

# BUGK

## Pre-program

### Parent Reflection



Date: \_\_\_\_\_

Location: \_\_\_\_\_

Facilitator (s): \_\_\_\_\_

We are interested in knowing how you experience the program. So we are going to ask you some questions before the program starts and then after the program ends. Your feedback helps us to keep making this program more relevant for parents/carers like you. We appreciate it.

Please take a few moments to answer the following questions.

1. What do you hope to get out of the program?

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2. Please rate each of the following statements (circle one number)

1 = uncertain                      2 = a little certain                      3 = certain                      4 = very certain

*I understand why I parent the way I do*                      1                      2                      3                      4

*I understand the meaning of the messages I give to and receive from my children*                      1                      2                      3                      4

*My child/children and I communicate well with each other*                      1                      2                      3                      4

<i>I understand why my child behaves the way he/she does</i>	1	2	3	4
<i>I know where to go for help or support when I need it</i>	1	2	3	4

3. Please circle the appropriate word for each of the statements

*I am happy with the way I parent*

Strongly Agree      Agree      Disagree      Strongly Disagree      Don't Know

*I often feel overwhelmed as a parent*

Strongly Agree      Agree      Disagree      Strongly Disagree      Don't Know

*I know how to calm myself down when I feel overwhelmed in my parenting role*

Strongly Agree      Agree      Disagree      Strongly Disagree      Don't Know