

The Knowledge of Effective Parenting Scale

Please read each of the following questions carefully and circle the response which you consider would be the most effective action for a parent to take. Please circle only one response for each question.

- 1. To ensure that a toddler is safe and secure, which of the following would be the least effective strategy for a parent to take:**
 - a) Make sure they know where their child is and what they are doing at all times.
 - b) Install child safety devices, such as power point covers.
 - c) Show them exactly what they can and cannot touch.
 - d) Put away precious, fragile items out of reach.

- 2. An environment which facilitates children's independent play is one where:**
 - a) There are lots of fun and interesting things to do.
 - b) The parent sets up a number of structured activities.
 - c) Parents spend a lot of time playing with children.
 - d) Children are expected to play independently.

- 3. When disciplining a child it is important that a parent:**
 - a) Is consistent in their reaction to their child's misbehaviour.
 - b) Makes sure their child feels a bit of pain or discomfort so they will remember what they have done wrong.
 - c) Speaks firmly to their child so they know who is the boss and that they mean business.
 - d) Encourages their child to express their negative or angry feelings openly.

- 4. When a child approaches a busy parent to speak or show them something it is best that a parent:**
 - a) Says, "Mummy is busy, go and ask daddy."
 - b) Tells the child to wait.
 - c) Spends at least 30 minutes a day in activities of the child's choice.
 - d) Gives the child their full attention, giving them the help they need briefly and encourages them to continue with their interest of the moment.

- 5. Parenting is less stressful when:**
 - a) The parent strives to be a better parent than their own parents.
 - b) A parent expects that children will sometimes break rules and not do as they are asked.
 - c) There are too many rules in life, let children be children.
 - d) A parent expects that their child should always do as they are told.

- 6. To make a success of being a parent a parent should:**
 - a) Take a stress management or relaxation class.
 - b) Spend all of their free time with their children.
 - c) Be less reliant or dependent on friends to help out.
 - d) Take care of their own needs and take an occasional break from children.

7. **All children are born with a certain temperament, which is partly inherited from their parents. This means that:**
- There is nothing a parent can do to change their child's behaviour – that's just the way the child is.
 - Either parent might be responsible for the problems with their child – if they were the same as a child.
 - If a child has a difficult temperament it makes the parents' job harder, but how their child is raised matters.
 - Temperament doesn't matter, because the environment is the thing that really makes a difference.
8. **During a shopping trip in the grocery store Jacob asks his mother to buy him a toy. She says not today. He protests, pleading with her to buy the toy. She says no again and he starts to cry then screams loudly throwing himself on the floor. Jacob is more likely to throw a tantrum in the future when shopping with his mother if she:**
- Buys the toy for him, and says "just this once."
 - Tells him to stop the noise.
 - Ignores the behaviour completely.
 - Reminds him of the rules about not buying anything today and refuses to give into his demands.
9. **A father asks his child to turn off the TV and get ready for a bath. She loudly refuses saying "No. These are my favourite ads". He asks her again with a raised voice. She puts her hands over her ears. The father then gets annoyed, shouts loudly at her, and threatens to ban her from watching TV for the rest of the week. She then does as she is told but with a sour face. What lesson is the father likely to learn in this situation?**
- TV inevitably creates conflict with children.
 - It is necessary to yell at and threaten children before they cooperate.
 - When children don't do as they're told, they are just asserting their independence.
 - Don't create a scene, just let them continue watching TV.
10. **An 11-year-old girl tends to yell and shout at her younger sister, in order to get what she wants. She is most likely to have learned this by:**
- Seeing characters from her favourite TV show yelling at each other.
 - Listening to loud music, which may have affected her hearing.
 - Listening to her parents raise their voices at her, when she does not do her chores or do as she's told.
 - It's probably just part of her nature.
11. **A child is jumping on the couch. Her mother wants her to stop. Which approach would be most effective?**
- Telling her to stop jumping on the couch and to jump outside if she would like to jump.
 - Saying "Sarah, don't be so silly".
 - Explaining to her again, why jumping on the couch is dangerous.

d) Asking her to explain why she wants to wreck the couch.

12. A 3-year-old and 2-year-old have made a mess with all of their toys. There are toys everywhere. What would be the most effective approach for their father to take?

- a) Tell them to stop playing and pack away all the toys.
- b) Send them to time out for making a mess.
- c) Set them up in another activity and then he cleans the mess up himself.
- d) Help them get started by asking them to pick up one thing each.

13. If parents disagree about something it is better for their children if they:

- a) Try to keep the peace and avoid having any form of disagreement in front of them.
- b) Keep calm but show them that disagreements are OK and can be resolved.
- c) Ask their child what they think about the disagreement.
- d) Tell each other exactly what they think even if they are really angry because children have to learn how to cope with conflict.

14. It is Saturday morning and a mother is ironing. Her 4-year-old son comes up to show her something. What is the best way for her to respond:

- a) Tell him she is busy and not to interrupt.
- b) Ignore his interrupting.
- c) Stop what she is doing, give him her attention, and then continue ironing.
- d) Tell him that she will look when she has finished the ironing.

15. A father is on his way home after picking up his two children from school. He's previously had the problem of being distracted by the children arguing noisily in the backseat. To prevent this from occurring it would be more effective for him to:

- a) Turn the radio/CD up loud to drown out the sound of the children in the backseat.
- b) Be prepared to keep telling them to keep the noise down, because he can't concentrate.
- c) Tell them something interesting about his day, and ask them to tell him something that happened at school today.
- d) Just accept that driving with children can be difficult.

16. When children receive lots of hugs and cuddles from parents they:

- a) Become needy and dependent.
- b) Feel loved, secure and wanted.
- c) Find it harder to separate from their parents.
- d) Are more likely to become interested in the opposite sex early.

17. Damian, a 7 year old, has just made a tall building out of wooden blocks, while his mother was on the phone. What would be the best way for her to show her interest and approval to encourage this behaviour?

- a) Say "That looks interesting. Haven't you done well."
- b) Say nothing. Praising children makes them self-centred.
- c) Just watch him for a while and wait until he says something about his creation.

- d) Say "Thank you for playing by yourself while I was on the telephone. Tell me about what you've made."

18. A 10-year-old has been struggling with following the rules and doing as the coach asks at football training. His father has discussed this with him and come up with a plan to deal with the problem. At the next training session the father notices his son is doing a good job of following the rules and sticking to the plan they agreed upon. What is the best way for the father to show he is pleased?

- a) Buy his son a new toy for being so good.
- b) Let his son know what a great job he's doing, and how proud he is of him, in front of the other children.
- c) Give him a smile and thumbs up when his son looks in his direction.
- d) Tell the parent sitting next to him about how great his son's behaviour is.

19. If a parent uses a reward system such as a good behaviour or "smiley" faces chart, to encourage desired behaviour, it will work best when:

- a) The parent combines stickers with praise or some other form of positive attention.
- b) Stickers are consistently removed for misbehaviour.
- c) Stickers are given rarely to start with, then more often once a child learns a new behaviour.
- d) Stickers are only given when the child asks for them.

20. A mother is about to take her two children Carmel (5 years) and Steven (8 years) round to visit her sister at her home. She wants them to remember some simple rules about going visiting. What should she say to most effectively introduce visiting rules?

- a) "Now listen here you kids. You were really naughty last time we visited Alice's place. So today be on your best behaviour. Alright?"
- b) "I want you to remember three things when we go visiting today: "Do as you are told. Use an inside voice (no shouting), and come with me straight away when I say it's time to leave. Is that fair? So what do you have to remember?"
- c) "Carmel and Steven, I want to talk to you about what's going to happen today. We are going to visit Aunt Alice and I want you to remember your manners. OK?"
- d) "Are you ready? It's time to go."

21. A father wants his child to come to the dinner table. What should he say?

- a) "Your dinner's ready".
- b) "It's time for dinner. Go and wash your hands please. Then come up to the table."
- c) "Stop playing with your toys. It's dinner time."
- d) "Why are you going so slowly? I said your dinner's ready."

22. A mother is busy making dinner after getting home from work and picking up her 4-year-old from preschool. While playing, the child makes silly noises. What would be the most effective approach for the mother to take?

- a) Make the same noise to show her daughter how silly she sounds.
- b) Send her daughter to her room until dinner is ready.
- c) Ignore the noises and praise her when she is playing appropriately.

- d) While continuing to make dinner, explain to her child that it is rude to make noises, and that she would like her to play quietly.

23. A 6-year-old child has refused to put her toys away when her mother asked her to, and when she repeated the instruction, the child started screaming and throwing the toys around the room. What should the mother do?

- a) Give her a smack on the bottom, and let her know that there will be no dessert tonight.
- b) Pack the toys away herself, but let her child know that she will not be able to play with them for the rest of the week.
- c) Give the child a cuddle to help settle her down and then assist with packing the toys away.
- d) Take her child to time out and wait until she (the child) has calmed down before letting her out and restating the instruction to put the toys away.

24. A father has put his child to bed; she's been to the bathroom, had some water and a story, and he has said goodnight. The child later comes down the hall and says, "I'm not sleepy. I want to play with my toys." What would be the most effective approach for the father to take in this situation?

- a) Let his child get her toys and stay up a little longer.
- b) Remind her of the bedtime rules and take her back to bed.
- c) Ignore her and carry on with what he was doing.
- d) Go with her back to her bed and stay to soothe and calm her to sleep.

25. It's 30 minutes before dinnertime, and a child asks his mother for a cookie. She says, "Dinner will be ready soon. You need to wait." The child becomes upset and starts to cry. She says "no" again. The crying continues and the child throws himself on the floor screaming. What should the mother do?

- a) Get down on her child's eye level, and say "Darling, you must be very upset."
- b) Get her child's attention, tell him to stop screaming, and remind him of the ground rule (about no sweets before dinner). Ignore further protests and don't give a cookie.
- c) Say "You can have just one, but don't ask for any more." Then give the child a cookie.
- d) Use this as an opportunity to talk to her child about eating too much sugar and the dangers of getting fat, tooth decay, and spoiling his appetite for dinner.

26. A three-year-old pulls the kitten's tail for the third time in the morning. What would be the most effective way for the parent to respond?

- a) Threaten to take the kitten back to the store it came from.
- b) Ignore the behaviour and hope that the kitten will teach the child a lesson.
- c) Get their child's attention. Tell them to stop pulling the kitten's tail, and show them how to stroke the kitten gently.
- d) Explain to their child why it's important not to hurt animals.

27. A 2-and-a-half-year-old child approaches her father to show him a picture she painted of an animal. In this situation, what can the father say to his child to help her learn new things?

- a) "Yes, that's a horse. It's a great horse you've drawn!"

- b) "Can you draw another animal for daddy?"
- c) That's just like the horses we saw on the weekend. Can you remember
- d) that?"
- e) "That's a great horse. What kind of noise do horses make? And what do horses eat?"

28. A 4-year-old son has hit his younger brother while they were playing together. His mother asks him to stop hitting his brother, and when he continues to hit, she takes him to time out. While he is in time-out she should:

- a) Wait for a pause in his complaints and remind him that he needs to be quiet before he can come out.
- b) Wait for 30 seconds then go to him and help him calm down.
- c) Allow him to come out and let him know that he won't be allowed to watch TV tonight.
- d) Ignore any complaints and wait until he has been quiet for a set time before letting him out.

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