

# Parenting Practices Rating Scale

C.A Childress, Psy.D. (2016)

Name of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Rater: \_\_\_\_\_

Indicate all that apply.

Child Abuse Ratings: Do not indicate child abuse is present unless allegations have been confirmed. In cases of abuse allegations that have neither been confirmed nor disconfirmed, or that are unfounded, use Allegation subheading rating not Category rating.

## Level 1: Child Abuse

- 1. **Sexual Abuse**  
As defined by legal statute.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded
  
- 2. **Physical Abuse**  
Hitting the child with a closed fist; striking the child with an open hand or a closed fist around the head or shoulders; striking the child with sufficient force to leave bruises; striking the child with any instrument (weapon) such as kitchen utensils, paddles, straps, belts, or cords.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded
  
- 3. **Emotional Abuse**  
Frequent verbal degradation of the child as a person in a hostile and demeaning tone; frequent humiliation of the child.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded
  
- 4. **Psychological Abuse**  
Pathogenic parenting that creates significant psychological or developmental pathology in the child in order to meet the emotional and psychological needs of the parent, including a role-reversal use of the child as a regulatory object for the parent's emotional and psychological needs.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded
  
- 5. **Neglect**  
Failure to provide for the child's basic needs for food, shelter, safety, and general care.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded
  
- 6. **Domestic Violence Exposure**  
Repeated traumatic exposure of the child to one parent's violent physical assaults toward the other parent or to the repeated emotional degradation (emotional abuse) of the other parent.
  - Allegation: Neither confirmed nor disconfirmed
  - Allegation: Unfounded

## Level 2: Severely Problematic Parenting

- 7. **Overly Strict Discipline**  
Parental discipline practices that are excessively harsh and over-controlling, such as inflicting severe physical discomfort on the child through the use of stress postures, using shaming techniques, or confining the child in an enclosed area for excessively long periods (room time-outs are not overly strict discipline).
- 8. **Overly Hostile Parenting**  
Frequent displays (more days than not) of excessive parental anger (a 6 or above on a 10-point subjective scale).
- 9. **Overly Disengaged Parenting**  
Repeated failure to provide parental supervision and/or age-appropriate limits on the child's behavior and activities; parental major depression or substance abuse problems.
- 10. **Overly Involved-Intrusive Parenting**  
Enmeshed, over-intrusive, and/or over-anxious parenting that violates the psychological self-integrity of the child; role-reversal use of the child as a regulatory object for the parent's anxiety or narcissistic needs.
- 11. **Family Context of High Inter-Spousal Conflict**  
Repeated exposure of the child to high inter-spousal conflict that includes excessive displays of inter-spousal anger.

## Level 3: Problematic Parenting

- 12. **Harsh Discipline**  
Excessive use of strict discipline practices in the context of limited displays of parental affection; limited use of parental praise, encouragement, and expressions of appreciation.
- 13. **High-Anger Parenting**  
Chronic parental irritability and anger and minimal expressions of parental affection.
- 14. **Uninvolved Parenting**  
Disinterested lack of involvement with the child; emotionally disengaged parenting; parental depression.
- 15. **Anxious or Over-Involved Parenting**  
Intrusive parenting that does not respect interpersonal boundaries.
- 16. **Overwhelmed Parenting**  
The parent is overwhelmed by the degree of child emotional-behavioral problems and cannot develop an effective response to the child's emotional-behavioral issues.
- 17. **Family Context of Elevated Inter-Spousal Conflict**  
Chronic child exposure to moderate-level inter-spousal conflict and anger or intermittent explosive episodes of highly angry inter-spousal conflict (intermittent spousal conflicts involving moderate anger that are successfully resolved are normal-range and are not elevated inter-spousal conflict).

## Level 4: Positive Parenting

- 18. **Affectionate Involvement – Structured Spectrum**  
Parenting includes frequent displays of parental affection and **clearly structured** rules and expectations for the child's behavior. Appropriate discipline follows from clearly defined and appropriate rules.
- 19. **Affectionate Involvement – Dialogue Spectrum**  
Parenting includes frequent displays of parental affection and **flexibly negotiated** rules and expectations for the child's behavior. Parenting emphasizes dialogue, negotiation, and flexibility.
- 20. **Affectionate Involvement – Balanced**  
Parenting includes frequent displays of parental affection and parenting effectively balances structured discipline with flexible parent-child dialogue.

