

# UNIT 5

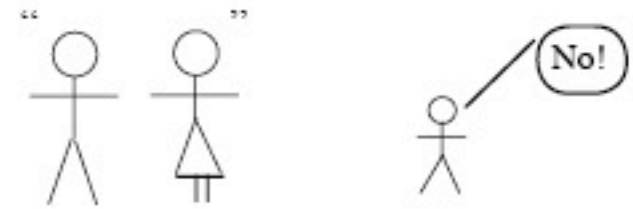
## What Your Children Want You To Know

Coach:  
\_\_\_\_\_

Take the following parenting test to see where you are now and where you can improve. Rate yourself from 1 to 6, one for the best, six for the worst. Remember, this workbook isn't about perfection, but improvement.

YES!	YES	yes	no	NO	NO!
1	2	3	4	5	6

- A. \_\_\_ I take good care of myself.
- B. \_\_\_ I spend quality time daily with each of my children.
- C. \_\_\_ I practice true listening and understanding.
- D. \_\_\_ I share laughter, play, and affection.
- E. \_\_\_ I give acknowledgement and show appreciation.
- F. \_\_\_ I use positive discipline with respect.
- G. \_\_\_ I allow room to grow and to make mistakes.
- H. \_\_\_ I instill in my child(ren) a love for learning.
- I. \_\_\_ I live my values, and I am a good example.
- J. \_\_\_ I provide service opportunities outside our family.
- K. \_\_\_ I have faith in the future, and I am optimistic.
- L. \_\_\_ I give unconditional love to each of my children.



Add up your score. Circle your bracket. What does it mean? \_\_\_\_\_  
Which items do you need to improve? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

13 - 30	31 - 50	51 - 72
Excellent	Fair	Damaging

### A. I Take Good Care of Myself and am Happy

Children have a deep longing to see their parent(s) take good care of themselves and experience their own joy and happiness. Children know that happy, well-adjusted adults have more joy, attention, energy, love, and capacity than parents who don't.

- Jason's mother, a member of the highly dysfunctional Johnson clan, was a drug addicted prostitute who operated below 250 as a mother. How did her children feel about her? \_\_\_\_\_
- Scott's mother took care of herself in diet, dress, and grooming. His father, a welder, dressed nicely and was big on nutritious food and supplements. How did Scott and his siblings feel about their parents?  
\_\_\_\_\_

### B. I Spend Quality Time Daily with Each of My Children

Quality time is to find joy in your children's existence and revel in their accomplishments. Cherish the time spent with them and hold, hug, and kiss them often. Read to them, get inside their comfort zone by being close. Quality time is dependent on the quality of the parents.

- What do you do to have quality time with your child(ren)? \_\_\_\_\_
- The more you invest in the early family life of your child(ren) the greater the dividends later. T or F?

### C. I Practice True Listening and Understanding

**True listening starts with the heart, not the ears.** To deeply listen to a child is the highest form of validation and love. If you want a little shiny face to come alive, try this: sit them on the edge of a table, pull up a chair into their zone (eye to eye), hold their hands, and listen with no agenda of your own.