

## **Parent/Caregiver Reflections: After the Program**

Washington State University  
Strengthening Families Program

Most parents and caregivers try to stay calm, loving, and consistent when they guide and discipline their adolescent children. However, most parents also fall short of those goals from time to time!

We are interested to know which aspects of parenting are most challenging for you. Please take your time and answer truthfully. Your responses will help us to improve our program.

This questionnaire is **anonymous**. We ask for your birthdate and the initial of your last name so that we can match your answers to your end-of-program evaluation.

Your Birthdate: \_\_\_\_\_

The first letter of your last name: \_\_\_\_\_

### **Strengthening Families Program Reflective Assessment**

Made available through

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***Please answer these questions about the way you do things with your youth who attended the program with you:***

1. I have clear and specific rules about my child's association with peers who use alcohol.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

2. I have explained my rules about alcohol use to my child.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

3. I have explained the consequences for breaking my rules about alcohol use to my child.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

4. I can control my anger and frustration with my child.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

5. I work hard with my child on ways to express and control his/her anger and frustration.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

6. I find ways to keep my child involved with fun activities in our family.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

7. I find ways to keep my child involved in family work activities (chores, for example).

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

8. I find ways to keep my child involved with family decisions about fun and work activities, in a way that's appropriate for his/her age.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

9. I have discussed my child's goals and dreams with him/her on several occasions.

*Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

10. I often tell my child how I feel when he or she misbehaves.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

11. When my child tells me something important, I let him/her know that I am trying to understand what he/she is feeling.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

12. I let my child know I care about him/her while setting limits and consequences.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

13. I have discussed our family values with my child on several occasions.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

14. Getting my youth to help with chores is a problem.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

15. Getting my youth to do homework is a problem.

- Strongly agree*     *Agree*     *Neutral or Mixed*     *Disagree*     *Strongly disagree*

16. How important to you were these parts of the program:

	<u>Very important</u>	<u>Important</u>	<u>Neutral or Mixed</u>	<u>Unimportant</u>	<u>Very unimportant</u>
a. <i>"I Messages"</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. <i>Point System</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. <i>Positive Reinforcement</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. <i>Consequences</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. <i>Family Meetings</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. <i>One-on-One Time</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17. Please show how you rate the tension among your family members, as a group, today:

Low

High

<sub>1</sub>    <sub>2</sub>    <sub>3</sub>    <sub>4</sub>    <sub>5</sub>    <sub>6</sub>    <sub>7</sub>    <sub>8</sub>    <sub>9</sub>    <sub>10</sub>

Examples of "low tension" are:

- \* Family members are peaceful and friendly
- \* Talking with family is open and positive
- \* Overall, family mood is warm and loving

Examples of "high tension" are:

- \* Family members are "on edge" and impatient with each other
- \* Talking with family is stressful
- \* Overall family mood is negative, angry, and not agreeable.

**Your insight is essential to the success of our program!**

During the course of this program we have discussed 12 tools you can use to enhance your family experience. Please let us know which **3** you feel will be most useful in your family.

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When thinking about raising your kids, what is the issue that worries you the most?

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When your son or daughter breaks a rule (such as talking back, breaking curfew, not doing his/her chores), what do you do?

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**Thank you very much** for taking the time to provide us such important information!