Parenting DIRTY™



A Parenting Dirty Reflection Assessment – A conversation starter between reality and possibility.

Welcome

Most parents don't need more parenting advice. They need clarity. When parenting feels hard, it's easy to focus on behaviour. The tantrum. The attitude. The power struggle. The forgotten chore. The emotional meltdown. The constant reminders.

But behavior is only part of the story. Underneath every behavior, something is developing. A skill. A belief. A need. A capability.

This short assessment is designed to help you pause long enough to notice what may be happening beneath the surface. Not to judge. Not to score yourself. Not to prove anything. Simply to become more aware. Because awareness creates options, and options create possibility.

Before You Begin

For each statement, choose the answer that feels most true right now. There are no perfect answers. There are no perfect scores. Answer based on what you see most often, not what you hope is true or fear might be true. Approach these questions with curiosity rather than judgment. The goal is not to prove anything. The goal is to notice what is developing. A four-year-old and a fourteen-year-old should not look the same. Development changes across stages. What matters is not where your child is compared to someone else. What matters is whether growth is occurring.

Responsibility

Child

My child takes increasing ownership of age-appropriate responsibilities.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

I understand what responsibility looks like at my child's current stage of development.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Emotional Intelligence

Child

My child is learning that they can feel strong emotions and still make thoughtful choices.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

I feel confident supporting emotional growth without trying to control every emotion.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Independence

Child

My child is becoming increasingly capable of handling age-appropriate challenges independently.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

I know when to step in, when to step back, and when to allow growth through experience.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Communication

Child

My child is learning how to communicate honestly and respectfully, even during difficult conversations.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

Our family creates opportunities for open and respectful communication.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Resilience

Child

My child is developing confidence by facing challenges rather than avoiding them.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

I allow my child to experience age-appropriate challenges and discomfort without rushing to remove every obstacle.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Life Skills

Child

My child is becoming increasingly capable of functioning without relying on others to do everything for them.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Parent

I intentionally create opportunities for my child to practice real-world skills and increasing independence.

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Consistently

Before You Look For Answers

Take a moment. Most parents complete assessments looking for solutions. Before you do that, I'd like you to consider a different question. What did you notice? Not about your child. About your family. About yourself. About what feels hard right now. Sometimes the most valuable insight isn't found in the score. It's found in what captured your attention.

What statement stood out to me most?

What statement felt hardest to answer honestly?

What area of parenting feels hardest right now?

What area of parenting feels strongest right now?

Which Statement Feels Most True Right Now?

- ☐ I feel overwhelmed as a parent.
- ☐ Everything turns into a fight.
- ☐ My child struggles with responsibility.
- ☐ My child has big emotions.

Your Parenting Dirty Starting Point

My Child Has Big Emotions	Big emotions are not the problem. Learning how to navigate them is the skill.	START HERE Feel It to Teach It Parenting Dirty Blog
My Child Struggles With Responsibility	Responsibility is not something children simply have. It is something they develop.	START HERE The Functional Growth Model Parenting Dirty Blog
Everything Turns Into A Fight	Many power struggles are not behavior problems. They are communication problems, expectation problems, emotional intelligence problems, or developmental mismatches.	START HERE Weekly Parent Leadership Calls Parenting Dirty Blog
I Feel Overwhelmed As A Parent	You may not need more parenting advice. You may need more clarity.	START HERE The Functional Growth Model

Want To Go Deeper?

The Reality Check Snapshot is designed to create awareness.

The Functional Adult Reality Check is designed to create understanding.

If you'd like a deeper look into responsibility, emotional intelligence, independence, communication, resilience, life skills, and your own parenting leadership, continue with the full Parenting Dirty Developmental Assessment.

Explore The Functional Adult Reality Check

Parenting Dirty

Raising Functional Adults Through Intentional Leadership