

Parenting Your Child Effectively: My Plan to Improve My Parent-Child Relationships

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This is the culmination of the 10-part “Parenting Your Child Effectively” series and provides an assessment tool to measure parenting changes.

Children are part of the total family, but giving up everything for them is probably not a wise idea. Parents have needs that also must be met. It has been suggested that every child needs to have people “who are really crazy about him — people who love that child with all their hearts.” Parents are especially good at this kind of loving and it may be the most important life-long contribution they can make for their child’s growth and development.

1. In my parent-child relationship, I am most concerned about: _____

2. The way I usually handle this concern includes one or more of the following: (Place a check mark beside the concern(s)).

- | | |
|--|--|
| <input type="checkbox"/> Talking, lecturing
<input type="checkbox"/> Staring, nagging
<input type="checkbox"/> Giving orders, commands
<input type="checkbox"/> Getting angry
<input type="checkbox"/> Criticizing | <input type="checkbox"/> Analyzing
<input type="checkbox"/> Punishing, removing privileges
<input type="checkbox"/> Threatening, yelling warning
<input type="checkbox"/> Other _____ |
|--|--|

3. During the past week in my own parent-child relationship:

I believe that I:	More	Less	About the Same
Acted more calmly			
Acted instead of reacted			
Listened			
Acted firmly and kindly			
Encouraged rather than discouraged			
Communicated love and mutual respect			
Withdrew from conflict that didn’t involve me			
Encouraged responsible decision making			
Enjoyed my parent-child relationship			
Took time for myself.			

4. The atmosphere in our family has changed to one of:

Atmosphere	More	Less	About the Same
Friendliness			
Cooperation			
Respect for each other			
Understanding			
Stress and fighting			
Helping each other			
Self-discipline			
Planning and working together			
Fun with family members			
Distrust			
Confusion			

5. This week I learned _____

6. I plan to change my parent-child behavior by _____

Acknowledgment

This fact sheet contains guidelines to help parents interact with their children. It was reformatted from NebGuide G991 (Revised May 1997) written by Herbert G. Lingren, Extension Family Life Specialist.

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Parenting**
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