

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 a good decision.						
7.	I allow my child to do his/her chores without my reminding.						
8.	I allow my child to voice his/her 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.						
	Subtotals:						
45 - 50	Good job! You are on the right track.						TOTAL
30 - 45	Not bad, just a little more work in those challenging areas						
<30	Keep trying! Find a support group, or a therapist for you and the co-parent, and read about parenting skills.						
	<i>This test is from a parenting guide created in 2007 by StandUp Parenting</i>						