

The Creating Peace Parenting Checklist

As you review the checklist, circle the number of the question when you answer “yes”:

- 1) I am effective at setting boundaries with my teenager.
- 2) For the most part, spending time with my child is a pleasure.
- 3) I find it reasonably easy to move from disciplinarian to listening parent.
- 4) When it is time for homework, my child knows that it is his/her responsibility to do it.
- 5) My child knows that I am a safe person to share her/his concerns with.
- 6) If I found out my child was trying drugs, I would be upset, but know I would find helpful resources for my child and me.
- 7) Sometimes I feel anxious about how to parent, but I have adequate resources to help me.
- 8) My children’s other parent and I are mostly in agreement with how to raise our kids.
- 9) I keep my word to my children.
- 10) When I start to nag my kids, I can hear myself and correct my tone.
- 11) When I make a mistake, I share what I learned from it with my kids.
- 12) My kids know what the consequences are for talking disrespectfully to me.
- 13) I talk and listen to my children.
- 14) We talk about what is important to us as a family.
- 15) When someone in the family feels sad, they can talk about those feelings with me.
- 16) If my child feels hurt by what I’ve said, they know it is safe to share that with me.
- 17) My children have the right amount of after school activities.
- 18) Goal setting happens at least once a year.
- 19) We have fun at our house.
- 20) The kids get enough sleep for the majority of the year.
- 21) My kids enjoy themselves at school.



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How many times did you answer “yes” to the questions?

15-21: You are the envy of the neighborhood! Your kids invite friends over who love to come to your house because the rules are understood and followed and there is always something fun going on! When tough times occur, you know who to call on in your support system. Although you can feel anxious at times, you know how to tolerate your uncomfortable feelings and have modeled to your kids the value of working through discomfort. Your kids know what is expected of them while also having a sense of what is personally important to them, whether it is trustworthy friendships or how it feels to have done well on a test. If anyone in the family feels upset, your home is a safe place to process experiences of the day, whether at work, school or home. If you do therapy, you can start right at advanced techniques for raising emotionally and mentally savvy children in an age of technology and an ever changing work world.

8-14: Although you enjoy your children, raising them in this age of constant video and audio bombardment can be overwhelming. You wonder if there are ways of helping your son or daughter when it seems they just won't stay engaged. When they make a less than optimal decision on who to hang out with, you secretly wonder if anyone else could possibly be struggling to say “no” as much as you are. You tell yourself you are luckier than most people because your kids are healthy, do reasonably well in school and a few struggles with kids are to be expected. You can feel guilty when your kids ask you for something and you “should” say “no.” You don't need therapy, but you would greatly benefit from expanding your parenting toolkit.

0-7: Parenting has often been unrewarding and stressful. You are perplexed by the things kids say and do these days. You believe that other parents have it easier because of the kids they have. Sometimes you wonder if there is something other parents know that you could learn to be a more patient and firm parent. There are tools and strategies other parents have that you haven't had the opportunity to learn. If you decide to learn these tools, you can enjoy your kids in the way you've always wanted.