

Nurturing Skills Competency Scale – B5 Long Version (LV)

On-Line Long Version for Parents and Their Infants, Toddlers and Preschoolers®

Stephen J. Bavolek, Ph.D. and Richard G. Keene, Ph.D.

PLEASE PRINT

Agency Name _____

City _____

State _____

Date Inventory was administered: _____ Name of person administering Inventory: _____

First Name: _____

Middle Initial: _____

Last Name: _____ Last four digits of your Social Security number (optional): _____

Directions: Please circle the letter of your response in each item AND write the letter in the space provided. For example, for item # 2, if you are Female, circle the letter b, and write the letter b in the space provided. Answer all the items. Missing responses will affect your results.

PART A – About My Life

1. **Birthday:** _____ / _____ / _____
Month Day Year
2. **Gender:** _____
a. Male
b. Female
3. **Race/Nationality:** _____
a. Unknown
b. White
c. Black
d. Asian
e. Hispanic
f. Native American
g. Pacific Islander
Nationality: _____
4. **Marital Status:** _____
a. Unknown
b. Single
c. Married
d. Divorced
e. Unmarried Partners
f. Separated
g. Widowed
5. **Number of children you have:** _____
6. **What is the highest grade you completed in school?** _____
a. Unknown
b. Grade School
c. 7th Grade
d. 8th Grade
e. 9th Grade
f. 10th Grade
g. 11th Grade
h. High School Graduate
i. Some College
j. College Graduate
k. Post-Graduate or above

7. **Are you currently employed?** _____
a. Unknown
b. Unemployed
c. Employed Part-Time
d. Employed Full-Time
e. Not employed because of a Disability
f. Retired
8. **Annual Household Income** _____
a. Unknown
b. Under \$15,000
c. \$15,001 to \$25,000
d. \$25,001 to \$40,000
e. \$40,001 to \$60,000
f. Over \$60,000
9. **Were you and/or your partner in the military?** _____
a. Unknown
b. No
c. Yes, both of us
d. Yes, only my partner
e. Yes, only me

PART B – About Me and My Childhood

10. **As a child, did you experience any type of abuse by a person outside your family?** _____
a. Yes
b. No
11. **As a child, did you experience any type of abuse by a person inside your family?** _____
a. Yes
b. No
12. **Do you have now (or have you had in the past six months) a problem with alcohol and/or other drug abuse?** _____
a. Yes
b. No

13. As a child, what was the quality of your relationship with your mother (or mother figure)? 13. ____
- Very Good
 - Good
 - Okay
 - Bad
 - Very Bad
 - No Mother or Mother Figure
14. As a child, what was the quality of your relationship with your father (or father figure)? 14. ____
- Very Good
 - Good
 - Okay
 - Bad
 - Very Bad
 - No Father or Father Figure
15. As a child, did you witness any violence between your parents? 15. ____
- No
 - Seldom
 - Occasionally
 - Frequently
16. As a child, do you feel your parents had marital problems? 16. ____
- No
 - Seldom
 - Occasionally
 - Frequently
17. As a child, did you witness any abuse of your siblings? 17. ____
- No
 - Seldom
 - Occasionally
 - Frequently

PART C – About My Spouse/Partner

If currently single, rate your previous/partner.

18. Does your spouse (partner) have (or had in the past year) a problem with alcohol and/or other drug abuse? 18. ____
- Yes
 - No
19. Do you think your spouse (or partner) was abused or neglected as a child? 19. ____
- No
 - Seldom
 - Occasionally
 - Frequently
20. Do you think your spouse (or partner) witnessed abuse of his/her siblings as a child? 20. ____
- No
 - Seldom
 - Occasionally
 - Frequently

21. Has your spouse (or partner) abused or neglected you within the past year? 21. ____
- No
 - Seldom
 - Occasionally
 - Frequently
22. Do you feel you have abused or neglected your spouse (or partner) within the past year? 22. ____
- No
 - Seldom
 - Occasionally
 - Frequently
23. Please rate the quality of the relationship you have (or had) with your spouse (or partner): 23. ____
- Very Good
 - Good
 - Okay
 - Bad
 - Very Bad

PART D – About My Children/Family

24. Have any of your children ever experienced any type of abuse by a person outside your family? 24. ____
- Yes
 - No
 - Not sure
25. Have any of your children ever experienced any type of abuse by a person inside your family? 25. ____
- Yes
 - No
 - Not sure
26. Do any of your children have now (or had in the past year) a problem with alcohol and/or drug abuse? 26. ____
- Yes
 - No
27. Do any of your children have special learning needs that require a specialist or special education? 27. ____
- Yes
 - No
28. Have any of your children been involved with juvenile court? 28. ____
- Yes
 - No
29. Do any of your children have a history of mental health problems? 29. ____
- Yes
 - No
30. Has your family ever been referred for or sought family counseling? 30. ____
- Yes
 - No

PART E –Knowledge of Nurturing Practices

31. Nurturing Parenting is: 31. ____
a. A belief that children need to be obedient.
b. Caring for your children and yourself.
c. Devoting your life to the well being of your children.
d. Teaching children to respect their elders.
32. Holding and cuddling a baby helps his brain grow. 32. ____
a. Baby's brains are still developing after birth.
b. Baby's brains are fully developed after birth.
c. Baby's brains fully develop at the age of seven.
d. Holding and cuddling a baby is a sure way to spoil him.
33. Having appropriate expectations for children helps them: 33. ____
a. Learn to feel good about themselves.
b. Develop trust and security
c. Learn to succeed in school.
d. All the above statements are true.
34. Pick the right way to Praise a child for Being. 34. ____
a. "You are such a good child for helping me."
b. "You make me feel happy."
c. "You are a wonderful child."
d. "You are such a nice girl when you cooperate."
35. Pick the right way to Praise for Doing. 35. ____
a. "Good job cleaning your room. Mommy really loves you."
b. "You really sing well."
c. "You did pretty well. Next time try harder."
d. "Do well and make your family proud of you."
36. Discipline means: 36. ____
a. To spank children out of love.
b. To guide children.
c. To help children be obedient.
d. To tell children what to do.
37. The rights and wrongs that children learn are called: 37. ____
a. Family Morals
b. Family Values
c. Family Traditions
d. Family Practices
38. Empathy means: 38. ____
a. To be aware of the feelings your children express.
b. To comfort your children.
c. To take care of your children's needs.
d. Empathy can be all of these at different times.
39. Which of the following are good rewards to use as discipline? 39. ____
a. Praise
b. Hugs and other types of appropriate touch
c. Privilege like staying up a little later
d. Gifts like toys, CDs, DVDs.
e. At times, all these are good rewards to use
40. Fear teaches respect. When children fear their parents, they'll behave. 40. ____
a. Fear is a bad technique to use to get kids to behave because children won't respect their parents.
b. It's ok to use fear as long as parents don't over do it.
c. Fear teaches children to respect the law.
d. Fear teaches children to learn to be obedient.

41. Family rules are important because: 41. ____
a. Children learn to be obedient.
b. Children learn how to cooperate.
c. Children need to be told how to behave.
d. Children need to listen to their parents.
42. What is the main reason parents spank their children? 42. ____
a. The proverbs say to spank children.
b. Because parents were spanked as children.
c. Because they love their children.
d. Parents spank children for all these reasons.
43. Which of the following is a healthy way to manage and reduce stress? 43. ____
a. An easy chair, lots of beer and kids at the neighbors.
b. Get away and leave your kids for awhile.
c. Eat healthy things and have a good outlook on life.
d. It depends on what works for the parents. Everybody is different.
44. Teaching children to hit a pillow or punching bag is a good way for them to release their anger. 44. ____
a. Hitting anything is a good way to release anger.
b. Hitting teaches kids to hit others when they're angry.
c. Hitting is OK as long as you don't get carried away.
d. Hitting others is a good way to express anger.
45. Anger is: 45. ____
a. Anger is a feeling that happens when people keep their hurt feelings inside.
b. Anger is a feeling that causes people to become violent.
c. Anger is a way to tell someone you don't like them.
d. Anger is a feeling of disrespect.
46. Our self worth is: 46. ____
a. Developed from the ways others think about us.
b. Made up of the thoughts and feelings we have about ourselves.
c. Learned in childhood and is difficult to change throughout life.
d. Our self worth as a parent depends on how well our children behave.
47. Children with a positive self worth generally: 47. ____
a. Think they are better than other kids
b. Are often faking it.
c. Often act disrespectful to others.
d. Treat others with respect.
48. Children who have a strong sense of personal power: 48. ____
a. Get into power struggles with parents about everything.
b. Have the ability to make good choices.
c. Feel superior and put down other kids.
d. Demand to have things their way.
49. Which of the following is a good way to build self worth in children? 49. ____
a. Give children opportunities to feel successful.
b. Provide children with choices and consequences for their behavior.
c. Have children to take responsibility for their behavior.
d. All of these are good ways to build self worth.

Continued on next page ...

50. Giving children choices early in life teaches them to make wise decisions. 50. ____
- a. Giving children choices gives them a chance to say "No." Saying "no" to parents is disrespectful.
 - b. Kids can't handle choices. They feel more secure being told what to do.
 - c. Choices help children learn that there are consequences to the decisions they make.
 - d. Kids who have choices generally get into power struggles with parents.

67. Teach appropriate morals to my children. 0 1 2 3
68. Find time to get my needs met. 0 1 2 3
69. Express unconditional love for my children. 0 1 2 3
70. Help my children or others get their needs met. 0 1 2 3

PART F – Use of Nurturing Skills

INSTRUCTIONS:

Rate how often you practice (or practiced in the past) the following nurturing parenting and nurturing self *behaviors*.

- 0 = Don't practice the skill at all
1 = Sometimes
2 = Often
3 = Regularly

How often do I ...

51. Take the time to nurture myself. 0 1 2 3
52. Have awareness of my personal strengths. 0 1 2 3
53. Respond to my children's feelings with empathy. 0 1 2 3
54. Give my children choices and consequences. 0 1 2 3
55. Make appropriate expectations of my children. 0 1 2 3
56. Hold, rock, play, sing and read to my young children. 0 1 2 3
57. Praise my children for "being" wonderful kids, for being loving, etc. 0 1 2 3
58. Praise my children for "doing" their best, for cooperating, trying, etc. 0 1 2 3
59. Model appropriate ways to manage my stress. 0 1 2 3
60. Model appropriate ways to express my anger. 0 1 2 3
61. Help improve my children's self-worth. 0 1 2 3
62. Refer to our family rules as a guide for discipline. 0 1 2 3
63. Use alternatives to spanking as discipline. 0 1 2 3
64. Use rewards to reinforce appropriate behavior. 0 1 2 3
65. Use appropriate consequences as punishments. 0 1 2 3
66. Help my children learn how to manage their behavior. 0 1 2 3