



A Self-Quiz for Parents : Helping Children Prepare

“ Ready or Not, Here Comes Life ! ”



There are many things parents can do to help children be more prepared for becoming successful and happy adults. Below is a self-evaluation of many of the most important things parents can do to help prepare their children for the road ahead.

DIRECTIONS - give yourself a number for each of the statements below based upon this key:

0 = not true 1 = rarely true 2 = sometimes true 3 = often true

1. I listen to my child’s feelings and acknowledge them without critical judgments. _____
2. I encourage my child to make lots of choices each day. _____
3. I let my child experience the consequences of his/her choices without lecturing. _____
4. I set clear rules. I CONSISTENTLY and gently enforce them. _____
5. I play with my child often and model having fun! _____
6. I set clear and appropriate limits on TV watching and video game playing time. _____
7. I model being an effective adult with good habits (sleep, exercise, eating...). _____
8. I do not overindulge my child (gifts, vacations, material things). _____
9. I am not a perfectionist. I value and applaud my child’s efforts. _____
10. My disciplining is firm and loving. I do not yell or spank. _____
11. I model being a life-long learner. I read at least two parenting books per year. _____
12. I help my child learn responsibility by having him/her do regular chores. _____
13. I help my child learn about money by giving him/her an allowance NOT BASED upon doing chores. _____
14. I help my child learn about teamwork by having family meetings. _____
15. I model effective living (good nutrition, regular exercise, not texting while driving) _____

Total score = _____

Note: This self-evaluation sheet is not about perfection. It is all about learning and making efforts to change and grow.

Interpreting your score: All of the above statements represent things that effective parents try to do as a way to encourage and support the positive development of their children. Your goal might be to get a perfect score of “45”, but anyone who scores above “34” could consider himself or herself on the right track. Another way to use this sheet is to note that any statements with a “0” or a “1” score could be considered areas to focus your efforts upon improving.