

A Report Card for Parents

The idea is to use the card to stimulate parent-child communication. It may give some parents a sense of relief to know their children give them good grades in areas they felt weak and insight into other areas. Avoid this exercise if you do not take criticism well. This is a tool to help you, not something that will make you feel worse.

Instructions: (1) Have each child fill out the card privately rather than compare notes with siblings. (2) Add questions related to your specific concerns. (3) After your child completes the card, have him explain each grade. Don't argue, explain, or defend yourself. Just listen or ask: "Can you tell me more about this grade?" then ask: "How can I improve?" Try to get a couple of specific suggestions. Thank your child for his honesty and give him a big hug. Then give yourself a 72-hour cooling off period and mention the report again. Talk to your child about the grades again and even say you were hurt by some of them, which opens up areas for discussion.



The Report Card

For each item, circle the grade your parent has earned this month.

1. Helps me with my homework when I ask. A B C D
2. Understands my moods. A B C D
3. Gives me hugs. A B C D
4. Tells me he or she loves me. A B C D
5. Lets me act my age. A B C D
6. Is nice to my friends. A B C D
7. Keeps my secrets. A B C D
8. Helps me look my best. A B C D
9. Cooks good meals. A B C D
10. Keeps the house nice. A B C D
11. Watches TV with me. A B C D
12. Tries to explain things to me. A B C D
13. Listens to my problems. A B C D
14. Doesn't scream at me when angry. A B C D
16. Spends time with me alone. A B C D
17. Makes me laugh. A B C D
18. Treats all kids in the family fairly. A B C D
19. Lets me make some decisions. A B C D
20. Helps me make my room special. A B C D
21. Helps me get up when I oversleep. A B C D
22. _____ A B C D

(Add your own questions if you wish.)

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