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Parent Grading Worksheet

Kids: Circle the grade you think your parent(s) deserve in each category.

Parents: Use your child's grades of you to facilitate discussion on what you can do better to meet your child's needs.

Communication

I can't talk to my mom/dad about what's bothering me

I can talk to my mom/dad about some things

I know I can tell my mom/dad anything I choose to

F _____ D _____ C _____ B _____ A

Quality of Time

I do not do any activities with my mom/dad

I only ever watch TV with my mom/dad

We do many family activities together

F _____ D _____ C _____ B _____ A

Feeling Loved

I do not feel that my mom/dad loves me

My mom/dad's love for me is conditional

My mom/dad loves me unconditionally

F _____ D _____ C _____ B _____ A

Affirmation

All my mom/dad does is criticize me

My mom/dad rarely tells me what I do right

My mom/dad tells me positive things and helps me feel confident

F _____ D _____ C _____ B _____ A

Areas of Improvement:

Things My Parents Can Do to Improve Their Grade: