

Parent Evaluation Form – The Confident Parent Course

1. I understand the principle of directing my energy into my own functioning (not my child's or partner's functioning)  
strongly disagree    disagree    unsure    agree    strongly agree
2. I understand the difference between worry driven connecting with my child compared to connecting with the whole child  
strongly disagree    disagree    unsure    agree    strongly agree
3. I understand holding an 'I' position from my own parenting convictions instead of focusing on 'you messages' to make my child change  
strongly disagree    disagree    unsure    agree    strongly agree
4. I can see the value in committing to the 'big picture' of parenting rather than short term fixes for quick change  
strongly disagree    disagree    unsure    agree    strongly agree
5. The information presented by Dr Jenny Brown gave helpful insights into parenting  
strongly disagree    disagree    unsure    agree    strongly agree
6. I now have a better understanding of my own functioning as a parent  
strongly disagree    disagree    unsure    agree    strongly agree
7. I feel more confident as a parent  
strongly disagree    disagree    unsure    agree    strongly agree
8. There was adequate time given to group questions and discussion.  
strongly disagree    disagree    unsure    agree    strongly agree

What's one idea from this course you want to use in your parenting?

Any other comments?

Name (optional) \_\_\_\_\_