

CHILD-PARENT RELATIONSHIP SCALE

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Child: _____ Age: _____

Parent: _____

Please reflect on the degree to which each of the following statements currently applies to your relationship with your child. Using the scale below, circle the appropriate number for each item.

Definitely does not apply 1	Not really 2	Neutral, not sure 3	Applies somewhat 4	Definitely applies 5
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1. I share an affectionate, warm relationship with my child.	1	2	3	4	5
2. My child and I always seem to be struggling with each other.	1	2	3	4	5
3. If upset, my child will seek comfort from me.	1	2	3	4	5
4. My child is uncomfortable with physical affection or touch from me.	1	2	3	4	5
5. My child values his/her relationship with me.	1	2	3	4	5
6. My child appears hurt or embarrassed when I correct him/her.	1	2	3	4	5
7. My child does not want to accept help when he/she needs it.	1	2	3	4	5
8. When I praise my child, he/she beams with pride.	1	2	3	4	5
9. My child reacts strongly to separation from me.	1	2	3	4	5
10. My child spontaneously shares information about himself/herself.	1	2	3	4	5
11. My child is overly dependent on me.	1	2	3	4	5
12. My child easily becomes angry at me.	1	2	3	4	5
13. My child tries to please me.	1	2	3	4	5
14. My child feels that I treat him/her unfairly.	1	2	3	4	5
15. My child asks for my help when he/she really does not need help.	1	2	3	4	5
16. It is easy to be in tune with what my child is feeling.	1	2	3	4	5
17. My child sees me as a source of punishment and criticism.	1	2	3	4	5
18. My child expresses hurt or jealousy when I spend time with other children.	1	2	3	4	5
19. My child remains angry or is resistant after being disciplined.	1	2	3	4	5
20. When my child is misbehaving, he/she responds to my look or tone of voice.	1	2	3	4	5
21. Dealing with my child drains my energy.	1	2	3	4	5
22. I've noticed my child copying my behavior or ways of doing things.	1	2	3	4	5
23. When my child is in a bad mood, I know we're in for a long and difficult day.	1	2	3	4	5
24. My child's feelings toward me can be unpredictable or can change suddenly.	1	2	3	4	5
25. Despite my best efforts, I'm uncomfortable with how my child and I get along.	1	2	3	4	5
26. I often think about my child when at work.	1	2	3	4	5
27. My child whines or cries when he/she wants something from me.	1	2	3	4	5
28. My child is sneaky or manipulative with me.	1	2	3	4	5
29. My child openly shares his/her feelings and experiences with me.	1	2	3	4	5
30. My interactions with my child make me feel effective and confident as a parent.	1	2	3	4	5

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Scoring Guide

Sum the items as noted; each question has a score from 1 – 5.

To establish the mean, divide the sum by the number of questions in that section.

Conflicts

- 2 seem to be struggling with each other
- 12 easily becomes angry with me
- 14 feels I treat him/her unfairly
- 17 sees me as a source of punishment
- 18 hurt when I spend time with other child
- 19 remains angry after discipline
- 21 dealing with child drains energy
- 23 bad day when child wakes up in a bad mood
- 24 feelings toward me can be unpredictable
- 25 uncomfortable with how child and I get along
- 27 whines when he/she wants something
- 28 sneaky or manipulates me

Positive aspects of relationship (closeness)

- 1 an affectionate relationship
- 3 will seek comfort from me if upset
- 5 values his/her relationship with me
- 8 beams with pride when praised
- 10 spontaneously shares information
- 13 tries to please me
- 16 easy to be in tune with child=s feelings
- 22 copies my behavior
- 29 openly shares feelings with me
- 30 interactions make me feel effective

Dependence

- 6 appears hurt when corrected
- 9 reacts strongly to separation from me
- 11 overly dependent on me
- 26 think about child when not together

Mean (average) scores are as follows:

Parent	Closeness	Conflict
Mother	37	15-16
Father	35-36	14-15