

Parent Confidence Tool



Name _____ Date: ____/____/____

Circle the rating below that makes most sense to you

I find it easy to talk people like teachers, doctors and other professionals about my children

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I know how to get useful information about how my children's needs change as they grow

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I feel good when I think about the future for my children

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I can work out what to do if any of my children have a problem

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

We have clear rules and routines in my family

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I can find services for my children when I want to

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

In my family, there is more to enjoy than to worry about

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10



Parent Confidence Tool



I stay calm and manage life even when it is stressful

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I believe my children will do well at school

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I can help make this community a better place for children

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I can help other families find help when they need it

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I have someone I can rely on to help with my children if I need it

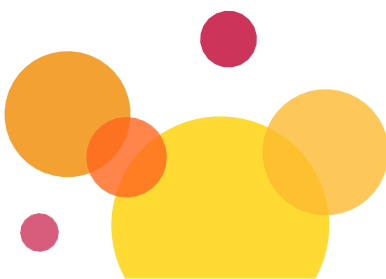
Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I know good parenting tips that I can share with others

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I feel that I am doing a good job as a parent

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10



Parent Confidence Tool



I feel good about myself

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I feel good about the way my children behave

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I feel part of a community

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I have good friends outside my family

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I can make time for my children when they need it

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

I know my children feel secure

Definitely Not		Not Really		Kind of		Mostly		Definitely	
1	2	3	4	5	6	7	8	9	10

Declined to participate

--

Note that the Carer Confidence Tool replicates the Parent Empowerment and Efficacy Measure (PEEM). PEEM uses a strengths-based approach to measure parent functioning. It focuses on caregivers' sense of control or capacity to engage confidently with the challenges of being a parent. It was developed by Griffiths University. You can find out more about it here: <https://www.realwell.org.au/peem/>