

Nurturing Skills Competency Scale (NSCS-3.0*)

Nurturing Skills for Families

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Long Version

Check One:
Pretest _____
Posttest _____

* Items on Version 3.0 of the NSCS have been updated, added or revised in each of the six construct areas.

This inventory can only be scored online at AssessingParenting.com

PLEASE PRINT:

1. Date Inventory was administered: _____ Name of person administering Inventory: _____

2. Last Name (or agency ID number): _____ 3. Middle Initial: ____ 4. First Name: _____

Agency Name _____

City _____

State _____

Directions: Please circle the letter of your response in each item AND write the letter in the space provided. For example, for item #6, if you are Female, circle the letter b, and write the letter b in the space provided. Answer all the items.

PART A – About Me

5. Birthday: _____ / _____ / _____
Month Day Year

6. Gender: _____ 6. ____

- a. Male d. Transgender Woman
b. Female e. Other: _____
c. Transgender Man

7. Race/Nationality: _____ 7. ____

- a. White f. Pacific Islander
b. Black g. Bi-racial
c. Asian h. Multi-racial
d. Hispanic i. Other
e. Native American

Nationality: _____

8. Marital Status: _____ 8. ____

- a. Single
b. Married
c. Unmarried Partners
d. Separated/Divorced
e. Widow/Widower

9. Number of children you have: _____ 9. ____

10. Highest grade you completed: _____ 10. ____

- a. Grade School
b. Middle School (grades 7 & 8)
c. Some High School (grades 9 -11)
d. High School Graduate
e. Working on or Completed GED
f. Two Year Tech School
g. Some College
h. College Graduate
i. Post Graduate or above

11. Current Employment-School status: _____ 11. ____

- a. Employed full-time
b. Going to school full-time
c. Employed part-time
d. Going to school part-time
e. Both going to school and working
f. I am a stay-at-home Mom or Dad
g. Currently unemployed and not going to school
h. Retired
i. Other

12. Annual Household Income: _____ 12. ____

- a. Under \$15,000 e. \$40,001 to \$60,000
b. \$15,001 to \$25,000 f. Over \$60,000
c. \$25,001 to \$30,000 g. I don't know
d. \$30,001 to \$40,000

13. Are or were you and/or your partner in the military? _____ 13. ____

- a. Yes, only me
b. Yes, only my partner
c. Yes, both of us
d. No

14. As a child, did you experience any type of physical, emotional or sexual abuse by someone outside of your family? _____ 14. ____

- a. Yes
b. No

15. As a child, did you experience any type of physical, emotional or sexual abuse by someone inside of your family? _____ 15. ____

- a. Yes
b. No

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PART B – About My Childhood

As a child between the ages of 4 to 18, did you:

16. Ever feel that no one in your family loved you or thought you were special? 16. ____
a. Yes
b. No
17. Ever feel your needs were ignored? 17. ____
a. Yes
b. No
18. Ever feel that either of your parents used street drugs, abused alcohol, or misused prescription drugs? 18. ____
a. Yes
b. No
19. Feel the quality of your relationship with your mother or mother figure was: 19. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
20. Feel the quality of your relationship with your father or father figure was: 20. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
21. Ever feel your mother or mother figure was physically, verbally or sexually abused by her partner? 21. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
22. Ever feel your father or father figure was physically, verbally or sexually abused by his partner? 22. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
23. Ever feel your parents had marital problems? 23. ____
a. Yes
b. No
24. Ever feel any of your brothers or sisters were physically, verbally or sexually abused? 24. ____
a. Yes, and I witnessed the abuse
b. Yes, but I didn't witness the abuse
c. No
d. I have no birth or adopted brothers or sisters

PART C – About the Father/Mother of my Child(ren)

My responses to the following statements refer to (please circle one):

- a. The father of my children (referred to as parent partner)
b. The mother of my children (referred to as parent partner)

Note: If there are children from different parents, please refer to the parent partner of the most recent child.

25. Is your parent partner a problem drinker or alcoholic; abuses prescription drugs or uses street drugs? 25. ____
a. Yes
b. No
26. Do you think your parent partner was abused or neglected as a child? 26. ____
a. Yes
b. No
27. Do you think your parent partner had brothers or sisters who were physically, verbally or sexually abused as children by their parents? 27. ____
a. Yes and s/he witnessed the abuse
b. Yes but s/he didn't witness the abuse
c. No
d. My parent partner has no brothers or sisters
28. Has your parent partner physically, verbally or sexually abused you? 28. ____
a. Yes
b. No
29. Have you physically, verbally, or sexually abused your parent partner? 29. ____
a. Yes
b. No
30. Please rate the quality of the relationship you have with your parent partner: 30. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
31. If you were to do it all over again, would you still choose your parent partner as the mother or father of your children? 31. ____
a. Yes
b. Yes, but under different conditions
c. Maybe
d. No

PART D – About My Children/Family

32. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person outside your family? 32. ____
a. Yes
b. No
33. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person inside your family? 33. ____
a. Yes
b. No
34. Do any of your children currently have or had in the past problems with alcohol, prescription drugs or street drugs? 34. ____
a. Yes
b. No
35. Do any of your children have special learning needs that require a specialist or special education? 35. ____
a. Yes
b. No
36. Do any of your children have a history of mental health problems? 36. ____
a. Yes
b. No
37. Has anyone in your family ever been referred for psychological counseling? 37. ____
a. Yes
b. No
38. Overall, I would rate my parenting skills: 38. ____
a. Very Good
b. Good
c. Bad
d. Very Bad
39. Overall, the degree of happiness I feel being a parent is: 39. ____
a. High
b. OK
c. Low
d. Very Low
40. Knowing what you know now about being a parent, would you still be a parent if you could do it all over again? 40. ____
a. Yes
b. Probably
c. Probably Not
d. Absolutely Not

PART E – About My Knowledge of Nurturing Practices

41. Nurturing Parenting is: 41. ____
a. Being a parent 24 hours a day, 365 days a year
b. Nurturing your children and yourself
c. Making sure the needs of children always come first
d. Teaching children to care for others
42. Giving children choices early in life teaches them to make good decisions later in life.
a. Giving children choices will never get them to do what you want them to do
b. Kids can't handle choices - they feel more secure being told what to do
c. Choices can help children learn that there are consequences to the decisions they make
d. Kids who have choices generally get into power struggles with their parents
43. Having appropriate expectations for children helps them: 43. ____
a. Learn to feel good about themselves
b. Develop trust and security
c. Learn to succeed in school
d. All the above statements are true
44. Discipline means: 44. ____
a. To guide children by using the rod of correction
b. To guide children in learning proper morals
c. To teach children to be obedient
d. To guide children to learn to respect elders
45. The rights and wrongs that children learn are called: 45. ____
a. Family Morals
b. Family Values
c. Family Traditions
d. Family Customs
46. Empathy means: 46. ____
a. To be aware of the feelings your children express
b. To feel what it's like being a child
c. To help children get their needs met
d. Empathy can be all of these at different times
47. Fear teaches children to respect parent's authority. 47. ____
a. Fear teaches children to disrespect their parents
b. It's ok to use fear as long as parents don't overdo it
c. Fear teaches children to respect the law
d. Fear teaches children to learn to be obedient
48. Children who have a strong sense of personal power: 48. ____
a. Get into power struggles with parents about everything
b. Are less influenced by peer pressure
c. Is one of the characteristics of a bully
d. Have difficulty sharing things with others

49. Pick the right way to Praise a child for Being. 49. ____
- "You are such a good child for helping me"
 - "You make me feel so happy when you get good grades"
 - "You are a wonderful child"
 - "You are such a nice girl when you cooperate"
50. Which of the following are good rewards to use as discipline? 50. ____
- Praise and some hugs
 - Privilege like staying up a little later
 - Gifts like toys, CDs, DVDs
 - At times, all these are good rewards to use
51. Family rules are important because: 51. ____
- Children need to learn to be obedient
 - Children need to learn how to cooperate
 - Children need to respect authority
 - Children need to listen to their parents
52. Why do parents spank their children? 52. ____
- The Bible says "spare the rod, spoil the child"
 - Because parents were spanked as children
 - Because they love their children
 - Parents spank children for all these reasons
53. Which of the following is a healthy way to manage and reduce stress? 53. ____
- Use a punching bag to release your energy
 - Get away and leave your kids for a while
 - Exercise daily and practice deep breathing
 - It depends on what works for the parents – everybody is different.
54. Pick the right way to Praise a child for Doing. 54. ____
- "Good job cleaning your room - mommy really loves you."
 - "You really sing well"
 - "You did pretty well - next time try harder"
 - "Do well and make your family proud of you"
55. Teaching children to hit a pillow or punching bag is a good way for them to release their anger. 55. ____
- Hitting is a good way to release anger energy
 - Hitting teaches kids to hit when they're angry
 - Hitting is OK as long as you don't get carried away
 - Hitting something is a very quick way to calm down
56. Our self-worth is: 56. ____
- Developed from the ways others think about us
 - The thoughts and feelings we have about ourselves
 - Learned in childhood and is difficult to change
 - Depends upon the opinions of others.
57. Teaching children the correct names for their sexual body parts: 57. ____
- Is the first step in building positive sexual self-worth
 - Helps children feel good about their bodies
 - Helps children learn to say "No" to unwanted touch
 - All of the above

58. The best way to help children understand their feelings is to: 58. ____
- Listen quietly and attentively
 - Respect the child's feelings
 - Encourage the child to talk
 - All of the above
59. Anger is: 59. ____
- Past hurt feelings that are finally being expressed
 - Anger is a feeling that causes people to become violent
 - Getting angry is a good way to release stress
 - Anger lets others know you are mad at them
60. Which of the following is a good way to build self-worth in children? 60. ____
- Listen and honor their opinions
 - Provide children with choices and consequences for their behavior
 - Don't blame them for the way parents feel
 - All of these are good ways to build self-worth

PART F – My Utilization of Nurturing Skills

Instructions

Rate how often you practice the following nurturing parenting and nurturing self behaviors.

- 0 = Don't practice the skill at all
 1 = Sometimes
 2 = Often
 3 = Regularly

How often do I ...

- | | | | | |
|---|---|---|---|---|
| 61. Make the time to nurture myself | 0 | 1 | 2 | 3 |
| 62. Recognize my personal strengths | 0 | 1 | 2 | 3 |
| 63. Respond to my children's needs with empathy | 0 | 1 | 2 | 3 |
| 64. Give my children choices and consequences | 0 | 1 | 2 | 3 |
| 65. Have expectations for my children to succeed | 0 | 1 | 2 | 3 |
| 66. Spend time having fun with my children | 0 | 1 | 2 | 3 |
| 67. Praise my children for "being" wonderful kids | 0 | 1 | 2 | 3 |
| 68. Praise my children for "doing" their best | 0 | 1 | 2 | 3 |
| 69. Model appropriate ways to manage my stress | 0 | 1 | 2 | 3 |
| 70. Honor my children's wants and desires | 0 | 1 | 2 | 3 |
| 71. Help my children improve their self-worth | 0 | 1 | 2 | 3 |
| 72. Refer to our family rules to help guide my children | 0 | 1 | 2 | 3 |
| 73. Use positive discipline rather than spank or hit my children. | 0 | 1 | 2 | 3 |

- | | | | | |
|---|---|---|---|---|
| 74. Model appropriate ways to express my anger | 0 | 1 | 2 | 3 |
| 75. Have awareness of my own adult needs | 0 | 1 | 2 | 3 |
| 76. Make time to get my needs met | 0 | 1 | 2 | 3 |
| 77. Help my children learn positive ways to manage and express their feelings | 0 | 1 | 2 | 3 |
| 78. Express unconditional love for my children | 0 | 1 | 2 | 3 |
| 79. Praise myself for being or doing | 0 | 1 | 2 | 3 |
| 80. Model appropriate ways to express feelings of discomfort (bad feelings) | 0 | 1 | 2 | 3 |
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