

Healthy Families Parenting Inventory©

Directions: Please choose ONE answer that best fits for you and color in the circle. ●

		Rarely or never	A little of the time	Some of the time	Good part of the time	Always or most of the time
		①	②	③	④	⑤
1.	I feel supported by others.	①	②	③	④	⑤
2.	I feel that others care about me.	①	②	③	④	⑤
3.	I discuss my feelings with someone.	①	②	③	④	⑤
4.	If I have trouble, I feel there is always someone I can turn to for help.	①	②	③	④	⑤
5.	I have family or friends who I can turn to for help.	①	②	③	④	⑤
6.	I learn new ways of doing things from solving problems.	①	②	③	④	⑤
7.	I deal with setbacks without getting discouraged.	①	②	③	④	⑤
8.	When I have a problem, I take steps to solve it.	①	②	③	④	⑤
9.	When I am faced with a problem, I can think of several solutions.	①	②	③	④	⑤
10.	I am good at dealing with unexpected problems.	①	②	③	④	⑤
11.	I remain calm when new problems come up.	①	②	③	④	⑤
12.	I feel sad.	①	②	③	④	⑤
13.	I feel positive about myself.	①	②	③	④	⑤
14.	The future looks positive for me.	①	②	③	④	⑤
15.	I feel unhappy about everything.	①	②	③	④	⑤
16.	I feel hopeless about the future.	①	②	③	④	⑤
17.	There isn't much happiness in my life.	①	②	③	④	⑤
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		①	②	③	④	⑤

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18. I have so many problems I feel overwhelmed by them.	①	②	③	④	⑤
19. It is hard for me to get in a good mood.	①	②	③	④	⑤
20. My life is fulfilling and meaningful.	①	②	③	④	⑤
21. I find ways to care for myself.	①	②	③	④	⑤
22. I take care of my appearance.	①	②	③	④	⑤
23. I get enough sleep.	①	②	③	④	⑤
24. I am a better parent because I take care of myself.	①	②	③	④	⑤
25. I take time for myself.	①	②	③	④	⑤
26. I know where to find resources for my family.	①	②	③	④	⑤
27. I know where to find important medical information.	①	②	③	④	⑤
28. I can get help from the community if I need it.	①	②	③	④	⑤
29. I am comfortable in finding the help I need.	①	②	③	④	⑤
30. I know community agencies I can go to for help.	①	②	③	④	⑤
31. It is hard for me to ask for help from others.	①	②	③	④	⑤
32. Because I'm a parent, I've had to give up much of my life.	①	②	③	④	⑤
33. I feel trapped by all the things I have to do for my child.	①	②	③	④	⑤
34. I feel drained dealing with my child.	①	②	③	④	⑤
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35. There are times my child gets on my nerves.	①	②	③	④	⑤
36. I feel controlled by all the things I have to do as a parent.	①	②	③	④	⑤
37. I feel frustrated because my whole life seems to revolve around my child.	①	②	③	④	⑤
38. I have a hard time managing my child.	①	②	③	④	⑤
39. I can be patient with my child.	①	②	③	④	⑤
40. I respond quickly to my child's needs.	①	②	③	④	⑤
41. I do activities that help my child grow and develop.	①	②	③	④	⑤
42. When my child is upset, I'm not sure what to do.	①	②	③	④	⑤
43. I use positive words to encourage my child.	①	②	③	④	⑤
44. I can tell what my child wants.	①	②	③	④	⑤
45. I am able to increase my child's good behavior.	①	②	③	④	⑤
46. I can remain calm when my child is upset.	①	②	③	④	⑤
47. I praise my child everyday.	①	②	③	④	⑤
48. My child has favorite things to comfort him/her.	①	②	③	④	⑤
49. I read to my child.	①	②	③	④	⑤
50. I plan and do a variety of activities with my child every day.	①	②	③	④	⑤
51. I have made my home exciting and fun for my child.	①	②	③	④	⑤
52. I have organized my home for raising a child.	①	②	③	④	⑤
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53. I check my home for safety.	①	②	③	④	⑤
54. My child has a schedule for eating and sleeping in my home.	①	②	③	④	⑤
55. I set limits for my child consistently.	①	②	③	④	⑤
56. I make plans for our family to do things together.	①	②	③	④	⑤
57. I set rules for behavior in my home.	①	②	③	④	⑤
58. I feel I'm doing an excellent job as a parent.	①	②	③	④	⑤
59. I am proud of myself as a parent.	①	②	③	④	⑤
60. I am more effective than most parents.	①	②	③	④	⑤
61. I have set goals about how I want to raise my child.	①	②	③	④	⑤
62. I am a good example to other parents.	①	②	③	④	⑤
63. I learn new parenting skills and use them with my child.	①	②	③	④	⑤
	Rarely or never	A little of the time	Some of the time	Good part of the time	Always or most of the time
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Thank you for completing this survey!