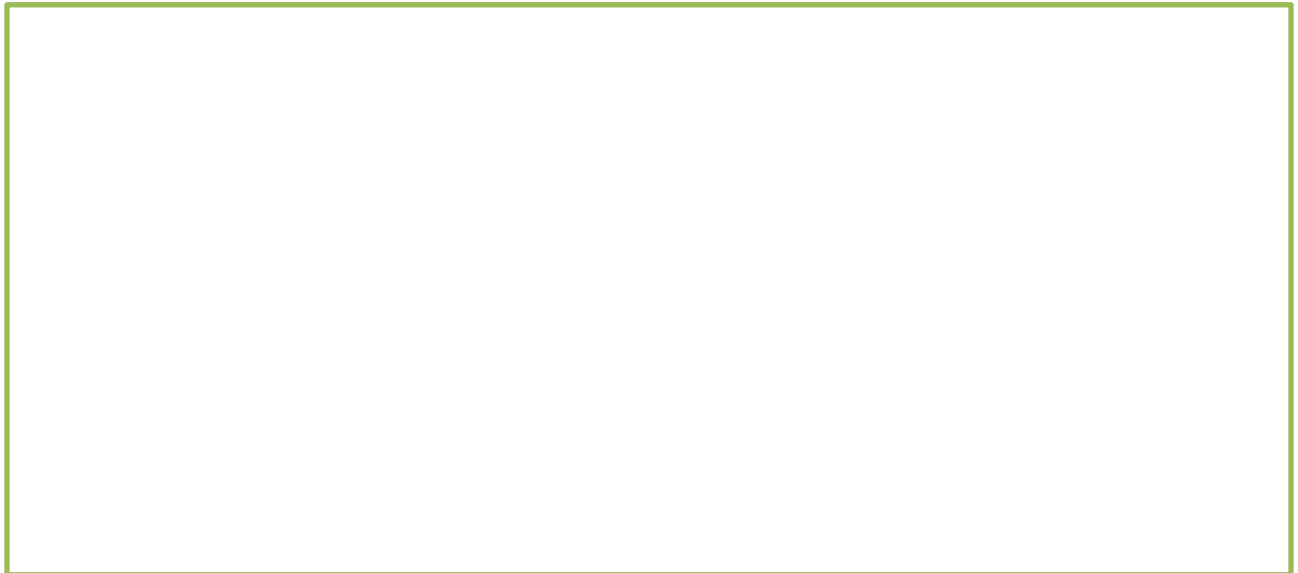


Parenting Self Interview Questionnaire – intended for self-reflection.

1. What problems and issues are you having with your child?
2. What solutions have you tried in the past or are you currently trying?
3. Have you been consistent with whatever solution you tried before determining it worked or did not work?
4. What has worked in the past?
5. What has not worked in the past and why?
6. Are you and your spouse or partner on the same page with parenting? If you answer no, why not and how can you change this?
7. Are you role modeling bad behavior (screaming, door slamming, negative self-talk out loud, sarcasm, bad language, fighting with your spouse, etc.)?
8. How is your child sleeping at night? Do they have a decent bedtime for adequate developmental rest?
9. How does your child eat during the day? Do you limit their sugar, processed foods and artificial flavors and additives?
10. Is your child having issues in school or outside of the home?
11. Does your child have a consistent routine?
12. Does your child have set expectations?
13. Does your child take any medicine that has side effects related to behavior?

What are your next steps? How do you feel after answering these questions? Do you notice anything that you can improve on that could help your situation?



If you're concerned about your child's well-being, safety or your own please seek professional help. It is always wise to keep an open and honest dialogue with your family doctor and there is nothing wrong with seeking help or professional therapy when needed.

Courtesy of Greenandcleanmom.org