

## PARENTING TASKS CHECKLIST

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Using the scale provided, write down the number next to each item that best describes how confident you are that you can successfully deal with your child if they engage in difficult behaviour in each situation.

*Rate your confidence from 0 (Certain I can't do it) to 100 (Certain I can do it)*

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HOW CONFIDENT ARE YOU IN SUCCESSFULLY HANDLING YOUR CHILD'S DIFFICULT BEHAVIOUR WHEN:

1. Waking and getting your child out of bed
2. Visiting friends or relatives with your child
3. Your child gets upset when they do not get their own way
4. Helping your child with bathing
5. Your child refuses to do as they have been told
6. Going to the doctor
7. Your child acts defiantly when asked to do something
8. Getting your child ready to go out
9. Getting your child ready to use the toilet
10. Your child throws a tantrum
11. Shopping with your child
12. Your child yells
13. Your child answers back
14. Travelling in the car with your child
15. Leaving your child at day care/kindergarten/school
16. Your child whines or whinges
17. Your child interrupts

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- 18. Visitors arrive at your home
- 19. Your child refuses to eat their food
- 20. You are speaking to another adult
- 21. Your child refuses to do chores or jobs as asked
- 22. You are on the telephone
- 23. Your child argues with you about rules
- 24. You are preparing meals
- 25. Your child constantly seeks attention
- 26. Your child takes too long when dressing
- 27. You are busy with chores
- 28. Your child takes too long when eating