

## **Parent/Caregiver Reflections: Before 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 Year of Birth: \_\_\_\_\_

Your Age: \_\_\_\_\_

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

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

Made available through

Washington State University  
Cooperative Extension  
Laura Hill  
Department of Human Development  
PO Box 644852  
523 Johnson Tower  
Pullman, WA 99164-4852  
509-335-8478 (phone)  
[laurahill@wsu.edu](mailto:laurahill@wsu.edu)

*Items were designed by Project Family researchers from Iowa State University*

***Please answer these questions about the way you do things with the child (or children) who is/are attending 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*

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.