

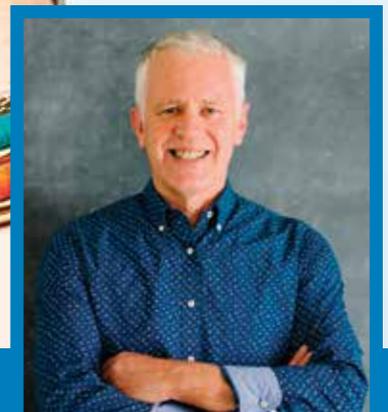
parenting*ideas

Thriving Series by **Michael Grose**

PARENTING

SELF-AUDIT

A SPECIAL ASSESSMENT TOOL FOR
PARENTS WHO WANT TO RAISE
EXCEPTIONAL KIDS WITH CONFIDENCE,
CHARACTER AND RESILIENCE



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INTRODUCTION

This Self-audit contains 36 statements that relate to practices or principles in line with the Thriving Way of parenting. The Self-audit will help you assess how closely your current parenting aligns with the Thriving Way of raising kids. Taking this Self-audit will give you a valuable opportunity to reflect on your current parenting practice, identify your parenting strengths and pinpoint areas where you can build on your parenting capacities.

INSTRUCTIONS

Allow yourself 60 minutes to complete this Self-audit. A score of five or close to that number indicates there is a close alignment between your current practice and Thriving Parenting practice. Spend time at the end of each section recording your thoughts and learnings prompted by these statements. This is a valuable reflective activity.

Some of the statements may not be applicable to your parenting right now as your children maybe too young. However answer the statement to indicate how you intend to parent, or would parent if your children were old enough.

Complete the scoring table at the end of the self-audit and then share your scores with your partner.

If possible both parents should complete this self-audit on their own and then take the time to discuss your scores, but more importantly, some of the thoughts and reflections you recorded.

SCORING

Read the statements about Thriving parents in each section and think how they match with your current parenting practice. Give yourself a score out of five for each statement. The closer the statement is to your usual parenting the higher the score you give yourself.



SECTION A

START WITH YOU

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

1	You enjoy spending time with your children.	1	2	3	4	5
2	You believe parenting is a growth experience, and always look to improve your parenting skills and your understanding of what makes kids tick.	1	2	3	4	5
3	You can identify enjoyable activities or interests you share with each of your children.	1	2	3	4	5
4	You interact with other parents, taking an interest in their children and encourage them to be firm and fair when they are with your children.	1	2	3	4	5
5	You spend regular time together with your partner daily, weekly and annually (if you are together).	1	2	3	4	5
6	You make regular time for your own passions and interests outside of work and family-life.	1	2	3	4	5

START WITH YOU SCORE

/30

PLEASE INDICATE YOUR SATISFACTION LEVELS AS A PARENT



COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

SECTION B

PARENTING STYLE

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | You and your partner work hard to get on the same 'parenting page'. | 1 | 2 | 3 | 4 | 5 |
| 2 | You expect your children to help at home without being paid. | 1 | 2 | 3 | 4 | 5 |
| 3 | You use a leadership style that mixes encouragement with firmness, and involves children in the life of their family. | 1 | 2 | 3 | 4 | 5 |
| 4 | You have identifiable routines for mornings, mealtimes, bedtimes and other transition points of the day. | 1 | 2 | 3 | 4 | 5 |
| 5 | You believe children are more likely to stick to decisions that they have had a say in making. | 1 | 2 | 3 | 4 | 5 |
| 6 | You build regular downtime into your family life. | 1 | 2 | 3 | 4 | 5 |

START WITH YOUR SCORE

/30

PLEASE INDICATE YOUR CONFIDENCE LEVELS AS A PARENT



COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

SECTION C

BUILDING STRONG FAMILIES

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | You have regular times when your family meets together each week. | 1 | 2 | 3 | 4 | 5 |
| 2 | You have many unique family rituals and celebrations that are regular and unique to your family. | 1 | 2 | 3 | 4 | 5 |
| 3 | You have a strong food culture in your family and believe preparing and sharing food are integral parts of family-life. | 1 | 2 | 3 | 4 | 5 |
| 4 | You encourage your children to take an interest in the lives of their siblings and peers. | 1 | 2 | 3 | 4 | 5 |
| 5 | You have a process such as a family meeting where you can give your kids a say in family-life, and also teach them how to resolve sibling conflict. | 1 | 2 | 3 | 4 | 5 |
| 6 | You work hard to create a positive, pleasant, supportive family environment. | 1 | 2 | 3 | 4 | 5 |

START WITH YOUR SCORE

/30

PLEASE INDICATE HOW CLOSE YOU ARE AS A FAMILY



COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

SECTION D

BUILDING CONFIDENCE

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

You have a strong faith in children's innate abilities to become independent and to cope when life throws curve balls their way.

You give your kids plenty of opportunities to resolve some of their own problems and issues themselves.

You consciously model positive, optimistic thinking for your kids.

You regularly spend time teaching, training and helping your children develop self-help processes and other skills needed for their next stage of life.

You don't regularly do things for kids that they can reasonably do for themselves.

You are an encouraging parent, who focuses more on kids' strengths and assets than their weaknesses and deficiencies.

START WITH YOUR SCORE

PLEASE INDICATE YOUR LEVEL OF SATISFACTION WITH YOUR ABILITY TO PROMOTE CONFIDENCE IN YOUR CHILDREN



COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

SECTION E

DEVELOPING CHARACTER

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

- | | | | | | |
|--|----------|----------|----------|----------|----------|
| 1 You usually make sure that your children take responsibility for their behaviours, rather than excuse them when they behave poorly. | 1 | 2 | 3 | 4 | 5 |
| 2 You spend time teaching your kids about appropriate social behaviours and remind them of what's expected in different social situations. | 1 | 2 | 3 | 4 | 5 |
| 3 You encourage your kids to help each other and others in their community. | 1 | 2 | 3 | 4 | 5 |
| 4 You teach your kids the core values of respect, fair play, sportsmanship and discuss what being a good friend means, and insist children use good manners when they interact with others. | 1 | 2 | 3 | 4 | 5 |
| 5 You can generally get cooperation from children without using bribes, guilt or threats. | 1 | 2 | 3 | 4 | 5 |
| 6 You promote patience and try to develop self-regulation and impulse control in children. | 1 | 2 | 3 | 4 | 5 |

START WITH YOUR SCORE

/30

PLEASE INDICATE YOUR SATISFACTION LEVELS WITH YOUR ABILITY TO MANAGE YOUR CHILDREN'S BEHAVIOUR

1 2 3 4 5 6 7 8 9 10

COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

SECTION F

START WITH YOU

SCORE YOURSELF

THE CLOSER THE STATEMENT IS TO YOUR USUAL PARENTING THE HIGHER THE SCORE YOU GIVE YOURSELF

1	You look for the teachable moment or small lessons when children experience some hardship.	1	2	3	4	5
2	You consciously develop good mental health habits of relaxation and play in your kids from an early age.	1	2	3	4	5
3	You have a good knowledge of coping skills to support kids when they experience some of life's hardships, frustrations and difficulties.	1	2	3	4	5
4	You teach your children that they can choose how they act, feel and behave.	1	2	3	4	5
5	You usually prefer your children to adapt to difficult situations than make situations fit them.	1	2	3	4	5
6	You consciously model resilient behaviours and resilient mindsets for your kids.	1	2	3	4	5

START WITH YOU SCORE /30

PLEASE INDICATE YOUR LEVEL OF SATISFACTION WITH YOUR ABILITY TO PROMOTE RESILIENCE IN YOUR CHILDREN



COMMENTS OR REFLECTIONS

TAKE AT LEAST 5 MINUTES RECORDING YOUR THOUGHTS AND LEARNINGS PROMPTED BY THIS SECTION.

ARE YOU A THRIVING! PARENT?

TALLY YOUR SCORES

YOUR SCORES	SCORES	RATINGS*
SECTION A: START WITH YOU		
SECTION B: PARENTING STYLE		
SECTION C: BUILDING STRONG FAMILIES		
SECTION D: BUILDING CONFIDENCE		
SECTION E: DEVELOPING CHARACTER		
SECTION F: PROMOTING RESILIENCE		
TOTAL		AVE*

YOUR PARTNER'S SCORES	SCORES	RATINGS*
SECTION A: START WITH YOU		
SECTION B: PARENTING STYLE		
SECTION C: BUILDING STRONG FAMILIES		
SECTION D: BUILDING CONFIDENCE		
SECTION E: DEVELOPING CHARACTER		
SECTION F: PROMOTING RESILIENCE		
TOTAL		AVE*

RATINGS*

This refers to the scores out of 10 you gave yourself on the level of satisfaction or confidence at the end of each section.

RESULTS

TOTAL SCORE

↓ LOW TOTAL SCORE	36 – 149 POINTS
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↑ HIGH TOTAL SCORE	150 – 216 POINTS
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You will have a score for each section and a total score for all sections. A low total score indicates that there is a gap between your current parenting practices and beliefs and the Thriving Way of raising kids. It's best now to look at individual section scores to find the areas where you are closest and identify areas where you are furthest away from the Thriving parenting model. It's important to understand your strengths and, at the same time, build on your parenting capacities by identifying areas to work on.

A high total score indicates compatibility between your parenting and the Thriving Way of raising kids. Take note of the areas where you scored most highly as these indicate your strengths and look at some of the areas where your scores were lower, as these indicate the parenting capacities you can improve.

SECTION SCORES

↓ LOW TOTAL SCORE	36 – 149 POINTS
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↑ HIGH TOTAL SCORE	150 – 216 POINTS
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SECTION A: START WITH YOU

THRIVING PARENTS make time for themselves and the other important people in their lives. They also enjoy family relationships and actively promote good relationships within their family. Thriving parents are generally well connected to other people and share the parenting around.

↓ **LOW SCORES** can indicate the following: poor levels of support, inappropriate levels of parenting skill, lack of shared interests with kids, and little attention to your own personal life. Low scores can also occur due to family circumstances such as having very young children or a child with a disability.

↑ **HIGH SCORES** are indicative of high satisfaction levels with family life. They indicate that you devote some time to yourself and the important relationships in your life; that you enjoy the company of your children and feel that you have sufficient parenting capacities to cope with different parenting challenges.

SECTION B: PARENTING STYLE

THRIVING PARENTS use an authoritative, inclusive parenting style. That is, they keep standards of behaviour high and also make sure their family is an encouraging, accepting, nurturing place. They involve children in the family enterprise therefore kids are expected to help without being paid, and they have processes in place such as family meetings to make sure kids stay involved

↓ LOW SCORES are indicative of an authoritarian or permissive parenting style. They also indicate that perhaps you see parenting as an individual endeavour rather than a group based activity.

↑ HIGH SCORES indicate that shared responsibility is a key value, and that you have a strong sense of order and you work to share the parenting with your partner.

SECTION C: BUILDING STRONG FAMILIES

STRONG FAMILIES enjoy each others' company and have strong processes in place to make sure people connect. They usually operate on the principle that each person in the family takes responsibility for his or her relationship with others. Members of strong families develop a strong sense of commitment to each other that transcends the notion of individual entitlement.

↓ LOW SCORES indicate low levels of social interest or interest by family members in the lives of others. They also indicate a lack of regular family ritual and traditions that bring people together.

↑ HIGH SCORES often indicate a strong food culture, and a parenting style that promotes a sense of sharing and a commitment to help family members compromise and work through their conflict, rather than avoid it.

SECTION D: BUILDING CONFIDENCE

THRIVING PARENTS have an appreciation and understanding of key confidence-building strategies for kids. They strive to create a family culture that is affirming, forgiving and encouraging of kids and parents. Mistakes are seen as part of learning, expectations are positive and realistic, and optimism is in the air.

↓ LOW SCORES often indicate frustration about children's academic or social development, lack of support, poor levels of parental self-esteem or feelings of discouragement.

↑ HIGH SCORES are often indicative of high parental confidence, having an encouraging or optimistic nature or a good knowledge and understanding of the skills needed to promote real confidence in others.

SECTION E: DEVELOPING CHARACTER

THRIVING PARENTS promote a sense of self-regulation in children and generally teach their kids 'to do what is right by others and themselves', rather than 'do what's easy'. They have strong knowledge of modern discipline methods that promote social behaviours, ensure that kids take ownership for their behaviour and spend time teaching kids how to behave well.

⬇️ **LOW SCORES** can be indicative of having kids with difficult temperaments or parenting at difficult stages of development. They can also be indicative of lack of parenting capacity in the area of managing children's behaviours and knowledge of how to communicate and get cooperation from kids at different stages.

⬆️ **HIGH SCORES** indicate general competence in the area of behaviour management. They also indicate that parents have close relationships with their children, and that discipline is based on mutual respect and cooperation.

SECTION F: PROMOTING RESILIENCE

STRONG FAMILIES have a strong belief in children's natural resilience. They generally promote a sense of independence in children and see challenges children face as teachable moments that kids can master. Resilient parents usually develop a mindset for resilience, teach their kids coping skills and promote good mental health habits in family members.

⬇️ **LOW SCORES** can be indicative of an overprotective parenting style where parents have low faith levels in their children. They can also indicate a lack of understanding of the principles of resilience and bouncing back.

⬆️ **HIGH SCORES** indicate high faith in children's inherent resilience, a willingness to support children emotionally through some of their difficulties and a sense of personal resilience that rubs off on children.



YOUR ACTION PLAN

Go back over your scores and your comments about each section. Now list three actions or changes you will make to your parenting as result of this self-audit. First choose an area you scored highly in, but would like to see some improvement in. For instance, you may have scored very well in Building Confidence but you realise that your knowledge of promoting optimism in children could improve. So your action could be "I will learn and practise a range of optimistic thinking skills so I can build my parenting capacities and help my kids develop a more positive approach."

THEN CHOOSE TWO AREAS WHERE YOU SCORED LOW IN AND DO THE SAME. BE VERY SPECIFIC WITH YOUR ACTIONS.

COMPLETE YOUR ACTION PLAN

This refers to the scores out of 10 you gave yourself on the level of satisfaction or confidence at the end of each section.

1 I WILL _____

SO _____

2 I WILL _____

SO _____

3 I WILL _____

SO _____

