

# Nurturing Skills Competency Scale (NSCS-3.0\*)

## Prenatal Families

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### 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](http://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

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## 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

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## 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

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## 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  
c. My current pregnancy is my first child
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  
c. My current pregnancy is my first child
34. Do any of your children have now or had a problem with alcohol, prescription drugs or street drugs? 34. \_\_\_\_  
a. Yes  
b. No  
c. My current pregnancy is my first child
35. Do any of your children have special learning needs that require a specialist or special education? 35. \_\_\_\_  
a. Yes  
b. No  
c. My current pregnancy is my first child
36. Do any of your children have a history of mental health problems? 36. \_\_\_\_  
a. Yes  
b. No  
c. My current pregnancy is my first child
37. Has anyone in your family ever been referred for 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 an expectant parent is: 39. \_\_\_\_  
a. High  
b. OK  
c. Low  
d. Very Low

40. Knowing what you know now about being an expectant parent, would you still choose to be expecting if you could do it all over again? 40. \_\_\_\_  
a. Yes  
b. Probably  
c. Probably not  
d. Absolutely not

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## PART E – About My Knowledge of Nurturing Practices

41. The importance of prenatal care has grown due to: 41. \_\_\_\_  
a. The increasing number of divorces and separations  
b. Our understanding of prenatal brain development  
c. The emphasis of post-partum depression  
d. The number of babies dying of low-birth weight
42. Stressful partner relationships can affect the development of the baby's brain. 42. \_\_\_\_  
a. True  
b. False
43. During pregnancy, changes to the Mom usually occur in three areas: 43. \_\_\_\_  
a. Neurological, emotional and spiritual  
b. Emotional, spiritual and physical  
c. Physical, emotional and social
44. Drinking alcohol during pregnancy is: 44. \_\_\_\_  
a. OK as long as you don't drink too much  
b. Helpful to the overall growth of the child  
c. The leading cause of preventable mental retardation
45. Which statement is TRUE? 45. \_\_\_\_  
a. Taking any prescription drug during pregnancy is OK  
b. Cats and birds should be avoided when pregnant  
c. It's OK to eat fresh tuna during pregnancy
46. This mineral is needed for proper bone development: 46. \_\_\_\_  
a. Vitamin B  
b. Calcium  
c. Iron
47. A newborn a few minutes old is capable of recognizing his father's voice. 47. \_\_\_\_  
a. Yes, if the father has been present and talking to the mother during pregnancy  
b. No, because the part of the brain that is responsible for hearing is not yet developed at birth  
c. Babies in utero can't hear anything

48. **Parental empathy means:** 48. \_\_\_\_
- Being aware of the thoughts, emotions, needs and desires of your children
  - Being able to respond to your children's thoughts, emotions, needs and desires in a positive and caring way
  - Both statements are ways to show empathy
49. **A high quality diet during pregnancy consists of:** 49. \_\_\_\_
- 2,000 to 3,000 calories each day
  - 6 to 11 daily servings of bread, cereal, rice, pasta
  - 3 to 5 daily servings of vegetables
  - 2 to 4 daily servings of fruit
  - All of the above
50. **Smoking during pregnancy:** 50. \_\_\_\_
- Can have devastating effects on your baby's development including low birth weight, premature delivery and stillbirth
  - Doesn't have any negative effects on the child because the Mom's body absorbs all the nicotine
  - The effects of smoking on developing babies depends on how much you smoke and the type of cigarettes
51. **Drinking coffee while pregnant:** 51. \_\_\_\_
- Provides the baby caffeine which helps development
  - Is harmful and should be eliminated
  - Is a stimulant which makes delivery easier
52. **What is the main reason why parents spank their children?** 52. \_\_\_\_
- The proverbs say to use the rod of correction
  - Because parents love their kids
  - To teach right from wrong
  - Parents spank for all these reasons
53. **Which of the following is a healthy way to manage and reduce stress?** 53. \_\_\_\_
- Eat healthy foods
  - Have a positive outlook on life
  - Get organized
  - All of the above are good ways
54. **The baby's brain is fully developed at birth.** 54. \_\_\_\_
- True, the brain is fully developed at birth otherwise the child couldn't function
  - Not true. Parts of the baby's brain need to be stimulated to develop so brain cells can become connected and strong
  - The baby's brain at birth performs the same functions as most one-year-olds
55. **The type of touch a baby receives can change the chemistry of the brain and body.** 55. \_\_\_\_
- True, touch triggers the release of many chemicals in the brain
  - False, touch doesn't affect the chemistry of the brain
  - Touch isn't that important because babies really don't feel pain

56. **Sexual activity during pregnancy generally:** 56. \_\_\_\_
- Is very damaging to a baby's health and should be avoided
  - Is safe unless the mother is aware of previous problems or experiences pain during sex
  - Is necessary. Sex helps the parents feel closer to their baby
57. **Parents can spoil children by:** 57. \_\_\_\_
- Preventing children from doing things for themselves
  - Anticipating your children's needs so they never have to ask for anything
  - Holding your children only when they cry
  - All of the above
58. **Possessive and violent relationships between parents can be dangerous to the baby.** 58. \_\_\_\_
- Not really. As long as the woman is not hit in the stomach, partner violence does not affect the baby
  - Any physical or emotional violence to women during pregnancy is dangerous to both the mom and the baby
  - Research studies indicate that possessive and violent relationships during pregnancy are not harmful to either the woman or baby
59. **Parents can help children develop their empathy by:** 59. \_\_\_\_
- Modeling empathy as parents
  - Teaching children to share, take turns and help each other
  - Teaching young children to care for pets, plants and things
  - All are good ways to teach children empathy
60. **Being a parent is a job 24 hours a day, 365 days of the year.** 60. \_\_\_\_
- Parents need to give all of themselves to their children, always
  - A parent's job is to make sure their children come first, always
  - Parents have to make sure their needs are getting met in order for them to meet their children's needs

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Turn the page and continue on to Part F ...

## 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

#### – Column A –

Respond to these items if you are pregnant  
 And **DON'T** have other children

#### – Column B –

Respond to these items if you are pregnant  
 and **DO** have other children

- |   |   |   |   |   |
|---|---|---|---|---|
| 61. Make time to nurture myself   | 0 | 1 | 2 | 3 |
| 62. Recognize my personal strengths   | 0 | 1 | 2 | 3 |
| 63. Respond to my partner with empathy                                      | 0 | 1 | 2 | 3 |
| 64. Consider the possible consequences of an action                         | 0 | 1 | 2 | 3 |
| 65. Have expectations for myself to succeed                                 | 0 | 1 | 2 | 3 |
| 66. Enjoy life by making time to play and have fun                          | 0 | 1 | 2 | 3 |
| 67. Praise my partner or other family member for "being"                    | 0 | 1 | 2 | 3 |
| 68. Praise my partner or other family member for "doing"                    | 0 | 1 | 2 | 3 |
| 69. Practice appropriate ways to manage stress                              | 0 | 1 | 2 | 3 |
| 70. Practice appropriate ways to handle anger                               | 0 | 1 | 2 | 3 |
| 71. Work on improving my self-worth on a daily basis                        | 0 | 1 | 2 | 3 |
| 72. Discuss with my partner our plans for discipline                        | 0 | 1 | 2 | 3 |
| 73. Make sure I eat proper food and get proper nutrition for me and my baby | 0 | 1 | 2 | 3 |
| 74. Have awareness of my own needs  | 0 | 1 | 2 | 3 |
| 75. Make time to get my needs met in healthy ways                           | 0 | 1 | 2 | 3 |
| 76. Maintain a loving relationship with my partner                          | 0 | 1 | 2 | 3 |
| 77. Avoid smoking and second-hand smoke                                     | 0 | 1 | 2 | 3 |
| 78. Avoid alcoholic drinks  | 0 | 1 | 2 | 3 |
| 79. Sing, talk and read to my baby  | 0 | 1 | 2 | 3 |
| 80. Express unconditional love for my baby                                  | 0 | 1 | 2 | 3 |

- |   |   |   |   |   |
|---|---|---|---|---|
| 61. Make time to nurture myself                                     | 0 | 1 | 2 | 3 |
| 62. Recognize my personal strengths                                 | 0 | 1 | 2 | 3 |
| 63. Respond to my children with empathy                             | 0 | 1 | 2 | 3 |
| 64. Give my children choices and consequences                       | 0 | 1 | 2 | 3 |
| 65. Have expectations for children to succeed                       | 0 | 1 | 2 | 3 |
| 66. Spend time with my children reading, singing and playing        | 0 | 1 | 2 | 3 |
| 67. Praise my child for "being" a wonderful child                   | 0 | 1 | 2 | 3 |
| 68. Praise my children for "doing" their best                       | 0 | 1 | 2 | 3 |
| 69. Model appropriate ways for my children to manage their stress   | 0 | 1 | 2 | 3 |
| 70. Teach my children appropriate ways to express feelings of anger | 0 | 1 | 2 | 3 |
| 71. Help my children improve their feelings of self-worth           | 0 | 1 | 2 | 3 |
| 72. Refer to our family rules to help guide our children            | 0 | 1 | 2 | 3 |
| 73. Feed my children proper food and nutrition                      | 0 | 1 | 2 | 3 |
| 74. Have awareness of my own adult needs                            | 0 | 1 | 2 | 3 |
| 75. Make time to get my needs met in healthy ways                   | 0 | 1 | 2 | 3 |
| 76. Maintain a loving relationship with my partner                  | 0 | 1 | 2 | 3 |
| 77. Avoid smoking and second-hand smoke                             | 0 | 1 | 2 | 3 |
| 78. Present a proper role model of health and exercise              | 0 | 1 | 2 | 3 |
| 79. Established a nurturing night time routine for my children      | 0 | 1 | 2 | 3 |
| 80. Express unconditional love for my children                      | 0 | 1 | 2 | 3 |