

Being A Parent - Retrospective

Name: _____ Date: _____

This is a retrospective survey to be used when the primary caregiver changes after services began. This survey should be completed at the end of Family First Services.

Listed below are a number of statements. **Think back to how you felt before you began this service. Please respond to each item according to how you felt before beginning this service,** indicating your agreement or disagreement with each statement in the following manner.

- If you strongly agree, circle the letters SA
- If you agree, circle the letter A
- If you mildly agree, circle the letters MA
- If you mildly disagree, circle the letters MD
- If you disagree, circle the letter D
- If you strongly disagree, circle the letters SD

		Strongly Agree	Agree	Mildly Agree	Mildly Disagree	Disagree	Strongly Disagree
1.	The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I had acquired.	SA	A	MA	MD	D	SD
2.	Even though being a parent could be rewarding, I was frustrated while my child was at that age.	SA	A	MA	MD	D	SD
3.	I went to bed the same way I wake up in the morning - feeling I had not accomplished a whole lot.	SA	A	MA	MD	D	SD
4.	I did not know what it was, but sometimes when I was supposed to be in control, I felt more like the one being manipulated.	SA	A	MA	MD	D	SD
5.	My mother/father was better prepared to be a good mother/father than I was.	SA	A	MA	MD	D	SD
6.	I would make a fine model for a new parent to follow in order to learn what they would need to know in order to be a good parent.	SA	A	MA	MD	D	SD

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		Strongly Agree	Agree	Mildly Agree	Mildly Disagree	Disagree	Strongly Disagree
7.	Being a parent was manageable, and any problems were easily solved.	SA	A	MA	MD	D	SD
8.	A difficult problem in being a parent was not knowing whether you're doing a good job or a bad one.	SA	A	MA	MD	D	SD
9.	Sometimes I felt like I was not getting anything done.	SA	A	MA	MD	D	SD
10.	I met my own personal expectations for expertise in caring for my child.	SA	A	MA	MD	D	SD
11.	If anyone could find the answer to what was troubling my child, I was the one.	SA	A	MA	MD	D	SD
12.	My talents and interests were in other areas not in being a parent.	SA	A	MA	MD	D	SD
13.	Considering how long I'd been a mother/father I felt thoroughly familiar with this role.	SA	A	MA	MD	D	SD
14.	If being a mother/father of a child were only more interesting, I would be motivated to do a better job as a parent.	SA	A	MA	MD	D	SD
15.	I honestly believe I had all the skills necessary to be a good mother/father to my child.	SA	A	MA	MD	D	SD
16.	Being a parent made me tense and anxious.	SA	A	MA	MD	D	SD