

Parental Overindulgence Assessment Tool

(For parents of children age two and older)

The majority of the time...				
1. I give my child all the clothes she/he wants.	___ Yes	___ No		
2. I give my child all the toys he/she wants.	___ Yes	___ No		
3. I allow my child lots of privileges.	___ Yes	___ No		
4. I make sure my child is entertained.	___ Yes	___ No		
5. I schedule my child for lots of activities, lessons, and sports.	___ Yes	___ No		
6. I give my child more than he/she asks for.	___ Yes	___ No		
7. I give my child things that she/he has not asked for.	___ Yes	___ No		
The majority of the time...				
8. I do not make rules for my child.	___ True	___ False		
9. I do not enforce the rules I make for my child.	___ True	___ False		
10. I do not have my child do chores.	___ True	___ False		
11. I give my child lots of freedom.	___ True	___ False		
12. I let my child take the lead and dominate family matters.	___ True	___ False		
13. I do not expect my child to learn the same skills as other children.	___ True	___ False		
14. I do not hold my child to consistent standards.	___ True	___ False		
The majority of the time...				
15. I am involved in everything my child does.			___ Yes	___ No
16. I give my child a great deal of attention.			___ Yes	___ No
17. I do things for my child that he/she should be doing for him/herself.			___ Yes	___ No
18. I do things for my child rather than see her/him in distress.			___ Yes	___ No
19. I do things to make my child love me.			___ Yes	___ No
20. I hate to see my child be frustrated.			___ Yes	___ No
21. I anticipate what my child needs and provide it.			___ Yes	___ No
Total number of Yes/False answers	Too Many = Yes _____	Soft Structure = False _____	Over-nurturing = Yes _____	

SCORES

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TOO MANY SCORE

0-1 Overindulgence unlikely
2-3 Possible Overindulgence
4-5 Caution-Overindulgence
6-7 Serious Overindulgence

SOFT STRUCTURE SCORE

6-7 Overindulgence unlikely
4-5 Possible Overindulgence
2-3 Caution-Overindulgence
0-1 Serious Overindulgence

OVER-NURTURING SCORE

0-1 Overindulgence unlikely
2-3 Possible Overindulgence
4-5 Caution-Overindulgence
6-7 Serious Overindulgence