

Nurturing Skills Competency Scale (NSCS-3.0*)

Parents and their School-Age Children

Stephen J. Bavolek, Ph.D. and Richard G. Keene, Ph.D.

Long Version

Check One:

Pretest _____
Posttest _____

* Items on Version 3.0 of the NSCS have been updated, added or revised in each of the six construct areas.
This inventory can only be scored online at AssessingParenting.com.

PLEASE PRINT:

1. Date Inventory was administered: _____ Name of person administering Inventory: _____

2. Last Name (or agency ID number): _____ 3. Middle Initial: ____ 4. First Name: _____

Agency Name _____

City _____

State _____

Directions: Please circle the letter of your response in each item AND write the letter in the space provided. For example, for item #6, if you are Female, circle the letter b, and write the letter b in the space provided. Answer all the items.

PART A – About Me

5. Birthday: _____ / _____ / _____
Month Day Year

6. Gender: 6. ____
a. Male d. Transgender Woman
b. Female e. Other: _____
c. Transgender Man

7. Race/Nationality: 7. ____
a. White f. Pacific Islander
b. Black g. Bi-racial
c. Asian h. Multi-racial
d. Hispanic i. Other
e. Native American

Nationality: _____

8. Marital Status: 8. ____
a. Single
b. Married
c. Unmarried Partners
d. Separated/Divorced
e. Widow/Widower

9. Number of children you have: _____ 9. ____

10. Highest grade you completed: 10. ____
a. Grade School
b. Middle School (grades 7 & 8)
c. Some High School (grades 9 -11)
d. High School Graduate
e. Working on or Completed GED
f. Two Year Tech School
g. Some College
h. College Graduate
i. Post Graduate or above

11. Current Employment-School status: 11. ____
a. Employed full-time
b. Going to school full-time
c. Employed part-time
d. Going to school part-time
e. Both going to school and working
f. I am a stay-at-home Mom or Dad
g. Currently unemployed and not going to school
h. Retired
i. Other

12. Annual Household Income: 12. ____
a. Under \$15,000 e. \$40,001 to \$60,000
b. \$15,001 to \$25,000 f. Over \$60,000
c. \$25,001 to \$30,000 g. I don't know
d. \$30,001 to \$40,000

13. Are or were you and/or your partner in the military? 13. ____
a. Yes, only me
b. Yes, only my partner
c. Yes, both of us
d. No

14. As a child, did you experience any type of physical, emotional or sexual abuse by someone outside of your family? 14. ____
a. Yes
b. No

15. As a child, did you experience any type of physical, emotional or sexual abuse by someone inside of your family? 15. ____
a. Yes
b. No

(800) 688-5822 ▪ (435) 649-5822 (outside the United States) ▪ fdr@nurturingparenting.com

AssessingParenting.com

PART B – About My Childhood

As a child between the ages of 4 to 18, did you:

16. Ever feel that no one in your family loved you or thought you were special? 16. ____
a. Yes
b. No
17. Ever feel your needs were ignored? 17. ____
a. Yes
b. No
18. Ever feel that either of your parents used street drugs, abused alcohol, or misused prescription drugs? 18. ____
a. Yes
b. No
19. Feel the quality of your relationship with your mother or mother figure was: 19. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
20. Feel the quality of your relationship with your father or father figure was: 20. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
21. Ever feel your mother or mother figure was physically, verbally or sexually abused by her partner? 21. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
22. Ever feel your father or father figure was physically, verbally or sexually abused by his partner? 22. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
23. Ever feel your parents had marital problems? 23. ____
a. Yes
b. No
24. Ever feel any of your brothers or sisters were physically, verbally or sexually abused? 24. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
d. I have no birth or adopted brothers or sisters

PART C – About the Father/Mother of My Child(ren)

My responses to the following statements refer to (please circle one):

- a. The father of my children (referred to as parent partner)
b. The mother of my children (referred to as parent partner)

Note: If there are children from different parents, please refer to the parent partner of the most recent child.

25. Is your parent partner a problem drinker or alcoholic; abuses prescription drugs or uses street drugs? 25. ____
a. Yes
b. No
26. Do you think your parent partner was abused or neglected as a child? 26. ____
a. Yes
b. No
27. Do you think your parent partner had brothers or sisters who were physically, verbally or sexually abused as children by their parents? 27. ____
a. Yes and s/he witnessed the abuse
b. Yes but s/he didn't witness the abuse
c. No
d. My parent partner has no brothers or sisters
28. Has your parent partner physically, verbally or sexually abused you? 28. ____
a. Yes
b. No
29. Have you physically, verbally, or sexually abused your parent partner? 29. ____
a. Yes
b. No
30. Please rate the quality of the relationship you have with your parent partner: 30. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
31. If you were to do it all over again, would you still choose your parent partner as the mother or father of your children? 31. ____
a. Yes
b. Yes, but under different conditions
c. Maybe
d. No

PART D – About My Children/Family

32. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person outside your family? 32. ____
a. Yes
b. No
33. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person inside your family? 33. ____
a. Yes
b. No
34. Do any of your children currently have or had in the past problems with alcohol, prescription drugs or street drugs? 34. ____
a. Yes
b. No
35. Do any of your children have special learning needs that require a specialist or special education? 35. ____
a. Yes
b. No
36. Do any of your children have a history of mental health problems? 36. ____
a. Yes
b. No
37. Has anyone in your family ever been referred for psychological counseling? 37. ____
a. Yes
b. No
38. Overall, I would rate my parenting skills: 38. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
39. Overall, the degree of happiness I feel being a parent is: 39. ____
a. High
b. OK
c. Low
d. Very Low
40. Knowing what you know now about being a parent, would you still be a parent if you could do it all over again? 40. ____
a. Yes
b. Probably
c. Probably Not
d. Absolutely Not

PART E – About My Knowledge of Nurturing Practices

41. Select the statement that best defines nurturing. 41. ____
a. Making sure the needs of others are being met before your own needs get met
b. Caring for yourself, for others, and for your environment
c. Making sure the needs of children always come first
d. Being a parent 24 hours a day, 7 days a week
42. Parental empathy means: 42. ____
a. To be aware of and help children get their needs met
b. To quiet your children when they are upset
c. To make sure children don't grow up spoiled
d. To teach children ways to help parents get their needs met
43. The proper way of establishing family rules is: 43. ____
a. Parents are in charge and they make the family rules
b. Children do what they're told to do by their parents
c. Children are taught to be obedient to their parents
d. Parents and children make the rules together
44. The purpose of family rules is: 44. ____
a. To help children learn right from wrong
b. To let children know that misbehavior will be punished
c. To focus on what is expected of all family members
d. To help parents control the behavior of their children
45. The best way to help children develop a sense of positive self-worth is by: 45. ____
a. Praising them for following family rules
b. Using positive labels when referring to children
c. Modeling the way you want children to behave
d. All of the above
46. Discipline means: 46. ____
a. To guide children by using the rod of correction
b. To guide children in learning morals and values
c. To teach children to be obedient to their parents
d. Telling children what to do so they behave
47. Spanking children is a necessary type of punishment for helping children learn how to behave. 47. ____
a. Spanking children now and then is not all that bad
b. Spanking is the best method for teaching right from wrong
c. Spanking teaches children they are bad and not what they did was wrong
d. Spanking children works better as a form of punishment than time-out does
48. Empathy can best be taught to children by: 48. ____
a. Allowing them to express their feelings and honoring those feelings
b. Helping them learn that certain feelings are better kept inside and not expressed
c. Helping them realize that their bad feelings cause others to feel bad
d. Making them feel guilty for hurting others

49. Praise for "being" focuses on the person. Praise for "doing" focuses on the person's behavior. 49. _____
- True - being is for the person; doing is for behavior
 - It is impossible to separate the person from their behavior
 - Praise is praise - there is no difference
 - Encouragement is for doing and praise is for being
50. Which statement best defines the term, "Personal Power"? 50. _____
- Our life's energy to behave in positive or negative ways
 - Having a "strong will" and goals in life
 - The inner strength we all have to improve our lives
 - All of the above statements define personal power
51. When children are sent to time-out, they should: 51. _____
- Be told they can come out when they're ready to act like human beings
 - Be told the amount of time they have to stay in time-out
 - Spend 20 minutes sitting quietly in the chair
 - Go to their room for 30 minutes
52. Children have stress just like adults do. Which of the following are good parenting ideas to help children reduce their stress? 52. _____
- Establish family rules at home
 - Encourage children to play sports
 - Praise children for their efforts
 - All of the above
53. Teaching children to hit a pillow or punching bag is a good way for them to release their anger energy. 53. _____
- Hitting a pillow or punching bag is a good way to release anger energy
 - Hitting a pillow or punching bag teaches your child that hitting is the preferred way of releasing anger energy
 - Hitting something in anger is OK as long as it is not done all the time
 - All of the above
54. Which statement is the correct way to use "I Statements"? 54. _____
- "I am furious that you are never on time"
 - "I am sad because you are so inconsiderate"
 - "I am frustrated that the room is still not cleaned"
 - "I can't believe you still haven't finished your homework"
55. The rights and wrongs that we learn as children are called: 55. _____
- Family Morals
 - Family Beliefs
 - Family Traditions
 - Family Custom or Habits
56. Which of the following is NOT a good practice in establishing a nurturing dinner time routine? 56. _____
- Involve children in shopping for food
 - Make it a rule that children eat everything on their plates
 - Allow children to put their own portions of food on their plates
 - Involve children in cooking the food

57. When children hurt animals: 57. _____
- It is a phase they are going through that often quickly passes in time
 - They are letting off their anger, which is better than keeping it inside
 - Parents should ignore the behavior - paying attention would only reinforce the behavior
 - It is a sign of trouble - children who purposefully hurt animals need professional counseling
58. Which of the following is the correct way to use praise for "doing"? 58. _____
- Carson, nice job cleaning your room - it's about time
 - Julia, you did a great job cooperating - thanks, sweetie
 - You played a terrific game, Adam - you made your father very proud of you
 - I really love you for being so nice to me.
59. Teaching children the correct names for their sexual body parts: 59. _____
- Is the first step in building positive sexual self-worth
 - Helps children feel good about their bodies
 - Helps children learn to say "No" to unwanted touch
 - All of the above
60. The best way to help children understand their feelings is to: 60. _____
- Listen quietly and attentively
 - Respect the child's feelings
 - Encourage the child to talk
 - All of the above

Part F – About My Use of Nurturing Skills

INSTRUCTIONS:

Rate how often you practice the following nurturing parenting and nurturing-self behaviors.

- 0 = Don't practice the skill at all
 1 = Sometimes
 2 = Often
 3 = Regularly

How often do I ...

- | | | | | |
|---|---|---|---|---|
| 61. Make time to nurture myself | 0 | 1 | 2 | 3 |
| 62. Recognize my personal strengths | 0 | 1 | 2 | 3 |
| 63. Respond to my children's needs with empathy | 0 | 1 | 2 | 3 |
| 64. Give my children choices and consequences | 0 | 1 | 2 | 3 |
| 65. Have expectations for my children to succeed | 0 | 1 | 2 | 3 |
| 66. Spend time with my children having fun | 0 | 1 | 2 | 3 |
| 67. Praise my children for "being" wonderful kids, for being loving, etc. | 0 | 1 | 2 | 3 |

- | | | | | |
|---|---|---|---|---|
| 68. Praise my children for “doing” their best, for cooperating, trying, etc. | 0 | 1 | 2 | 3 |
| 69. Model appropriate ways to manage stress | 0 | 1 | 2 | 3 |
| 70. Honor my children’s wants and desires | 0 | 1 | 2 | 3 |
| 71. Help my children improve their self-worth | 0 | 1 | 2 | 3 |
| 72. Refer to our family rules to help guide my children | 0 | 1 | 2 | 3 |
| 73. Use positive discipline rather than spank or hit my children | 0 | 1 | 2 | 3 |
| 74. Model appropriate ways to express anger | 0 | 1 | 2 | 3 |
| 75. Have awareness of my own needs | 0 | 1 | 2 | 3 |
| 76. Make time to get my needs met in healthy ways | 0 | 1 | 2 | 3 |
| 77. Help my children learn positive ways to manage and express their feelings | 0 | 1 | 2 | 3 |
| 78. Express unconditional love for my children | 0 | 1 | 2 | 3 |
| 79. Praise myself for being or doing | 0 | 1 | 2 | 3 |
| 80. Model appropriate ways to express feelings of discomfort (bad feelings). | 0 | 1 | 2 | 3 |