



Incredible Years ATTENTIVE PARENTING® SURVEY

First Initial

Last Initial

Birth Date (mo./day/yr.)

Today's Date (mo./day/yr.)

Please answer the following questions honestly and to the best of your ability. Your answers will be kept confidential.

	Never	Rarely (monthly)	Sometimes (weekly)	Often (daily)	Always (several times a day)
	1	2	3	4	5
1. How often do you engage in one-on-one play activities with your child?					
	Not at All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
2. When you play with your child, how likely are you to:					
a. Allow your child to make decisions about what to play with	1	2	3	4	5
b. Get frustrated with your child's ideas and activity level	1	2	3	4	5
c. Add structure and direction to play activities	1	2	3	4	5
d. Prepare your child for the end of playtime	1	2	3	4	5
e. Allow your child's curiosity to direct play	1	2	3	4	5
	Not at All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
3. If your child gets frustrated when learning new things, how likely are you to:					
a. Support your child to continue trying	1	2	3	4	5
b. Promise your child a reward to continue	1	2	3	4	5

c. Let your child stop trying because it is hard to see your child upset	1	2	3	4	5
d. Warn that you will have to stop the activity	1	2	3	4	5
e. Raise your voice to get your child to focus	1	2	3	4	5
f. Finish the activity for your child	1	2	3	4	5

Never Rarely Sometimes Often Always

4. Which of the following methods do you use when teaching your child shapes, colors, letters, etc.:

a. Ask questions, such as “What color is this?”	1	2	3	4	5
b. Describe items during play by color, shape, position or name of object.	1	2	3	4	5
c. Engage in story time to describe items and letters in the story	1	2	3	4	5
d. Use structured teaching time with specific learning activities, such as worksheets	1	2	3	4	5
e. Correct child’s mistakes	1	2	3	4	5

Not at All Likely Unlikely Somewhat Likely Likely Very Likely

5. How likely are you to:

a. Use stories, pictures and games to teach your child about emotions	1	2	3	4	5
b. Encourage your child to share his/her feelings	1	2	3	4	5
c. Share your own negative feelings with your child	1	2	3	4	5
d. Use puppets and pretend play to teach your child about feelings	1	2	3	4	5
e. Encourage your child to think about others’ feelings	1	2	3	4	5
f. Give more attention to negative feelings than positive feelings	1	2	3	4	5
g. Label your own positive feelings throughout the day	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
6. When your child misbehaves, how likely are you to:					
a. Redirect your child to another activity	1	2	3	4	5
b. Ignore the misbehavior	1	2	3	4	5
c. Give this attention and instruct the child in better behavior	1	2	3	4	5
d. Stop the activity	1	2	3	4	5

	Not at All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
7. How likely are you to:					
a. Practice self-regulation strategies when your child is calm (e.g., deep breathing, counting, positive self-talk)	1	2	3	4	5
b. Use puppets to practice self-regulation strategies	1	2	3	4	5
c. Help your child identify his/her emotions by using words	1	2	3	4	5
d. Tell your child that he/she is “ok” or “fine” when upset or frustrated	1	2	3	4	5
e. Label your child’s positive emotions	1	2	3	4	5
f. Label your child’s negative emotions	1	2	3	4	5
g. Show your child you are angry by raising your voice or yelling	1	2	3	4	5
h. Pair talk about negative feelings with positive coping thoughts and feelings	1	2	3	4	5
i. Prompt your child to take deep breaths and use positive self-talk when beginning to get frustrated	1	2	3	4	5

	Not at All Likely	Unlikely	Somewhat Likely	Likely	Very Likely
8. How likely are you to:					
a. Comment on social friendship skills when your child shares, waits, takes turns, apologizes or helps someone else	1	2	3	4	5
b. Provide opportunities for peer play dates so your child can practice social skills with another child	1	2	3	4	5
c. Give attention to your child’s negative social behaviors and correct them	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
9. How likely are you to:					
a. Use puppets and books to set up problem scenarios for your child to practice problem solving scenarios	1	2	3	4	5
b. Link your child's experience of negative emotions with the problem solving process. "When you're feeling sad that means you have a problem."	1	2	3	4	5
c. Correct your child when brainstorming solutions to a problem	1	2	3	4	5
d. Model problem solving language yourself for your child to observe	1	2	3	4	5

10. Please select the degree to which you agree or disagree with the following items.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a. I am happy in my role as a parent.	1	2	3	4	5
b. Caring for my child(ren) sometimes takes more time and energy than I have to give.	1	2	3	4	5
c. I feel overwhelmed by the responsibility of being a parent.	1	2	3	4	5
d. I feel close to my child(ren).	1	2	3	4	5
e. I feel confident as a parent.	1	2	3	4	5