



How am I doing?

Strengthening Families Program: Caregivers Post-Survey



Please circle the response that best answers each statement.

Statement	Response			
1. I wait to deal with problems with my child until I have cooled down.	A little of the time	Some of the time	Most of the time	All of the time
2. I remember that it is normal for children to be harder to get along with at this age.	A little of the time	Some of the time	Most of the time	All of the time
3. I help my youth understand what the family and house rules are.	A little of the time	Some of the time	Most of the time	All of the time
4. I take time to do something fun together as a family.	A little of the time	Some of the time	Most of the time	All of the time
5. I let my youth know what the consequences are for breaking rules.	A little of the time	Some of the time	Most of the time	All of the time
6. I find ways to keep my child involved in family work activities, like chores.	A little of the time	Some of the time	Most of the time	All of the time
7. I follow through with consequences each time he or she breaks a rule.	A little of the time	Some of the time	Most of the time	All of the time
8. I talk with my child about his or her future goals without criticizing.	A little of the time	Some of the time	Most of the time	All of the time
9. I often tell my child how I feel when he or she misbehaves.	A little of the time	Some of the time	Most of the time	All of the time
10. I find ways to include my child in family decisions about fun and work activities.	A little of the time	Some of the time	Most of the time	All of the time
11. I spend special time one-on-one with my youth.	A little of the time	Some of the time	Most of the time	All of the time
12. I let my youth know the reason for the rules we have.	A little of the time	Some of the time	Most of the time	All of the time
13. I listen to my youth when he or she is upset.	A little of the time	Some of the time	Most of the time	All of the time
14. I set regular times for homework.	A little of the time	Some of the time	Most of the time	All of the time
15. I work together with my youth to solve problems that come up at home.	A little of the time	Some of the time	Most of the time	All of the time
16. I try to see things from my youth's point of view.	A little of the time	Some of the time	Most of the time	All of the time
17. I talk with my child about ways to resist peer pressure.	A little of the time	Some of the time	Most of the time	All of the time

--OVER--

Site: _____

ID _____

Statement	Response			
18. I give compliments and rewards when my child does chores at home or learns to follow rules.	A little of the time	Some of the time	Most of the time	All of the time
19. I show my child love and respect.	A little of the time	Some of the time	Most of the time	All of the time
20. I explain to my child the consequences of not following my rules concerning alcohol use.	A little of the time	Some of the time	Most of the time	All of the time

21. Please describe how the relationship between you and your child(ren) has changed since attending these sessions:

22. What is the most valuable thing you learned from this program?

Site: _____

ID _____