

Worksheet

Things I do well as a Parent/Guardian

Circle the number that indicates how often you do the following activities with your son/daughter.

	Never	Sometimes	Always
1. Wait to handle problems until I have calmed down.	1	2	3
2. Say "I love you".	1	2	3
3. Help my child understand the rules.	1	2	3
4. Spend time doing fun things with family.	1	2	3
5. Make sure my child knows there are consequences when they break a rule.	1	2	3
6. Give compliments and special rewards to my child when they follow the rules.	1	2	3
7. Follow through with the consequences each time he or she breaks the rules.	1	2	3
8. Give Hugs.	1	2	3
9. Attend parent-teacher conferences at my child's school.	1	2	3
10. Go to see my child in sports, music or other activities.	1	2	3
11. Explain to them what their chores are and when they ought to be finished.	1	2	3
12. Spend special time alone with my child.	1	2	3
13. Make sure my child knows that there are reasons for having rules.	1	2	3
14. Support and understand my child when he/she is disappointed.	1	2	3
15. Have regular schedules for homework.	1	2	3
16. Make sure that my child knows that I am proud when they achieve their goals.	1	2	3
17. Work with my child to resolve problems that occur in the home.	1	2	3
18. Try to see things from my child's point of view.	1	2	3
19. Make sure that my child knows what I expect about school, alcohol, smoking and using drugs.	1	2	3
20. Help my child to think about how to handle difficult situations with friends or in school.	1	2	3