

## PARENTING PROFILE FOR DEVELOPING ATTACHMENT

Respond from 1-5 (1 represents very little; 5 a great deal of the characteristics/skill). Focus on adults' abilities, not whether or not the child is receptive to the interaction.

	My Perception of Self	My Perception of Partner
(1 = very little, 5 = very much)		
1. Comfortable with giving physical affection	_____	_____
2. Comfortable receiving physical affection	_____	_____
3. Comfortable expressing love for child	_____	_____
4. Ready to comfort child in distress	_____	_____
5. Able to be playful with child	_____	_____
6. Able to be calm and relaxed much of the time	_____	_____
7. Able to maintain a sense of humor	_____	_____
8. Ready to listen to child's thoughts and feelings	_____	_____
9. Patient with child's mistakes	_____	_____
10. Patience with child's mistakes	_____	_____
11. Patient with child's anger and defiance	_____	_____
12. Patient with child's primary problems	_____	_____
13. Able to show empathy for child's distress	_____	_____
14. Able to show empathy for child's anger	_____	_____
15. Able to set limits, with empathy, not anger	_____	_____
16. Able to give appropriate consequences and And remain firm	_____	_____
17. Able to allow child to accept consequences of choice	_____	_____

(1 = very little, 5 = very much)	My Perception of Self	My Perception of Partner
18. Able and willing to give child necessary supervision	_____	_____
19. Able and willing to give child much attention	_____	_____
20. Able to express anger in a quick, to the point manner	_____	_____
21. Able to “get over it” quickly after conflict with child	_____	_____
22. Able to accept, though not necessarily Agree with, the thoughts and feelings of Your child	_____	_____
23. Able to face, address, and discipline when appropriate, the behavior, the behavior of your child	_____	_____
24. Able to encourage and enjoy your child’s interests and explorations that are separate from you	_____	_____
25. Able to acknowledge failings and mistakes in raising your child	_____	_____
26. Able to be ready to support your child’s Independence	_____	_____
27. Able to remain emotionally regulated when when your child is dysregulated	_____	_____
28. Able to value and respect your child’s need’s For autonomy and his differences from you	_____	_____
29. Able to avoid experiencing shame and rage Over your mistakes in raising your child	_____	_____
30. Able to remain focused on the long-term Family goals	_____	_____