PuP FAMILY SUPPORT EXPERIENCE QUESTIONNAIRE

Parent name/ID _____ **Practitioner** _____ **Date** _____

We would like to know about your experience of the Parents under Pressure (PuP) program.

There are no right or wrong answers. For each statement, tick the box that best describes your experience. Not all statements may apply to you, so there is a Not Applicable (NA) option.

Section 1: My experience of PuP

To what extent was each of the following part of your experience of PuP?

		Not at all	A little	Some-what	Quite a lot	A great deal	Not applicable
1	My practitioner and I talked about how things were going during PuP.	☐	☐	☐	☐	☐	☐
2	My practitioner and I agreed on things we wanted to work towards.	☐	☐	☐	☐	☐	☐
3	My practitioner helped me recognise my strengths as a parent/carer.	☐	☐	☐	☐	☐	☐
4	We spent time thinking about my child's strengths and positive qualities.	☐	☐	☐	☐	☐	☐
5	We talked about where my own parenting style came from.	☐	☐	☐	☐	☐	☐
6	My practitioner encouraged me to get support from friends and family.	☐	☐	☐	☐	☐	☐
7	We worked on ways to improve how I communicate with my partner and/or family members.	☐	☐	☐	☐	☐	☐
8	We talked about my relationships with others and how I might improve them.	☐	☐	☐	☐	☐	☐
9	My practitioner and I worked together to find solutions to problems such as housing or money difficulties.	☐	☐	☐	☐	☐	☐
10	We talked about how mindfulness can help me as a parent/carer.	☐	☐	☐	☐	☐	☐

Section 2: What has changed for me and my child?

To what extent has PuP helped you to:

		Not at all	A little	Some-what	Quite a lot	A great deal	Not applicable
11	Feel closer and more connected to my child.	☐	☐	☐	☐	☐	☐
12	Develop routines and structure that help me and my child.	☐	☐	☐	☐	☐	☐
13	Show my child that I love and care about them.	☐	☐	☐	☐	☐	☐
14	Be more present and enjoy spending time with my child.	☐	☐	☐	☐	☐	☐
15	Understand my child's stage of development and what they can do.	☐	☐	☐	☐	☐	☐
16	Learn ways to praise and encourage my child.	☐	☐	☐	☐	☐	☐
17	Understand my child's health needs.	☐	☐	☐	☐	☐	☐
18	Understand and manage my own emotions.	☐	☐	☐	☐	☐	☐
19	Understand how difficult or traumatic experiences can affect my parenting.	☐	☐	☐	☐	☐	☐
20	Find ways to help my child manage their emotions.	☐	☐	☐	☐	☐	☐

Thank you for sharing your experience of the PuP program.

© 2026 http://www.pupprogram.net.au

Authorised for use by PuP trained and in-training practitioners only.
Adaptation and derivative works not permitted without authorisation from the PuP developers.