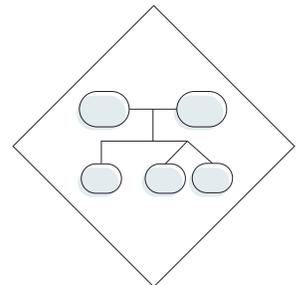


SAMPLE

PREPARE  ENRICH.

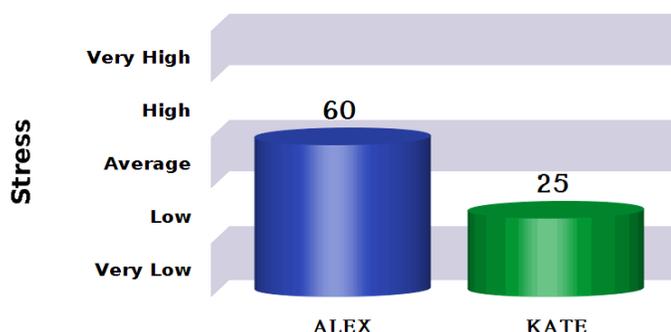
Facilitator Report



Parenting

Parenting Stress Profile

The **Parenting Stress Profile** examines each individual's personal stress level over the last year. Stress levels are based on responses to 25 common sources of personal stress.



ALEX appears to have a moderate level of frustration or personal stress. These frustrations and stressors may at times affect attitudes, health, and relationships. It will be helpful to identify effective coping resources so stress does not become overwhelming.

KATE appears to have a low level of frustration or personal stress. While stress may create some demands on time, patience, and energy, it appears to be at a manageable level. It may still be helpful to identify and understand effective coping resources for stress.

How often have these issues created stress for you?

Never
1

Seldom
2

Sometimes
3

Often
4

Very Often
5

ALEX

Top 10 Stressors

Very Often

Child(ren) spending too much time with phone, television, or computer

Often

Child(ren) failing to do schoolwork
Child(ren) not completing chores
Child(ren) not listening to parent
Discipline of children

Sometimes

Arguments between parent(s) and child(ren)
Child(ren) fail to act their age
Concerns about alcohol and/or drug use
Emotional problems with family members
Feeling exhausted and overly stressed

KATE

Top 10 Stressors

Often

Child(ren) spending too much time with phone, television, or computer
Parent(s) having different styles of discipline

Sometimes

Arguments between parent(s) and child(ren)
Child(ren) fail to act their age
Child(ren) failing to do schoolwork
Child(ren) not completing chores
Child(ren) not listening to parent
Lack of time to relax and unwind
Problems about who does what chores
Sibling relationships

Couple Discussion:

Help this couple compare their lists of top stressors. It is not uncommon for their lists to be somewhat different. Take a moment to help them discuss where things are similar and where they are different. Key resources for coping with stress include healthy communication, conflict resolution, flexibility, and closeness.

PREPARE/ENRICH Exercises:

Identifying Most Critical Issues, Balancing your Priorities

Child Behavioral Issues (CBI)

Checked items represent behavioral concerns the parent had with the child in the last six months.

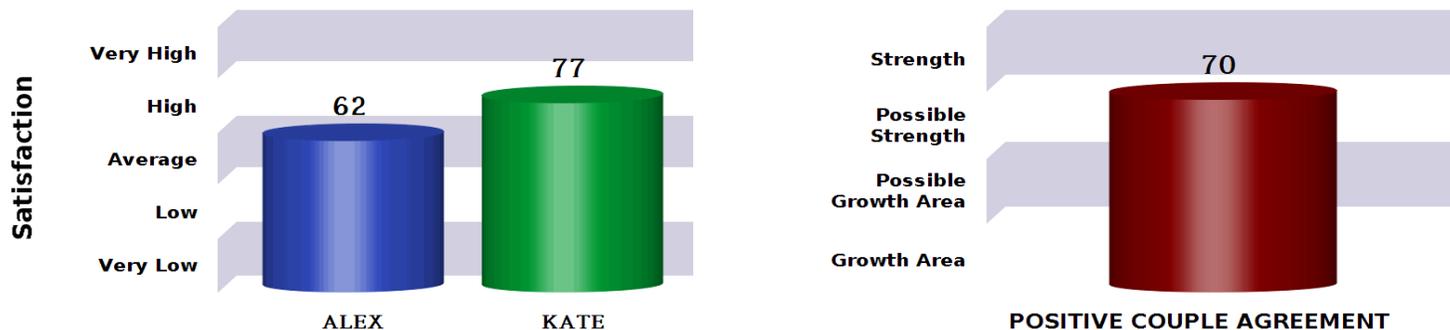
General Behavioral Concerns	ANDREW		MEGAN		MICHAEL	
	ALEX	KATE	ALEX	KATE	ALEX	KATE
Child lives with you	Yes	Yes	Yes	Yes	Yes	Sometimes
Acts immature	X		X		X	X
Anxious / Fearful	X	X				
Argumentative / Angry			X	X	X	X
Attention seeking						X
Bullying or teasing others						
Clingy / Dependent						
Eating problems						
Few or no friends	X				X	
Fighting or hurting others						X
Impatient / Demanding						
Impulsive / Reactive						
Isolated / Detached						
Moody / Depressed			X	X		
Not paying attention / not listening	X		X		X	X
Odd or unusual behavior						
Overly sensitive	X	X				
Overly shy or passive	X	X				
Rebellious or Disobedient			X	X	X	X
Restless / Hyperactive						X
Sleep problems						
Too much screen time (T.V., Video Games, Computer . . .)	X	X	X		X	
Won't cooperate			X	X	X	X
Other concerns (not listed)						

School Age Concerns (Ages 6 - 18)

Dishonest						
Hanging out with the wrong crowd						
Insecure, low self-esteem						
Poor grades / Academic problems					X	X
Too much time texting or using social media			X	X		
Using drugs or alcohol						

Confidence in Parenting

The **Confidence in Parenting** category measures how sure one feels about their abilities as a parent. This category explores how a parent feels about setting limits, understanding their children, and their general effectiveness as a parent.



ALEX appears to have a moderate amount of confidence as a parent, but may have some areas of doubt or confusion that need to be addressed.

KATE feels generally confident about parenting ability and is positive about their interactions with the children.

Possible Strength: The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. Learning and practicing parenting skills will only increase their confidence as well equipped parents.

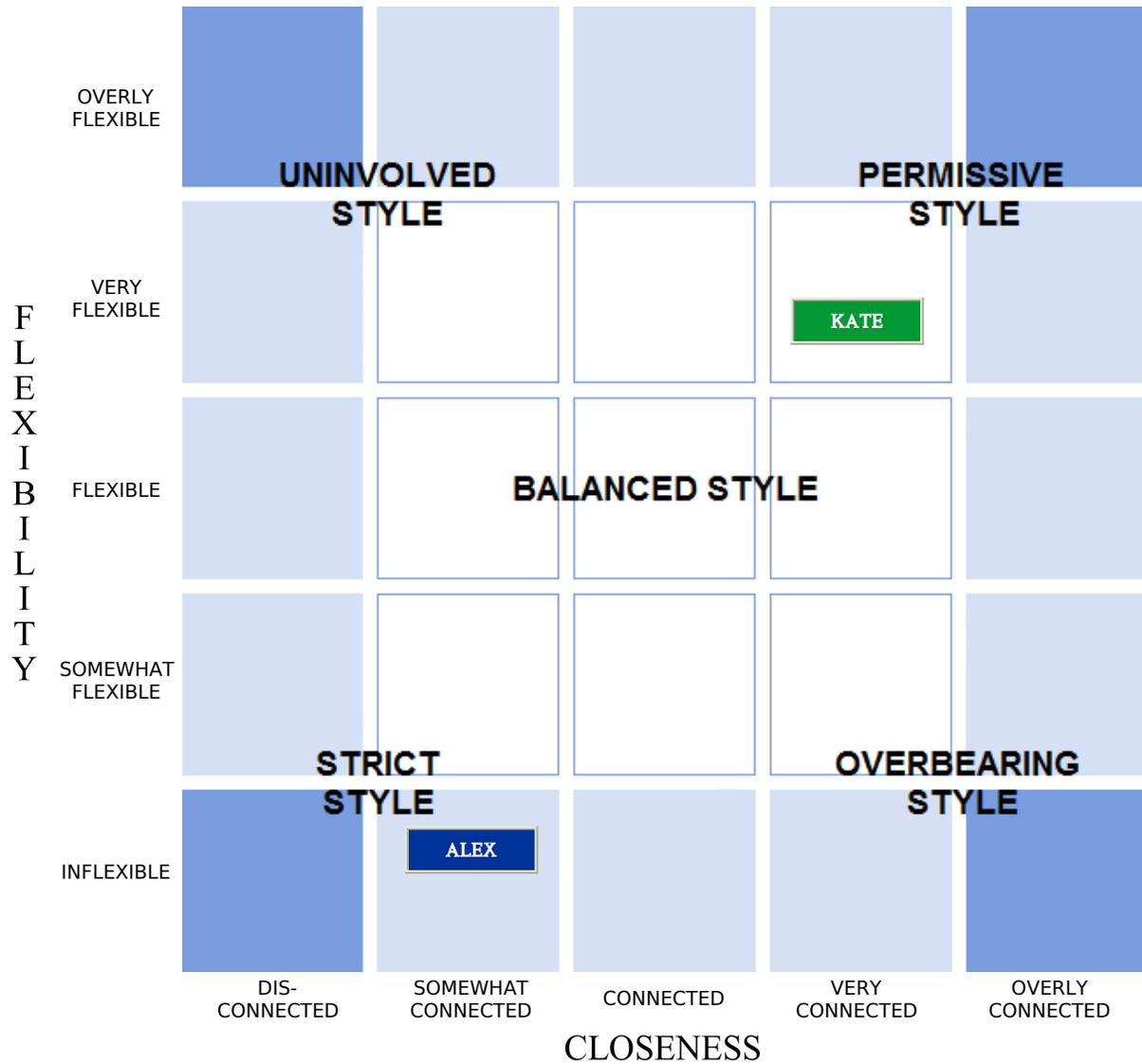
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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ALEX	KATE	Positive Couple Agreement (70%)
4	4	+ I am able to set limits for my children.
4	5	+ I am confident in myself as a parent.
5	4	+ I am proud of my parenting skills.
2	2	- I don't have enough time to be a good parent.
4	5	+ I know what behavior is typical for children like mine.
2	2	- My children seldom listen to me or do what I say.
2	2	- Parenting is very challenging for me.
		Disagreement (10%)
2	4	+ I am able to help my children learn new things.
		Indecision (10%)
2	3	+ When my child is upset, I can easily deal with the situation.
		Special Focus (10%)
5	4	- I am often frustrated with my children's behavior.

PREPARE/ENRICH Exercises: *Children & Parenting: Discussion Questions*

Five Parenting Styles - Overall Style

- **Balanced Style.....** Healthy level of parenting Closeness and Flexibility
- **Permissive Style....** Very Connected and Very Flexible parenting
- **Overbearing Style..** Very Connected and Inflexible parenting
- **Strict Style.....** Disconnected and Inflexible parenting
- **Uninvolved Style....** Disconnected and Very Flexible parenting

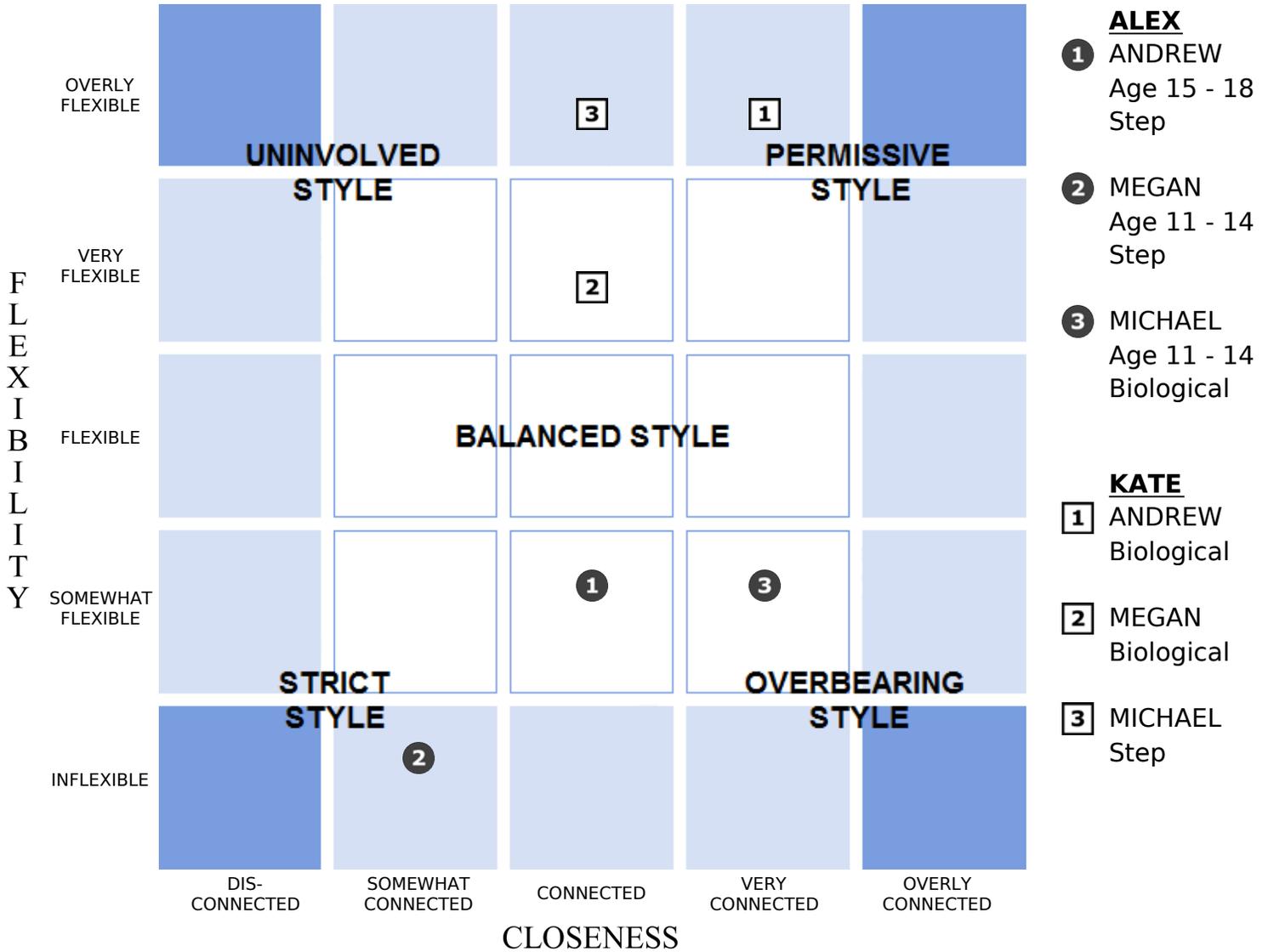


Couple Discussion:

- Discuss how parenting styles for each person are similar or different on Closeness and Flexibility
- Discuss how well their Parenting Style works for each of them
- Evaluate and discuss how they might want to adjust or change their Parenting Style in terms of Closeness and Flexibility

Five Parenting Styles - by Child

- **Balanced Style.....** Healthy level of parenting Closeness and Flexibility
- **Permissive Style....** Very Connected and Very Flexible parenting
- **Overbearing Style..** Very Connected and Inflexible parenting
- **Strict Style.....** Disconnected and Inflexible parenting
- **Uninvolved Style....** Disconnected and Very Flexible parenting



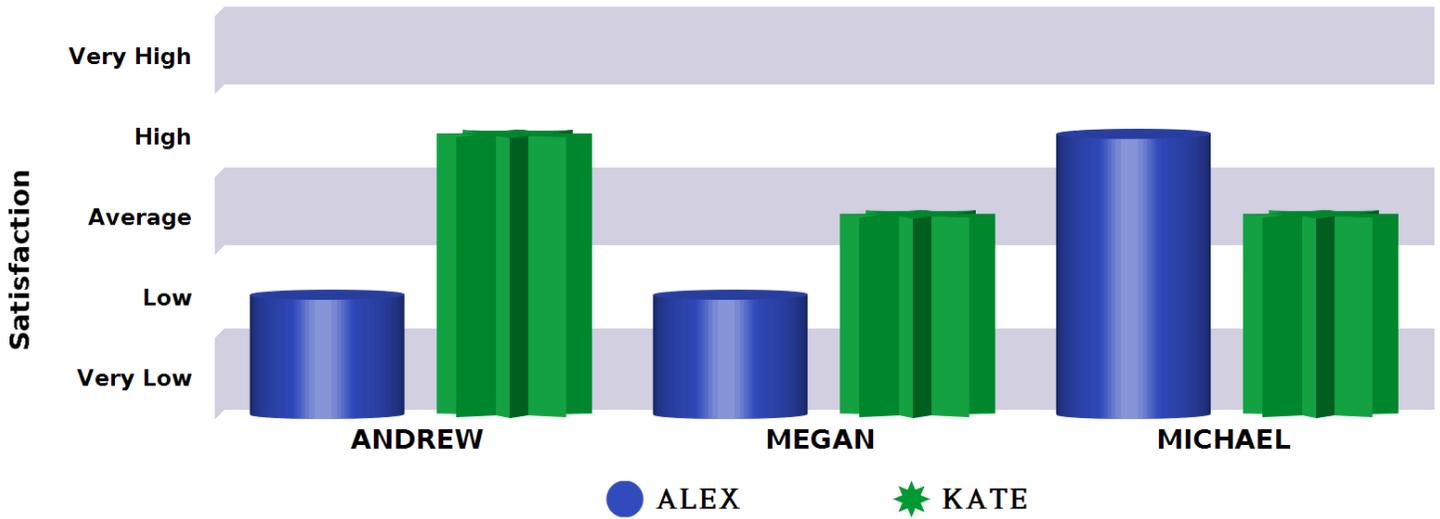
The legend on the right lists each child as well as their age, their relationship to each parent, and their unique child/parent symbol on the chart (a numbered circle or square).

A parent often uses a different parenting style with each of their children. Also the two parents may use a different parenting style with the same child. The chart above represents each parent's description of their parenting style with each child.

Couple Discussion:

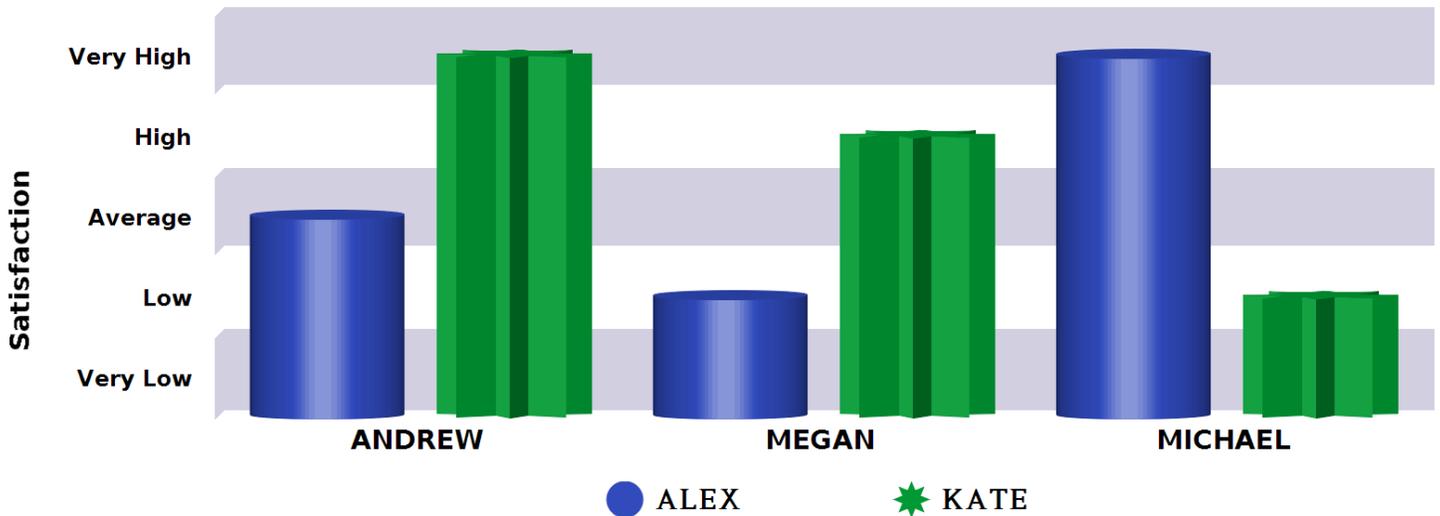
- Review the parenting style used by each parent with each child.
- Discuss the parenting style used by each parent for the same child.
- Discuss which parenting style is most effective for each parent.
- Discuss changes each parent might want to make in their parenting style(s).

Communication Satisfaction With Each Child



The above graph indicates each parent's level of satisfaction in communicating with each of their children.

Relationship Satisfaction With Each Child



The above graph indicates each parent's level of satisfaction in their relationship with each of their children.