



Facilitative Parenting Scale (FPS)

You and Your Child

Your Name: Child's Name:

Date:

Please rate how true the following statements are for you and your child by thinking back over the last few weeks.

1	2	3	4	5
Not true	A bit true	Somewhat true	Very true	Extremely true

How true is this?

Not true

Extremely true

1. I allow my child to do most things their classmates are allowed to do.	1	2	3	4	5
2. I play with my child.	1	2	3	4	5
3. I help my child to attend party invitations.	1	2	3	4	5
4. I do things my child could really do for themself.	1	2	3	4	5
5. My child talks to me about how things are going with friends and classmates.	1	2	3	4	5
6. I negotiate with my child.	1	2	3	4	5
7. I encourage my child to invite friends over to play.	1	2	3	4	5
8. I can calmly discuss any concerns that might arise with my child's teacher.	1	2	3	4	5
9. It's OK for my child to disagree with me.	1	2	3	4	5
10. I share interests with my child.	1	2	3	4	5
11. I am more protective of my child than most parents.	1	2	3	4	5
12. I trust others to look after my child.	1	2	3	4	5
13. My child comes to me if they have a problem.	1	2	3	4	5
14. I warn my child not to go near rough children.	1	2	3	4	5
15. I arrange for my child to see school friends out of school.	1	2	3	4	5
16. My child and I have trouble getting on.	1	2	3	4	5
17. I go everywhere with my child.	1	2	3	4	5
18. I try to fix all my child's problems.	1	2	3	4	5
19. I teach my child to resolve conflicts.	1	2	3	4	5
20. I encourage my child to express their own opinion.	1	2	3	4	5
21. When my child has a problem with someone, I try to help them see things from the other person's point of view.	1	2	3	4	5



How true is this?

Not true

***Extremely
true***

22. I listen to my child when they have a problem with other kids	1	2	3	4	5
23. My child and I enjoy time together.	1	2	3	4	5
24. My child goes to school functions (e.g. fetes, dances).	1	2	3	4	5
25. I involve my child in family decisions.	1	2	3	4	5
26. I knock before entering my child's room.	1	2	3	4	5
27. I let my child choose how to spend their money.	1	2	3	4	5
28. I help my child practise standing up for themself.	1	2	3	4	5
29. I visit the school on special occasions for parents.	1	2	3	4	5

How true is this?

Not true

***Extremely
true***

30. I encourage my child to decorate their own space.	1	2	3	4	5
31. My child and I have a personality clash.	1	2	3	4	5
32. I talk to my child's teacher more than other parents do.	1	2	3	4	5
33. I tend to baby my child.	1	2	3	4	5
34. I try to get to know parents of my child's friends.	1	2	3	4	5
35. I ask my child about their day.	1	2	3	4	5
36. I have a good idea about what my child does at school.	1	2	3	4	5
37. I often tell my child how to behave and what to say in play situations.	1	2	3	4	5
38. My child and I argue a lot.	1	2	3	4	5
39. I am affectionate with my child.	1	2	3	4	5
40. My child and I find it hard to reach agreement when we have differences.	1	2	3	4	5
41. I involve my child in activities with children outside school.	1	2	3	4	5
42. I look sternly at kids who I know can be mean to my child.	1	2	3	4	5
43. I can talk to my child's teacher to help solve any problems my child has at school.	1	2	3	4	5
44. I respect my child's choices in playmates.	1	2	3	4	5
45. I know the names of parents of my child's classmates.	1	2	3	4	5



How true is this?	Not true			Extremely true	
46. If kids are mean to my child, I might tell their parents off.	1	2	3	4	5
47. I have fun with my child.	1	2	3	4	5
48. When my child has a problem, I tell them what to do.	1	2	3	4	5
49. I stay very close when my child plays with other children.	1	2	3	4	5
50. My child's friends ask me if they can come over to our place to play with my child.	1	2	3	4	5
51. I insist my child tells me all their secrets.	1	2	3	4	5
52. When we're at home, I know what my child is doing.	1	2	3	4	5
53. I worry about my child when I am not with them.	1	2	3	4	5
54. I encourage my child to manage their own time.	1	2	3	4	5
55. I am at my child's school much more than other parents.	1	2	3	4	5
56. I keep my child's teacher informed of important things affecting my child.	1	2	3	4	5
57. If another child acts meanly to my child, I tell them off.	1	2	3	4	5
58. I help my child learn to solve any problems with friends and classmates by themselves.	1	2	3	4	5

Citations

Healy, K. L., & Sanders, M. R. (2008a). Facilitative Parenting Scale. Unpublished instrument. Parenting and Family Support Centre, School of Psychology, University of Queensland.

Healy, K. L., Sanders, M. R., & Iyer, A. (2015). Facilitative parenting and children's social, emotional and behavioral adjustment. *Journal of Child and Family Studies*, 24(6), 1762-1779.