



REDFIELD COLLEGE

Affectionate Assertiveness:

1. The Soft Serve Test

Next to each statement...

4 Always / 3 Frequently / 2 Sometimes / 1 Seldom / 0 Never

Rate your spouse's parenting on these points (not yourself!).

1. Your spouse carries the child's school bag.	
2. Your spouse allows the child to regularly complain about things (eg discomfort).	
3. Your spouse allows the child choice at dinner to have their own meal while the family eat something else.	
4. Cutting up the child's dinner when he/she can do it themselves.	
5. The child is allowed to sleep in or stay up late frequently.	
6. Gaming/TV watching occurs on Monday to Thursday nights.	
7. The child displays a lack of effort to be cheerful.	
8. The child rarely has to wait for things. Goods are purchased quickly whether he/she needs them or not.	
9. Giving the child significant decision making – eg. whether to go on a school camp or not.	
10. Overeating and drinking involving regular snacking.	
11. The child does not consult parents to go to the fridge / pantry.	
12. The home computers/laptops are not located in public, high traffic areas of the house.	
13. There is poor use of time in the holidays.	
14. The child makes little effort to converse with family and friends.	
15. The child is allowed to immediately give up on things he/she does not like (eg. subjects, sport, musical instruments, etc.).	



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16. Purchasing superfluous items when it is sometimes to make up for a lack of 1-1 time with the child.	
17. Turning on the air conditioning when it is not really necessary.	
18. The parent helps their child in the attempt to get around the school's expectations and policies (eg. writing letters to get he/she out of trouble for no homework when there is no valid excuse).	
19. Giving in when he/she complains or pesters about things (eg the purchase of a mobile phone at an age when they do not need it).	
20. Frequently handing out significant amounts of money.	
21. Both parents do not discuss and evaluate their level of assertive parenting with each other.	
22. Poor manners, disrespect and ingratitude are not corrected.	
23. The child rarely does chores at home.	
24. If parents do ask something of him/her, it is not done or completed poorly and so the parent ends up doing it for him/her.	
25. Allowing him/her to skip carnivals (swimming, athletics, cross country) or 'non-essential' school days.	
26. Failing to double check with the school or other parents when his story sounds dodgy. (Use of the word 'everyone' is often a giveaway).	
27. There is regular consumption of junk food.	
28. Parents do not confiscate anything when he/she has clearly misused it.	
29. He/she is allowed to take excessively long showers.	
30. Parental indecision in taking something away for a while when there is an addiction or serious lack of moderation (eg. computer games).	
31. Parents avoid correcting him/her in a significant area because they fear he/she will throw a tantrum.	
32. Parents do not step in if a relative/friend buys the child something they do not approve of.	
33. The TV is often on when no one is watching it.	



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34. There is little quiet working time whereby during homework he/she is allowed to get up frequently to go to the fridge / toilet / join in whatever is on.	
35. Parents become anxious and overly concerned about their son's/daughter's safety (eg bushwalking / camping trips).	
36. Your spouse brings items to school that the child forgot (eg. homework, sports gear, lunch, water bottle).	
37. He/she displays negative thinking and puts things in the 'too hard basket'.	
38. Lenten sacrifices are absent or poorly done.	
38. There is no effort to get involved in community service or maintenance around the house.	
39. During this survey your spouse frequently made excuses as to why the above scenarios are acceptable.	
40. If issues come up at school the parent makes excuses for their child.	
41. There are two or more TVs in the house.	
42. When the child is corrected at school the parent believes that the teacher is 'picking on' their child.	
43. No effort is made by the parent to check what movies the children watch.	
44. The child has a smartphone with internet access.	
45. Consequences for misbehaviour are inconsistent or absent.	
46. The child's phone is charged in the bedroom overnight.	
47. The child's laptop is used in the bedroom.	
48. Gaming is more than 2 hours per day on weekends.	
49. The child uses their phone at inappropriate times (eg. dinner table)	
50. Youtube is often used for entertainment when the child should be doing homework.	
TOTAL =	/200
Key: <20 = outstanding, 20-30 = very good, 30-50 = average, 50-80 = substantial soft parenting,	



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above 80 = significant soft parenting.	
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2. Affection test:

4 Always / 3 Mostly / 2 Occasionally / 1 Seldom / 0 Never

1. You maintain good eye contact when he/she is speaking to you.	
2. You try to make conversation in the car.	
3. There is frequent one-one time with him/her.	
4. You provide physical affection that is age appropriate and he/she feels comfortable with it.	
5. You display cheerfulness.	
6. You are an active listener and show him/her that they have your undivided attention (eg clarifying what they has said).	
7. You display patience.	
8. Allowing him/her to finish before you begin speaking.	
9. Thoughtful gifts to him/her (does not have to be material) – eg a letter or card.	
10. He/she receives compliments he/she deserves.	
11. You involve him/her in outdoor activities.	
12. You say how proud you are of him/her.	
13. You ask how school is and bring up specific events (eg tests, carnivals, etc.).	
14. You share a sense of humour.	
15. You provide positive talk to the child.	
16. You help him/her form strategies when difficulties arise.	
17. You are responsive when you can tell he/she needs to talk (often at night).	
18. The family prays together (eg rosary, reading the scriptures, Mass attendance, etc).	
19. You out for a meal.	



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20. Hospitality towards your child's friends.	
21. Your child spends time with grandparents.	
22. You go on trips or family holidays.	
23. You make the effort to tell stories.	
24. Doing chores with him/her.	
25. Household maintenance together (eg painting).	
26. Cooking together.	
27. When watching TV, you have brief discussions about the show.	
28. Ability to laugh at oneself.	
29. Humility to see when you have made a mistake and rectify.	
30. Quick to apologise.	
31. Avoid put downs.	
32. Saying "I love you", "I am proud of you".	
33. Extinguishing arguments and keeping calm.	
34. Having conversation at the dinner table with the TV off.	
35. Loving him/her unconditionally even when he/she is performing poorly at school and/or at home.	
36. Giving him/her scope for appropriate decision making and valuing their opinion.	
37. Explaining the reasons behind your decisions.	
38. Taking him/her seriously when they are upset.	
39. Avoiding comparison of siblings.	
40. Avoiding the word always (eg you always leave your room in a pigsty).	
41. Modelling affection with your spouse.	
42. Making sacrifices for him/her when necessary.	



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43. Sincerity with your son/daughter.	
44. You trust your son's/daughter's integrity and are trusting more over time with their judgment.	
45. You respect their freedom and explain the true meaning of it (to desire the truth and do good).	
46. Physical discipline has been phased out by the time they reach secondary school.	
47. You attend his/her extracurricular activities.	
48. You correct him/her in a calm, respectful way.	
49. You reward him/her when he has done well.	
50. Playful wrestling (age appropriate!).	
51. You make the effort to overcome a hard day at work and give of yourself to the family.	
52. Showing gratitude and thanking them.	
53. Acts of service – eg checking an assignment, making them a snack when he/she is flat out with school work.	
54. Including him/her in daily activities – eg shopping.	
55. Helping him/her set goals.	
56. Disciplining in a respectful way (making requests, then commands if no response, then other strategies like time in their bedroom, etc).	
57. Reassuring him/her when they are stressed or anxious.	
58. If he/she is tired, leaving an issue until the next day.	
59. Helping him/her express emotion and anger so he can best deal with it logically.	
60. You provide good example with all the above in your relations with your spouse.	
Add up your scores TOTAL =	/240