

MINDFUL PARENTING SCALE

1. Description

The Mindful Parenting Scale looks at a parent's ability to reflect on their own emotional state, to manage their emotions and to identify and respond to their baby/child's emotional state. There are 27 items each scored on a 5 point scale. Note that some of these items are "reversed scored" so do not simply add the scores up to obtain a total.

2. Administration

The Mindful Parenting scale is a pencil and paper, self-report questionnaire that takes approximately 5 minutes to complete.

3. Scoring

Each of the items are scored on a scale of 0 – 4 (never true, rarely true, sometimes true, often true, always true). Many of the items are reversed item scored so do not simply add up all of the items. This measure needs to be scored online using your user name and password for the PuP database. The final score you are given is an average of all of the items and will therefore fall somewhere between 0 and 5.

4. Interpretation

We have divided the scores into three sections. Those who score in the top third (that is has a score of 4 or more) are indicating that they are high on mindfulness and that they mindfully aware of their emotions and those of their baby/child/child.

This score also suggests that the parent is able to read her/his baby/child's cues, they can tell what their baby/child is feeling, they pay close attention to their baby/child/child and they are able to show understanding and patience when their baby/child is having a hard time.

A score that falls between 2 and 4 indicates that the parent has some understanding of their own emotional state and that of their baby/child. They may often be able to label their emotions but do not necessarily do this consistently. They are also often able to manage their emotions under pressure but have times when this is difficult.

This score could also indicate that the parent may be having some difficulty in reading all of her /his baby/child's cues. They do not feel confident that they can tell what their baby/child is feeling and at times may find it difficult to manage their baby/child's distress.

A score that is less than 2.5 indicates that the parent may be having considerable difficulty in understanding of their own emotional state and that of their baby/child. This score also suggests that this parent may be having difficulty in reading her /his baby/child's cues.

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