



Center for the Urban Child  
and Healthy Family

---

# HEALTHY & READY TO LEARN BY 5

---

Baseline Data Report

OCTOBER 9, 2019

CENTER FOR THE URBAN CHILD AND HEALTHY FAMILY  
Boston Medical Center Department of Pediatrics

Contents

Background ..... 2

Purpose ..... 2

Data Sources and Process ..... 3

    Electronic Medical Record Data..... 3

    Healthy and Ready to Learn by 5 Survey ..... 3

Results..... 4

Next Steps ..... 13

Appendix 1. Healthy and Ready to Learn by 5 Survey ..... 14

## Background

The vision for the BMC Pediatrics Center for the Urban Child and Healthy Family is health equity—that *all* children have an equal opportunity to be healthy and to achieve their full potential. We will achieve this vision through redesigning the pediatric care model to maximize the health and well-being of children and families facing adversity. Our specific approach is to build the Pediatric Practice of the Future through developing, testing and scaling an innovative model of health care delivery, working in concert with families, communities, and other child- and family- serving sectors. The Center has set a goal that by 2028, all children cared for by BMC Pediatrics are healthy and ready to learn, with adequate supports to thrive, by age 5.

## Purpose

The Pediatric Practice of the Future is a new model of health care delivery that consists of core components that we believe are essential to its effectiveness. In order to assess whether the core components implemented as part of the new model of care have an effect on healthy and ready to learn, we identified a set of variables to establish a baseline of where children currently stand against this benchmark. The variables identified map onto the primary and secondary drivers that we identified, based on searching the literature and speaking with experts, of school readiness (see Table 1). Of note, many variables that we selected are the same as what are used at Cincinnati Children’s Hospital to assess their Thrive by 5 Initiative, thereby providing another US city for comparison.

<b>Table 1. Drivers of Healthy and Ready to Learn by 5</b>	
<b>Primary Drivers</b>	<b>Secondary Drivers</b>
<b>Physically and emotionally healthy child</b>	Physical, emotional and developmental health needs identified and addressed
<b>Quality early childhood education</b>	Literacy opportunities at home; Ability to enroll in accessible, low or minimal cost child care; Opportunities to promote social-emotional learning at home
<b>Safe, stable and nurturing relationships</b>	Parent/caregiver has access to his or her own medical and behavioral health care; Parent/caregiver understanding and application of parent-child interactions to support healthy development; Emotional support and connection for parents/caregivers
<b>Safe physical environment</b>	Food security; Housing security; Economic mobility

## Data Sources and Process

### Electronic Medical Record Data

Data were extracted from the electronic medical records (EMRs) of all unique children ages birth through <6 years old that had at least one visit with a BMC primary care provider between January 29, 2016 and June 1, 2019 (N=5,114). Variables include immunization rates, presence of a dental home, completion and results of vision and hearing screenings, body mass index (BMI), and responses to THRIVE social determinants of health screener.

The BMC Clinical Data Warehouse assigned unique IDs to each child and extracted variables from the EMR. If multiple visits were recorded for an individual patient, data from the most recent visit were used. The Center team analyzed the data and ran descriptive statistics on each variable. For each variable, a sample size (n) and proportion are reported. Of note, sample sizes vary depending on the specific variable, which is important to keep in mind when interpreting percentages. In certain cases, notes on the quality of the available data are presented.

### Healthy and Ready to Learn by 5 Survey

While the EMR data are valuable and necessary, they are not sufficient to address all the drivers of healthy and ready to learn by 5. As such, a supplemental questionnaire was implemented, using questions from validated screening tools (see Appendix 1). Specifically, the BMC Healthy and Ready to Learn by 5 Survey is composed of the (1) FLOURISH measure, (2) Section G of the National Survey of Children's Health and the (3) Parent Scale of Competency, thereby including questions about children's behavior, emotional development, approaches to learning, and parental perceptions of their competency as caregivers. The questionnaires included in this survey are validated for parents with children ages 3 to 5 years old.

The Healthy and Ready to Learn by 5 Questionnaire was (and continues to be) administered in the BMC primary care pediatrics clinic by research assistants in English, Spanish, and Haitian-Creole. Families with a child between the ages of 3-5 years are approached while they wait for their child's doctor and are offered a \$10 ClinCard for their time. Families who choose to fill out the questionnaire provide the child's age, sex, and the language in which they prefer to complete the questionnaire. The Center expects that approaching families at various times of the day, on different days of the week, and in different languages will provide a representative cross-section of the families who receive care at BMC pediatrics primary care. To date, 61 of families have been administered the survey, with a goal of 150 completed questionnaires. The mean age of the children in the included surveys was **4.35 years**.

## Results

TABLE 1. DEMOGRAPHICS OF CHILDREN BIRTH-5.99 YEARS (n=5114) <sup>1</sup>	
	n (%)
<b>Gender</b>	
Female	2497 (48.8%)
<b>Age Category</b>	
<1 Year	932 (18.2%)
1 to <2 Years	977 (19.1%)
2 to <3 Years	893 (17.5%)
3 to <4 Years	866 (16.9%)
4 to <5 Years	771 (15.1%)
5 to <6 Years	675 (13.2%)

<sup>1</sup>All children with at least one visit with a BMC primary care provider between January 29, 2016 and June 1<sup>st</sup> 2019 were included in this sample

<b>TABLE 2. HEALTHY AND READY TO LEARN METRICS FROM THE EMR (n=5114)<sup>1</sup></b>	
	n (%)
<b>5 Year Olds Fully Vaccinated by Kindergarten Entry (N=657)<sup>2</sup></b>	389 (59.2%)
<b>Dental Home for Children &gt;12 Months Old? (N=3186)</b>	
Information About a Dental Home Recorded and Extractable	2235 (70.2%)
Has a Dental Home	1562 (69.9%)
Does Not Have a Dental Home	673 (30.1%)
<b>Vision Screen for Children Aged 3.5-5.99 Years Old? (N=1860)</b>	
Has Vision Screen Data Recorded and Extractable	879 (47.3%)
Passed Vision Screen	666 (75.8%)
<b>Hearing Screen for Children Aged 3.5-5.99 Years Old? (N=1860)</b>	
Has Hearing Screen Data Recorded and Extractable	745 (40.1%)
Passed Hearing Screen	538 (72.2%)
<b>BMI Categories at 3 Year Well Child Visit<sup>3,4,5</sup></b>	
Male (N=1155)	
Underweight	61 (5.3%)
Normal	743 (64.3%)
Overweight/Obese	351 (30.4%)
Female (N=1079)	
Underweight	39 (3.6%)
Normal	706 (65.4%)
Overweight/Obese	334 (31.0%)
<b>BMI Categories at 5 Year Well Child Visit<sup>3,4,5</sup></b>	
Male (N=397)	
Underweight	22 (5.5%)
Normal	236 (59.5%)
Overweight/Obese	139 (35.0%)
Female (N=324)	
Underweight	12 (3.7%)
Normal	175 (54.0%)
Overweight/Obese	137 (42.3%)

<sup>1</sup>All children with at least one visit with a BMC primary care provider between January 29, 2016 and June 1<sup>st</sup> 2019 were included in this sample

<sup>2</sup> Fully vaccinated means up to date with vaccines required for school entry

<sup>3</sup>BMI categories correlate to the following growth curve percentiles: underweight (<5th percentile), normal (5th<85th percentile), overweight (85th<95th percentile), obese (>95th percentile)

<sup>4</sup>6 month window before and after 3 and 5 year well visits (30-42 months, 54-66 months)

<sup>5</sup> BMI variable is not cut off at 06.01.19 and has data through August '19. All other variables only contain data through May 31, 2019 (N=5114)

<b>TABLE 3. THRIVE SCREENING (n=5114)<sup>1</sup></b>	
Information About THRIVE Data Recorded	2973 (58.1%)
Patient Answered All No	1069 (36.0%)
Patient Refused	251 (8.4%)
Positive Results of Most Recent THRIVE Screener Administered	
Trouble Paying for Medicines?	156 (5.3%)
Trouble Getting Transportation for Medical Appointments?	223 (7.5%)
Trouble Paying Heating/Electric Bill?	289 (9.7%)
Trouble Taking Care of a Child, Family Member, or Friend?	109 (3.7%)
Currently Unemployed and Looking for a Job?	418 (14.1%)
Interested in More Education?	661 (22.2%)
<i>Housing</i>	
Have a Steady Place to Live	1550 (90.7%)
Have a Place Today but Worried	88 (5.2%)
Do Not have a Steady Place to Live	70 (4.1%)
<i>Food</i>	
Past 12 Months, Food Didn't Last and No Money to Get it	
Yes	164 (5.5%)
Often True	64 (2.2%)
Sometimes True	327 (11%)
Never True	636 (21.4%)
Past 12 Months, Worried Whether Food Would Run Out	
Often True	78 (2.6%)
Sometimes True	323 (10.9%)
Never True	632 (21.3%)
Food Emergency, Need Food for Tonight	52 (1.8%)

<sup>1</sup>All children with at least one visit with a BMC primary care provider between January 29, 2016 and June 1<sup>st</sup> 2019 were included in this sample

<b>TABLE 4. FLOURISH Questions from BMC Healthy and Ready to Learn Survey (n=61)</b>	
<b>Question</b>	<b>Response n (%)</b>
<b>How often is your child affectionate and tender?</b> Never/Rarely Sometimes Usually/Always	1 (1.6%) 4 (6.6%) 56 (91.8%)
<b>How often does your child smile/laugh?</b> Never/Rarely Sometimes Usually/Always	7 (11.4%) 16 (26.2%) 38 (62.4%)
<b>How often does your child bounce back quickly when things do not go his/her way?</b> Never/Rarely Sometimes Usually/Always	1 (1.6%) 6 (9.8%) 53 (86.9%)
<b>How often does your child show interest and curiosity in learning new things?</b> Never/Rarely Sometimes Usually/Always	0 (0.0%) 1 (1.6%) 60 (98.4%)

<b>TABLE 5. FLOURISH Questions from BMC Survey Compared to 2017 National Sample</b>		
<b>Number of Flourishing Indicators Met<sup>1</sup></b>	<b>BMC n =61</b>	<b>Nationwide n=5,782</b>
<b>0-2 Items</b>	6.5%	8.1%
<b>3 Items</b>	44.3%	27.1%
<b>4 Items</b>	49.2%	64.8%

<sup>1</sup>Usually or Always responses indicated as child meets Flourish item criteria.

**TABLE 6. Questions from BMC Survey National Survey of Children’s Health**

Question	BMC n=61	Nationwide n≈3150
<b>Has this child started school? <i>Include any formal home schooling.</i></b> Yes, preschool Yes, kindergarten Yes, first grade No	52.5% 11.5% 0.0% 36.1%	46.0% 25.9% 1.1% 27.0%
<b>How confident are you that this child is ready to be in school?</b> Completely Confident Mostly Confident Somewhat confident Not Confident	65.6% 21.3% 9.8% 3.3%	74.6% 17.6% 5.2% 2.6%
<b>Are you concerned about how this child is learning to do things for him or herself?</b> Very concerned Somewhat concerned Not at all concerned	8.2% 13.1% 78.7%	5.3% 11.2% 83.5%
<b>How often can this child explain things he or she has seen or done so that you get a very good idea what happened?</b> Always Most of the time Half of the time Sometimes Never	39.3% 31.2% 9.8% 11.5% 8.2%	51.8% 35.1% 7.3% 3.3% 2.4%
<b>How often can this child recognize the beginning sound of a word? <i>For example, can this child tell you that the word “ball” starts with the “buh” sound?</i></b> Always Most of the time Half of the time Sometimes Never	41.0% 21.3% 8.2% 18.0% 9.8%	47.0% 28.3% 8.5% 10.1% 6.1%
<b>About how many letters of the alphabet can this child recognize?</b> All of them Most of them About half of them Some of them None or some	37.7% 21.3% 9.8% 21.3% 9.8%	49.0% 21.7% 8.7% 17.3% 3.3%
<b>Can this child rhyme words?</b> Yes No	65.6% 34.4%	66.9% 33.1%
<b>How often can this child write his or her first name, even if some of the letters aren’t quite right or are backwards?</b> Always Most of the time Half of the time Sometimes Never	29.5% 16.4% 1.6% 14.8% 37.7%	43.4% 11.2% 4.4% 10.5% 30.5%

<b>How high can this child count?</b>		
This child cannot count/Up to 5	8.2%	6.6%
Up to 10	18.0%	23.5%
Up to 20	45.9%	37.5%
Up to 50	14.8%	14.8%
Up to 100 or more	13.1%	17.6%
<b>How often can this child identify basic shapes such as a triangle, circle, or square?</b>		
Always	57.4%	67.4%
Most of the time	23.0%	19.0%
Half of the time	6.6%	5.8%
Sometimes	8.2%	5.8%
Never	4.9%	2.0%
<b>Can this child identify the colors red, yellow, blue and green by name?</b>		
Yes, all of them	86.9%	88.7%
Yes, some of them	9.8%	10.5%
No, none of them	3.3%	0.8%
<b>How does this child usually hold a pencil?</b>		
Uses fingers to hold the pencil	62.3%	76.6%
Grips the pencil in his or her fist	36.1%	22.2%
This child cannot hold a pencil	1.6%	1.3%
<b>How often is this child easily distracted?</b>		
Always	18.0%	3.8%
Most of the time	23.0%	10.0%
Half of the time	18.0%	22.7%
Sometimes	37.7%	56.6%
Never	3.3%	6.9%
<b>When this child is paying attention, how often can he or she follow instructions to complete a simple task?</b>		
Always	21.3%	36.2%
Most of the time	41.0%	46.5%
Half of the time	13.1%	11.4%
Sometimes	23.0%	5.5%
Never	1.6%	0.4%
<b>How often does this child keep working at something until he or she is finished?</b>		
Always	18.0%	11.7%
Most of the time	31.2%	51.8%
Half of the time	24.6%	21.4%
Sometimes	21.3%	13.6%
Never	4.9%	1.5%
<b>Compared to other children his or her age, how often is this child able to sit still?</b>		
Always	18.0%	47.4%
Most of the time	32.8%	21.1%
Half of the time	23.0%	11.8%

Sometimes	21.3%	1.9%
Never	4.9%	
<b>When excited or all wound up, how often can this child calm down quickly?</b>		
Always	16.4%	14.2%
Most of the time	27.9%	53.4%
Half of the time	29.5%	19.1%
Sometimes	24.6%	11.7%
Never	1.6%	1.7%
<b>How often does this child become angry or anxious when going from one activity to another?</b>		
Always	3.3%	1.2%
Most of the time	11.5%	4.7%
Half of the time	9.8%	9.5%
Sometimes	54.1%	49.0%
Never	21.3%	35.6%
<b>How often does this child lose control of his or her temper when things do not go his or her way?</b>		
Always	9.8%	2.2%
Most of the time	14.8%	14.5%
Half of the time	11.5%	17.1%
Sometimes	45.9%	53.9%
Never	18.0%	12.4%
<b>How often does this child play well with others?</b>		
Always	45.9%	44.7%
Most of the time	36.1%	46.8%
Half of the time	6.6%	5.0%
Sometimes	8.2%	3.1%
Never	3.3%	0.4%
<b>How often does this child show concern when others are hurt or unhappy?</b>		
Always	45.9%	42.9%
Most of the time	27.9%	41.0%
Half of the time	8.2%	7.4%
Sometimes	14.8%	7.5%
Never	3.3%	1.1%
<b>Compared to other children his or her age, how much difficulty does this child have making or keeping friends?</b>		
No difficulty	70.5%	81.7%
A little difficulty	21.3%	15.2%
A lot of difficulty	6.6%	3.1%

**TABLE 7. BMC Survey: Parenting Sense of Competence**

Question	Strongly Agree	Agree	Somewhat Agree	Somewhat Disagree	Disagree	Strongly Disagree
Sometimes I feel like I'm not getting anything done.	2 (3.3%)	4 (6.6%)	11 (18.0%)	11 (18.0%)	13 (21.3%)	18 (29.5%)
I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot.	2 (3.3%)	4 (6.6%)	9 (14.8%)	3 (4.9%)	14 (23.0%)	29 (47.5%)
I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	2 (3.3%)	2 (3.3%)	7 (11.5%)	5 (8.2%)	19 (31.1%)	26 (42.6%)
Being a parent is manageable, and any problems are easily solved.	8 (13.1%)	27 (44.3%)	7 (11.5%)	8 (13.1%)	5 (8.2%)	5 (8.2%)
A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one.	11 (18.0%)	14 (23.0%)	17 (27.9%)	4 (6.6%)	6 (9.8%)	8 (13.1%)
If anyone can find the answer to what is troubling my child, I am the one.	27 (44.3%)	14 (23.0%)	8 (13.1%)	3 (4.9%)	3 (4.9%)	6 (9.8%)
The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	32 (52.5%)	18 (29.5%)	5 (8.2%)	1 (1.6%)	3 (4.9%)	2 (3.3%)
I honestly believe I have all the skills necessary to be a good mother to my child.	34 (55.7%)	12 (19.7%)	10 (16.4%)	3 (4.9%)	1 (1.6%)	0 (0.0%)
Considering how long I've been a mother, I feel thoroughly familiar with this role.	31 (50.8%)	14 (23.0%)	8 (13.1%)	4 (6.6%)	1 (1.6%)	2 (3.3%)
I meet my own personal expectations for expertise in caring for my child	16 (26.2%)	26 (42.6%)	4 (6.6%)	3 (4.9%)	7 (11.5%)	2 (3.3%)
I would make a fine model for a new mother to follow in order to learn what she would need to know in order to be a good parent.	18 (29.5%)	17 (27.9%)	16 (26.2%)	6 (9.8%)	1 (1.6%)	1 (1.6%)
My mother was better prepared to be a good mother than I am.	3 (4.9%)	1 (1.6%)	7 (11.5%)	4 (6.6%)	13 (21.3%)	32 (52.5%)

<b>My talents and interests are in other areas, not being a parent.</b>	0 (0.0%)	0 (0.0%)	1 (1.6%)	4 (6.6%)	10 (16.4%)	46 (75.4%)
<b>If being a mother of a child were only more interesting, I would be motivated to do a better job as a parent.</b>	6 (9.8%)	8 (13.1%)	5 (8.2%)	1 (1.6%)	6 (9.8%)	34 (55.7%)
<b>Being a parent makes me tense and anxious.</b>	1 (1.6%)	5 (8.2%)	10 (16.4%)	6 (9.8%)	14 (23.0%)	24 (39.3%)
<b>Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age.</b>	1 (1.6%)	3 (4.9%)	9 (14.8%)	6 (9.8%)	14 (23.0%)	28 (45.9%)
<b>Being a good mother is a reward in itself.</b>	50 (82.0%)	7 (11.5%)	1 (1.6%)	2 (3.3%)	0 (0.0%)	1 (1.6%)

<b>TABLE 9. BMC Survey: Parenting Sense of Competence</b>	
<b>PSOC Score Quartile</b>	<b>N (%)</b>
<b>55-75</b>	15 (24.6%)
<b>76-80</b>	13 (21.3%)
<b>80-87</b>	14 (22.9%)
<b>88-100</b>	19 (31.2%)

## Next Steps

Upon completion of primary data collection in late fall 2019, we will include the results of these findings in our report. In January 2020, we will begin enrolling newborn patients in the pilot of the Practice of the Future. Annually, we will collect the same variables on patients enrolled in the pilot as well as a group of matched control children, to compare against our baseline results. Over time, we anticipate to see changes in outcomes based on the implementation of this new model. The Center will continue to perform this data pull as well as the Healthy and Ready to Learn by 5 Questionnaire on a subset of the primary care panel annually to gauge improvements in our population as we begin implementing the Practice of the Future.

## Appendix 1. Healthy and Ready to Learn by 5 Survey

### Introduction

Hi. My name is..... I am a staff person [note important NOT to say research assistant as this is not research] here at BMC Pediatrics. What language are you most comfortable speaking in?

Would you mind chatting with us for a few minutes while you wait for your doctor to come in?

### Framing

We want to make sure that every young child who comes here for primary care is healthy and ready to learn by five years old. To be prepared to provide the best care possible, we want to learn from our families how they think their children are doing. So, we are asking families with a child between 3 and 5 years old if they would answer some questions for about 10 minutes.

Learning a bit about you and your child will help us understand where we can make improvements to our care that will help all children seen at BMC be healthy and ready for school. We will be asking questions about your child's emotions, behaviors, approach to learning and to playing as well as your own feelings about being a parent. **We are not doing research**, so your child's name and your family's personal information will not be used or tied to the answers you give us. The only information I will write down is your answers and your child's sex and age. After we have talked to many families, we will combine all of the information to understand where we can make improvements. Would you like to participate and answer a few questions? To thank you for your time, we can offer you a \$10 ClinCard. Do you have any questions for me?

Child Age (in months) \_\_\_\_\_

Child Sex \_\_\_\_\_

Date administered \_\_\_\_\_

Filled out by  Mom  Dad  Grandparent  Guardian  Foster Parent  Other  Unknown

Language:  English  Spanish  Haitian-Creole

First, we would like to ask you some questions about your child's emotions and behavior. *Please answer all questions about the same child.*

**Questionnaire: FLOURISH**

	Never	Rarely	Sometimes	Usually	Always
How often is your child affectionate and tender?					
How often does your child bounce back quickly when things do not go his/her way?					
How often does your child show interest and curiosity in learning new things?					
How often does your child smile/laugh?					

Now we would like to ask about your child's learning, behavior, and feelings. *Please answer all questions about the same child.*

**Questionnaire: National Survey of Children's Health: This Child's Learning (Section G)**

**G3. Has this child started school?** *Include any formal home schooling.*

- Yes, preschool
- Yes, kindergarten
- Yes, first grade
- No

**G4. Are you concerned about how this child is learning to do things for him or herself?**

- Yes, somewhat concerned
- Yes, very concerned
- No

**G5. How confident are you that this child is ready to be in school?**

- Completely confident
- Mostly confident
- Somewhat confident
- Not at all confident

**G6. How often can this child recognize the beginning sound of a word?** *For example, can this child tell you that the word "ball" starts with the "bah" sound?*

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G7. About how many letters of the alphabet can this child recognize?**

- All of them
- Most of them
- About half of them
- Some of them
- None of them

**G8. Can this child rhyme words?**

- Yes
- No

**G9. How often can this child explain things he or she has seen or done so that you get a very good idea what happened?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G10. How often can this child write his or her first name, even if some of the letters aren't quite right or are backwards?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G11. How high can this child count?**

- This child cannot count
- Up to five
- Up to ten
- Up to 20
- Up to 50
- Up to 100 or more

**G12. How often can this child identify basic shapes such as a triangle, circle, or square?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G13. Can this child identify the colors red, yellow, blue and green by name?**

- Yes, all of them
- Yes, some of them
- No, none of them

**G14. How often is this child easily distracted?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G15. How often does this child keep working at something until he or she is finished?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G16. When this child is paying attention, how often can he or she follow instructions to complete a simple task?**

- Always
- Most of the time
- About half the time
- Sometimes

Never

**G17. How does this child usually hold a pencil?**

- Uses fingers to hold the pencil
- Grips the pencil in his or her fist
- This child cannot hold a pencil

**G18. How often does this child play well with others?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G19. How often does this child become angry or anxious when going from one activity to another?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G20. How often does this child show concern when others are hurt or unhappy?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G21. When excited or all wound up, how often can this child calm down quickly?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G22. How often does this child lose control of his or her temper when things do not go his or her way?**

- Always
- Most of the time
- About half the time
- Sometimes
- Never

**G23. Compared to other children his or her age, how much difficulty does this child have making or keeping friends?**

- No difficulty
- A little difficulty
- A lot of difficulty

**G24. Compared to other children his or her age, how often is this child able to sit still?**

Always

Most of the time

About half the time

Sometimes

Never

These next few questions help us understand how you might feel about your parenting. *Please answer all questions about the same child.*

**Questionnaire:** PSOC (Gibaud-Wallston & Wandersman, 1978)

Please rate the extent to which you agree or disagree with each of the following statements.

	Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
	1	2	3	4	5	6
1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	1	2	3	4	5	6
2. Even though being a parent could be rewarding, I am frustrated now while my child is at his / her present age.	1	2	3	4	5	6
3. I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot.	1	2	3	4	5	6
4. I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	1	2	3	4	5	6
5. My mother was better prepared to be a good parent than I am.	1	2	3	4	5	6
6. I would make a fine model for a new parent to follow in order to learn what she would need to know in order to be a good parent.	1	2	3	4	5	6
7. Being a parent is manageable, and any problems are easily solved.	1	2	3	4	5	6
8. A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one.	1	2	3	4	5	6
9. Sometimes I feel like I'm not getting anything done.	1	2	3	4	5	6
10. I meet my own personal expectations for expertise in caring for my child.	1	2	3	4	5	6
11. If anyone can find the answer to what is troubling my child, I am the one.	1	2	3	4	5	6
12. My talents and interests are in other areas, not being a parent.	1	2	3	4	5	6
13. Considering how long I've been a parent, I feel thoroughly familiar with this role.	1	2	3	4	5	6
14. If being a parent of a child were only more interesting, I would be motivated to do a better job as a parent.	1	2	3	4	5	6

15. I honestly believe I have all the skills necessary to be a good parent to my child. 1 2 3 4 5 6
16. Being a parent makes me tense and anxious. 1 2 3 4 5 6
17. Being a good parent is a reward in itself. 1 2 3 4 5 6