

## Parenting Events

The statements below describe lots of events that routinely occur in families with young children. These events sometimes make life difficult. Please read each item and circle how often it happens to you (rarely, sometimes, a lot, or constantly), and then circle how much “hassle” you feel that it is for you. If you have more than one child, these events can include any or all of your children.

	HOW OFTEN IT HAPPENS				NO HASSLE		BIG HASSLE		
	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
1. Continually cleaning up messes of toys or food.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
2. Being nagged, whined at, complained to.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
3. Mealtime difficulties (picky eaters, complaining, etc.)	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
4. The kids don't listen – won't do what they are asked without being nagged.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
5. Babysitters are hard to find	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
6. The kids schedules (e.g. preschool, school naps, other activities) interferes with meeting your own or household needs.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
7. Sibling arguments or fights which require a “referee”.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
8. The kids demand that you entertain or play with them.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
9. The kids resist or struggle over bedtime with you.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
10. The kids are constantly under foot, interfering with chores.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
11. The need to keep a constant eye on where the kids are and what they are doing.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
12. The kids interrupt adult conversations or interactions.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
13. Having to change your plans because of an unpredicted child need.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
14. The kids get dirty several times a day requiring changes of clothes.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5

TURN OVER →

**Parenting Events (cont.)**

	<b>HOW OFTEN IT HAPPENS</b>				<b>NO HASSLE</b>			<b>BIG HASSLE</b>	
15. Difficulties getting privacy (e.g. in the bathroom)	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
16. The kids are hard to manage in public (e.g. the grocery store, shopping center, restaurant).	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
17. Difficulties in getting kids ready for outings and leaving on time.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
18. Difficulties in leaving for a night out or at school or daycare.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
19. The kids have difficulties with friends (e.g. fighting, trouble getting along, no friends available)	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5
20. Having to run extra errands to meet the kids' needs.	Rarely	Sometimes	A Lot	Constantly	1	2	3	4	5