



PARENT READINESS CHECK-UP



When necessary, how often do you do the following?

1 = I don't do this. 2 = I sometimes do this. 3 = I often do this 4 = I almost always do this.

	Please indicate to what degree you agree or disagree with these statements:	Score
Coaching	I talk with my teen about nutrition, exercise, stress and other behaviors and habits that contribute to her/his physical and emotional well being.	
Coaching	I provide support to my teen when he/she faces obstacles and challenges in the process of becoming more independent.	
Coaching	I am able to influence my teen's decisions.	
Coaching	I know when to get involved in my teen's problems and when a problem is her/his responsibility to solve.	
Coaching	I provide opportunities for my teen to learn independent living skills such as cooking, doing laundry, manage a bank account, make appointments (i.e. dental, medical), etc.	
Coaching	I talk with my teen about what's right and fair and how to care about those who are less fortunate.	
Coaching	I talk with my teen about the qualities of good friends and relationships.	
Coaching	I talk with my teen about what he/she wants to do with his/her life and how to go about accomplishing his/her goals.	
Limit Setting	I know when to let my teen make decisions independently and when to set limits for her/him.	
Limit Setting	I influence my teen's behavior without nagging.	
Limit Setting	When I negotiate with my teen, we each express our needs and reach a compromise.	
Limit Setting	I consider my teen's perspective and allow him/her to feel more understood, even if I don't give permission for what he/she is asking to do.	
Limit Setting	I talk with my teen about our expectations regarding using drugs and/or alcohol.	
Limit Setting	I talk with my teen about what kind of financial assistance our family can provide after high school.	
Personal Goal	Aside from parenting, I am satisfied and happily engaged in some kind of work or activity.	
Personal Goal	I can identify the positive aspects of launching my teen.	
Personal Goal	I look forward to the changing relationship I will have with my teen when she/he becomes an adult.	
Relationship	I get along will with my teen.	
Relationship	I apologize to my teen when my actions are hurtful.	
Relationship	I live my life in a way that provides a good role model for my teen.	
Relationship	I respect my teen's lifestyle and attitudes even when they are different from my own.	
Relationship	I give advice, criticism, and/or correction to my teen in ways that do not make him/her feel defensive.	
Relationship	I acknowledge the contributions my teen makes to our family.	
Relationship	I manage my anger without being hurtful or regretting my behavior after the fact.	
Relationship	I understand the source when there is conflict between my teen and me.	