

# PARENT BEHAVIOR CHECKLIST

Session .....

Name: .....

One of the purposes of Komet is to help you as a parent to change your approach to help your child. This checklist is meant to help you see how your approach changes over the weeks as you participate in Komet. Answer as honestly as possible when you fill out the checklist - we truly believe that will be the most helpful.

You will fill out the checklist three times: After session 1, session 4, and session 10.

	Never	Seldom	Sometimes	Frequently
I have one-on-one time with my child.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I have one-on-one time with my child, he or she has my undivided attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I let my child control the one-on-one time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think my child does things that are worthy of praise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually praise my child in various ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I give clear praise so that my child understands what I mean.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When we are going to do something new, I tell my child well in advance so that he or she has the opportunity to prepare.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I give my child an instruction, I tell the child what he or she should do rather than what not to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I praise my child when he or she follows an instruction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I choose not to engage in unnecessary conflicts with my child.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I must intervene to stop my child's behavior, I am usually able to keep calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I get really angry, I sometimes say things to my child that I regret afterwards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel secure in my parental role.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>