

HOW WERE YOU PARENTED?

Below is a list of descriptions of how you might have been parented. For each section, (e.g. Aa1 is first section) choose just one option that most closely matches your experience of childhood up until your 10th birthday. Put your scores in the right hand column. At the end, compute your total.

Type 3

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| AA1 | <ul style="list-style-type: none">• You had multiple carers who were generally kind - score 0• You had multiple carers who were not kind, score -1.• You had only one carer who was kind, score +1 |
| AA 2 | <ul style="list-style-type: none">• Community childcare plus occasional family involvement - score 0• If you were predominantly in community childcare and there was no family involvement, give yourself a score of -1.• If you were not in childcare, and you were raised within the family for your entire childhood, give yourself a +1 |
| AA 3 | <ul style="list-style-type: none">• Familiar adults but irregular approach to caring - score 0• If you were often cared for by unfamiliar adults and experienced irregular approaches to caring, give yourself a -1.• If you were often cared for by familiar adults who provided routine and were regular in their approach to childcare, give yourself a +1 |
| AA 4 | <ul style="list-style-type: none">• Some predictability mixed with mild unpredictability - score 0• If you remember your childhood as being mostly unpredictable, score -• If you remember your childhood as being always very predictable, score +1 |
| AA 5 | <ul style="list-style-type: none">• Frequent but not emotionally threatening transitions - score 0• If you remember your childhood as being mostly stable with very little change in terms of housing, schooling, family members, parental availability, then score yourself a +1• If you remember your childhood as being mostly unstable including constant change of housing,, schooling, family members, lack of |

	parental availability, with often negative consequences, then score yourself a -1
BB6	• Carers modelled curiosity about rules - score 0 • If your carers enforced rules without giving you a rationale, score +1 • If your carers didn't have or like rules and didn't expect you to, score -1
BB 7	• Children encouraged to ask questions - score 0 • If your parents/carers took issue or did not like you asking questions, -1 • If your parents/carers relied on you to know all the answers - +1
BB8	• Parents admitted when they got things wrong - score 0 • If your parents/carers were always right, even when they were wrong score +1 • If your parents/carers distanced themselves from you if they got stuff wrong score -1
BB 9	• Moral expectations of your parents/carers were flexible – context sensitive - score 0 • If your parents/carers refused to adapt to expectations of others (e.g. new family member with different religious beliefs) +1 • If your parents/carers always changed their behaviour to fit with expectations of others (e.g. pretending to like or believe in things they didn't) score -1
BB 10	• Family talked openly about conflict - score 0 • Family engaged in physical or intimidating behaviour -score +1 • Family silence was the norm – score -1
CC11	• Noise and/or spontaneity at home, were tolerated score 0, • Noise/spontaneity not tolerated score +1 • Noise/spontaneity treated as a danger/something that might be damaging – score -1
CC12	• Parental/carers rules were adaptable to fit with context - score 0 • Rules fixed and rigid, despite them being not fit for purpose - score +1 • Very few rules and those that were there, often broken to suit needs of parents/carers - score -1
CC13	• Your parents/carers were regulated – emotionally quite stable – score 0 • Your parents/carers were emotionally unpredictable – score +1

CC14

- Your parents/carers were unavailable and hard to read – score -1
- Conflict at home was always constructive leading to a useful outcome – score 0
- Conflict was damaging and sometimes emotionally or physically dangerous – score +1
- Conflict was never surfaced – it brewed beneath the day to day interactions – score -1

CC15

- Child encouraged to contribute ideas – score 0
- Child never consulted – score -1
- It is the child's idea that will win the day – score +1

FINAL SCORE

Write a brief note about your reflection on this exercise – what are you feeling as you recall these as childhood? How many 0 scores did you get? What are your feelings about this?