Quick Parenting Assessment (QPA)

Date:_____

Name of your child:_____ Age of your child: _____

What is your relationship with your child? Mother Father Grandparent Other

Parents use many options to discipline their children and no parent does it right 100% of the time. To support you and your child, please let us know what YOU and OTHER CAREGIVERS *do*, not what you *think* you should do.

In the past month, what have YOU done when your child needed to be disciplined?

1. You redirected your child toward a good behavior. For example, you said something like: "Don't bite people, use your teeth to eat food" or "Don't kick the dog, let's go kick a ball".	Yes	No
2. In general, more than once per day, you used time-out or took away privilege.	Yes	No
3. In general, more than once per day, you spoke angrily or raised your voice.	Yes	No
4. You told your child that he/she is going to be spanked, smacked, popped, or slapped.	Yes	No
5. You gave your child a spanking, smack, pop, or slap.	Yes	No
6. You told your child something like "You are a bad boy" or "You are a naughty girl".	Yes	No
7. You spent more time with your child to talk about or show them how to improve behavior.	Yes	No

In the past month, what have your child's OTHER CAREGIVERS done when your child needed to be disciplined? SKIP questions 8-12 if you are the only caregiver.

8. In general, more than once per day, they used time-out or took away privilege.	Yes	No
9. In general, more than once per day, they spoke angrily or raised their voice.	Yes	No
10. They told your child that they are going to be spanked, smacked, popped, or slapped.	Yes	No
11. They gave your child a spanking, smack, pop, or slap.	Yes	No
12. They told your child something like "You are a bad boy" or "You are a naughty girl".	Yes	No

Your health care provider wants to support you.

13. I would like to discuss healthy ways to respond to my child's behavior.	Yes	No

Copyright © 2019 Vanderbilt University Medical Center.