

Child's Name: _____

Date: _____

Relationship to Child: _____

Child's DOB: _____

PARENTING PROFILE FOR DEVELOPING ATTACHMENT

Respond to each item on a scale from 1 to 5.

Focus on abilities, not whether the child is receptive to the interaction.

1 = I have very little of the skill or characteristic; 5 = I have a great deal of the skill or characteristic

Item	My Perception	Perception of Friend/Spouse
1. I am able to maintain a sense of humor		
2. I am comfortable giving physical affection		
3. I am comfortable receiving physical affection		
4. I am ready to comfort my child when in distress		
5. I am able to be playful with my child		
6. I am ready to listen to my child's thoughts and feelings		
7. I am able to be calm and relaxed much of the time		
8. I am patient with my child's mistakes		
9. I am patient with my child's misbehaviors		
10. I am patient with my child's anger and defiance		
11. I am patient with my child's primary two symptoms		
12. I am comfortable expressing love for my child		
13. I am able to show empathy for my child's distress		
14. I am able to show empathy for my child's anger		
15. I am able to set limits, with empathy, not anger		
16. I am able to give consequences, regardless of response		
17. I am able and willing to give my child much supervision		
18. I am able and willing to give my child much "mom time"		
19. I am able to express anger in a quick, to the point, manner		
20. I am able to "get over it" quickly after a conflict with my child		
21. I am able to allow my child to accept a consequence of choice		
22. I am able to accept the thoughts and feelings of my child (even if I don't agree with them)		
23. I am able to accept the behavior of my child		
24. I am able to receive support from other adults in raising my child		
25. I am able to acknowledge failings and mistakes in raising my child		
26. I am able to ask for help from people I trust		
27. I am able to refrain from allowing my child's problems to become my problems		
28. I am able to cope with criticism from other adults about how I am raising my child		
29. I am able to avoid experiencing shame and rage over my failures to help my child		
30. I am able to remain focused on the long-term goals		