

Mom Dad When it comes to _____, my parents:

Why? Notes

School – understand the academic pressures that I'm under at school and keep my grades in perspective

Friends – know how my friends are and what's going on in those relationships

Communication – talk and listen to me with respect and concern

Freedom – let me enjoy life

Support & Encouragement – are behind me when I need them

Trust – trust me and let do what I want most of the time

Discipline – set reasonable limits and give appropriate discipline when I'm out of line

Nurturing & Loving – love me and do things that make me feel warm and special

Money – have shown me how to spend and save, and to appreciate what I have

Good Values – have shown me how to give and take, what's important, what's right and wrong, and how to get along with others

Survival – have prepared me for surviving out there in the "real" world

Spirituality – have helped me cultivate a reverence for life and faith in a higher power

Availability – are there, physically and emotionally, when I need them

Guidance – provide insight, counsel and direction when I need it

Provide – provide the food, shelter, safety, clothing, money and supplies I need

Sex – talk openly with me about sex. I understand how they feel and they understand how I feel

Drugs/Drinking – are doing the right thing with me when it comes to drugs and alcohol

Marriage – have shown me a good example of how to succeed as partners in a marriage

Work – have taught me through their example how work can be rewarding and satisfying

Health & Self-Care – they set a good example when it comes to rest, nutrition, exercise and living a balanced, stress-controlled lifestyle

Independence – they help me stand on my own, take responsibility for myself (including mistakes and failures) and help me be my own person

Siblings – they have helped more than hurt when it comes to getting along with my brother(s)/sister(s)

My Future – my parents help me think about and plan my future in a positive way

Effective listening breeds competence, collaboration, good decisions, and caring.

Parent Report Card



Control is an Illusion

- or -

It's Not Easy to Raise a Parent

Make two copies and give one to your parents to grade themselves.

Grade your parents A, B, C, D or F on each item.

Compare your grades and discuss the differences... and the similarities.

In his book, *The Real Rules of Life*, Dr. Ken Druck discusses our need to control life's outcomes. As parents we are the caretakers and guides for the most precious commodity of our hearts: our children. We want so much for them to succeed in school, have the best friends, do the right things... At some point we all loosen our grip on our children knowing that if they don't fall down and learn to pick themselves up, they'll never grow. As children, we long for independence.

The Parent Report Card is an opportunity for your child to grade you, for you to see their interpretation of your parenting, and to give each other some insight on areas you can work on together. This tool is intended to build bridges of insight and understanding, not as a weapon to judge or hurt yourself or someone else.

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