

Overscheduled Assessment

If your children are old enough to be out in the world, you are undoubtedly feeling the pressure to turn them into “Super Kids” who are great at soccer, piano, cello, football, basketball and a dozen other activities all by the time that they’re five!

Take the assessment below to see if your kids are overscheduled.

“Is Your Child Overscheduled?”

1. How many activities is your child (or your children) involved in:
 - A. 1-2
 - B. 3-4
 - C. 5 or more

2. Outside of work and parenting, how many hobbies or interests of your own do you pursue on a regular basis?
 - A. 0-1
 - B. 2-3
 - C. 4 or more

3. Are you resentful that the children’s activities take up so much of your time?
 - A. No. I’m not resentful.
 - B. Sometimes I’m resentful.
 - C. Yes. I spend too much time hauling kids around!

4. How many nights a week do you eat a family meal together?
 - A. 1-2
 - B. 3-4
 - C. 5 or more

5. How many hours a day, on average, does your child have unstructured “free time” to play or relax without homework or adult-led activities?
 - A. 3 or more hours
 - B. 2 hours
 - C. 1 hour or less

6. How much time per day do you relax and decompress?
 - A. Less than 30 minutes
 - B. 30-59 minutes
 - C. One hour or more

7. How many times a day are you short-tempered with your children?

- A. 1-2 times a day
- B. 3-4 times a day
- C. 5 or more times a day

8. How many times a week do you spend time alone, connecting in a meaningful way, with other adults?

- A. 1 or less
- B. 2-3 times
- C. 4 or more times

9. Outside of meals, how many times a week does your whole family participate in an activity together?

- A. 4 or more family activities per week
- B. 2-3 family activities a week
- C. 1 or less family activities

10. How many hours of sleep a night is your child getting?

- A. 10-12 hours
- B. 8-9 hours
- C. Less than 8 hours

Scoring Key:

Question #1: A. (6 points); B (4 points); C. (2 points)

Question #2. A. (2 points); B. (4 points); C. (6 points)

Question # 3. A. (6 points); B.(4 points); C. (2 points)

Question #4 A.(2 points); B. (4 points); C. (6 points)

Question # 5 A (6 points); B. (4 points); C. (2 points)

Question #6 A. (2 points); B. (4 points); C. (6 points)

Question # 7 A. (6 points); B. (4 points); C. (2 points)

Question #8 A. (2 points); B. (4 points); C. (6 points)

Question # 9 A. (6 points); B. (4 points); C. (2 points)

Question # 10 A. (6 points); B. (4 points); C. (2 points)

Results:

50-60 points - You've managed to keep balance in your life by not involving your child in too many activities. Congratulations! You realize that time together, as a family, is extremely important to a child's well being. You regularly spend time together with your loved ones, eating meals and having fun. Your child still benefits from outside activities, but s/he can also be creative, play with friends and relax on most days. As a result, you experience less stress as a parent and you can just deal with the normal stressors that come with parenting!

If there are other parenting issue that you'd like some help with, please feel free to e-mail me at toni@getparentinghelpnow.com for a complimentary Happier Family for You Planning Session.

40-49 points - You lead a busy life, but it's not entirely kid-focused either. You experience some stress coordinating schedules, car pooling and keeping track of all those details. When you sit down and think about it, family time together, outside of the car, may not be as plentiful as you'd like. Family social scientists will tell you that one of the "protective" factors that prevents kids from drug abuse and other problems, is time spent together as a family. What that means is that you have to make sure that your family is eating meals together regularly and schedule "family time" on the calendar so this doesn't become a low priority.

You also want to make sure that you and your child are communicating in a way that promotes closeness and positive self-esteem.

If you'd like assistance with parenting challenges that you're facing, please e-mail me at for a complimentary Happier Family for You Planning Session.

30-39 points - You're juggling many balls! Some days, you may feel that some of the balls have dropped. Some days, you may ask yourself "When will I get some time for me?"

Your heart is in the right place, but you may be following someone else's plan for your life and your family's life. It could be very helpful to stop and reassess. Is this the life you want to be leading and are you being true to your core values as a family?

Parent coaching is a perfect tool for examining what values are important to you and giving you the courage to follow the path that's right for you and your family. If you'd like a free "Happier Family for You" Planning Session please e-mail me (toni@getparentinghelpnow.com) now so you can lead the life you want!

29 points or less- You and your child are overextended. It's likely you're tired and stressed and this stress is spiraling down to your child(ren) who feel the pressure, too. You may even find yourself yelling more than you'd like because you're stressed out.

It's easy in today's busy world to get stuck on the treadmill of one children's activity after another, but you may be losing yourself and your time to bond, as a family, in the process.

The single most important factor in keeping your child on-track is the time that they spend with you!

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Developed by:

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Toni has 19 years' experience helping parents find solutions that work so their family can be happier. To receive a free copy of the Quick Start Report, "3 Essential Strategies for Getting Your Kids to Listen the 1st Time" go to <http://www.getparentinghelpnow.com>.

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