

Parenting Tasks Checklist

Using the scale provided, write down the number next to each item that best describes how confident you are that you can successfully deal with your child if they engage in difficult behaviour in each situation.

Rate your confidence from 0 (Certain I can't do it) to 100 (Certain I can do it)

How confident are you in successfully handling your child's difficult behaviour when:	
1. Waking and getting your child out of bed	<input type="text"/>
2. Helping your child with bathing	<input type="text"/>
3. Going to the doctor	<input type="text"/>
4. Getting your child ready to go out	<input type="text"/>
5. Getting your child ready to use the toilet	<input type="text"/>
6. Shopping with your child	<input type="text"/>
7. Travelling in the car with your child	<input type="text"/>
8. Leaving your child at daycare/kindergarten/school	<input type="text"/>
9. Visiting friends or relatives with your child	<input type="text"/>
10. Visitors arrive at your home	<input type="text"/>
11. You are speaking to another adult	<input type="text"/>
12. You are on the telephone	<input type="text"/>
13. You are preparing meals	<input type="text"/>
14. You are busy with chores	<input type="text"/>
15. Your child refuses to do as they have been told	<input type="text"/>
16. Your child gets upset when they do not get their own way	<input type="text"/>
17. Your child acts defiantly when asked to do something	<input type="text"/>
18. Your child throws a tantrum	<input type="text"/>
19. Your child yells	<input type="text"/>
20. Your child answers back	<input type="text"/>
21. Your child whines or whinges	<input type="text"/>
22. Your child interrupts	<input type="text"/>
23. Your child refuses to eat their food	<input type="text"/>
24. Your child refuses to do chores or jobs as asked	<input type="text"/>
25. Your child argues with you about rules	<input type="text"/>
26. Your child constantly seeks attention	<input type="text"/>
27. Your child takes too long when dressing	<input type="text"/>
28. Your child takes too long when eating	<input type="text"/>

Citation:

Sanders, M. R., & Woolley, M. L. (2005). The relationship between maternal self-efficacy and parenting practices: Implications for parent training. *Child: Care, Health and Development*, 31(1), 65-73. doi: 10.1111/j.1365-2214.2005.00487.x