



Parenting Experience Survey

Name: Date:

Below are a list of issues relating to being a parent. Please circle the number describing the response which best describes how you honestly feel.

1. In an overall sense, how difficult has your child’s behaviour been over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

2. To what extent do the following statements describe your experience as a parent in the last 6 weeks?

	Not at all	Slightly	Moderately	Very	Extremely
Parenting is rewarding	1	2	3	4	5
Parenting is demanding	1	2	3	4	5
Parenting is stressful	1	2	3	4	5
Parenting is fulfilling	1	2	3	4	5
Parenting is depressing	1	2	3	4	5

3. In the last 6 weeks, how confident have you felt to undertake your responsibilities as a parent?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

4. How supported have you felt in your role as a parent over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

If you have a partner, please complete the following items.

5. To what extent do you both agree over methods of disciplining your child?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

6. How supportive has your partner been towards you in your role as a parent over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

7. In an overall sense, how happy do you consider your relationship with your partner to be?

(Note: the middle point, 'happy' represents the degree of happiness of most relationships, please indicate the point that best describes the degree of happiness, all things considered, of your relationship)

Extremely unhappy	Fairly unhappy	A little unhappy	Happy	Very happy	Extremely happy	Perfect
0	1	2	3	4	5	6