If saying "no" doesn't work... <i>I take some other kind of action</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I offer my child something nice so he/she will behave</i> |
| 22. When my child misbehaves... <i>I handle it without getting upset</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I get so frustrated or angry that my child can see I'm upset</i> |
| 23. When my child misbehaves... <i>I make my child tell me why he/she did it</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I say "no" or take some other action</i> |
| 24. If my child misbehaves and then acts sorry... <i>I handle the problem like I usually would</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I let it go that time</i> |
| 25. When my child misbehaves... <i>I rarely use bad language or curse</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I almost always use bad language</i> |
| 26. When I say my child can't do something... <i>I let my child do it anyway</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I stick to what I said</i> |
| 27. When I have to handle a problem... <i>I tell my child I'm sorry about it</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I don't say I'm sorry</i> |
| 28. When my child does something I don't like, I insult my child, say mean things, or call my child names... <i>Never or rarely</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>Most of the time</i> |
| 29. If my child talks back or complains when I handle a problem... <i>I ignore the complaining and stick to what I said</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I give my child a talk about not complaining</i> |
| 30. If my child gets upset when I say "no" <i>I back down and give in to my child</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <i>I stick to what I said</i> |