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APPENDICES



**APPENDIX A:
THE PROVISIONAL INSTRUMENT USED FOR PARENT
JUSTIFICATION.**

Demographic questionnaire.

Please answer the following demographic questions by placing a cross in the appropriate block.

		For official use only
1. What is your current age?		
21-30	<input type="checkbox"/>	V1 <input type="checkbox"/>
21-40	<input type="checkbox"/>	
41-50	<input type="checkbox"/>	
50+	<input type="checkbox"/>	
2. What is the highest level of education you have completed?		
Grade 10	<input type="checkbox"/>	V2 <input type="checkbox"/>
Grade 12	<input type="checkbox"/>	
1-4 years post school	<input type="checkbox"/>	
5-7 years post school	<input type="checkbox"/>	
8-10 years post school	<input type="checkbox"/>	
Other – please specify	<input type="checkbox"/>	
3. What is your current marital status?		
Single	<input type="checkbox"/>	V3 <input type="checkbox"/>
Married	<input type="checkbox"/>	
4. What is your current employment status?		
Not working	<input type="checkbox"/>	V4 <input type="checkbox"/>
Employed Part Time	<input type="checkbox"/>	
Employed Full Time	<input type="checkbox"/>	
5. What is your total household income a month?		
Less than R10 000 a month	<input type="checkbox"/>	V5 <input type="checkbox"/>
R10 000 – R29 999	<input type="checkbox"/>	
R30 000 – R 49 999	<input type="checkbox"/>	
R50 000 +	<input type="checkbox"/>	
6. How many children do you have?		
1	<input type="checkbox"/>	V6 <input type="checkbox"/>
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
More than 5	<input type="checkbox"/>	
7. Please indicate your home language below.		
Afrikaans	<input type="checkbox"/>	V7 <input type="checkbox"/>
English	<input type="checkbox"/>	
seSotho	<input type="checkbox"/>	
isiXhosa	<input type="checkbox"/>	
isiZulu	<input type="checkbox"/>	
Other	<input type="checkbox"/>	



8. Please indicate the number of children you have in the following age ranges below:

- 3-4 years
- 4-5 years
- 5-6 years
- 6-7 years
- 7+

V8

9. Does your child have a recognized disability?

- Yes
- No

V9

10. If you answered “yes” to Question 9 please provide your child’s diagnosis in the space provided below.

Parenting Scale

This questionnaire is a series of statements about parenting. Each statement represents a belief about parenting. Read each statement and decide to what extent it describes you. There is no right or wrong answer. You will probably agree with some of the statements and disagree with others. Please answer each statement carefully and write the number that best describes your *current personal* feeling, or experience, in the column next to the question. Please answer all the questions. Your answers will be kept strictly confidential. With your permission, this questionnaire might be followed up with a focus group interview.

For official
use only

Site number

V1

Respondent number

V2-3

Section A:

Response categories

No, I cannot

Yes, I can

1 2 3 4 5 6 7 8 9 10

No	Statement	Answer	For official use only
1	I can discipline my child, irrespective of how I am feeling.	1 2 3 4 5 6 7 8 9 10	V4
2	I can maintain the established routine even if my child protests.	1 2 3 4 5 6 7 8 9 10	V5
3	I can get my child to participate in play activities even when they don't feel like it i.e. is not in a good mood.	1 2 3 4 5 6 7 8 9 10	V6
4	I can create daily opportunities for conversation with my child.	1 2 3 4 5 6 7 8 9 10	V7
5	I can discipline my child as well as other parents with children the same age as my child.	1 2 3 4 5 6 7 8 9 10	V8
6	I can make time to tell my child I love them irrespective of how I am feeling.	1 2 3 4 5 6 7 8 9 10	V9
7	I can spend time playing with my child.	1 2 3 4 5 6 7 8 9 10	V10
8	I can be affectionate and show just how much I love my child as well as any other parent can.	1 2 3 4 5 6 7 8 9 10	V11
9	I can use daily routines to teach my child responsibilities.	1 2 3 4 5 6 7 8 9 10	V12
10	I can help my child to successfully complete daily routines.	1 2 3 4 5 6 7 8 9 10	V13
11	I can communicate easily with my child.	1 2 3 4 5 6 7 8 9 10	V14
12	I can find time to assist my child to complete daily routines when I am stressed i.e. have had a bad day.	1 2 3 4 5 6 7 8 9 10	V15



13	I can get my child to stick to a reasonable schedule regarding bed time, e.g. TV watching as well as any other parent that I know.	1 2 3 4 5 6 7 8 9 10	V16	
14	I can teach my child the necessary things they need to know to become successful and independent one day.	1 2 3 4 5 6 7 8 9 10	V17	
15	I can listen to advice from other people about how I should discipline my child.	1 2 3 4 5 6 7 8 9 10	V18	
16	I can set realistic limits and boundaries for my child.	1 2 3 4 5 6 7 8 9 10	V19	
17	I can understand my child's personality and moods.	1 2 3 4 5 6 7 8 9 10	V20	
18	I can let my child know I still love them, after I have reprimanded them for misbehaving.	1 2 3 4 5 6 7 8 9 10	V21	
19	I can make time in my schedule to teach my child new things.	1 2 3 4 5 6 7 8 9 10	V22	
20	I can spend time just talking with my child regardless of how I am feeling that day.	1 2 3 4 5 6 7 8 9 10	V23	
21	I can regularly make time to spend with my child.	1 2 3 4 5 6 7 8 9 10	V24	
22	I can teach my child as well as any other person I know.	1 2 3 4 5 6 7 8 9 10	V25	
23	I can make time to talk with them even although I have other important things to do.	1 2 3 4 5 6 7 8 9 10	V26	
24	I can allow my child the freedom to make decisions independently, where appropriate.	1 2 3 4 5 6 7 8 9 10	V27	
25	I can follow what my child is saying to me as well as any parent I know.	1 2 3 4 5 6 7 8 9 10	V28	
26	I can think of activities to do with my child that will encourage them to learn.	1 2 3 4 5 6 7 8 9 10	V29	
27	I can encourage my child's learning as easily as other parents I know.	1 2 3 4 5 6 7 8 9 10	V30	
28	I can figure out which activities my child enjoys doing.	1 2 3 4 5 6 7 8 9 10	V31	
29	I can make sure that my child will participate and learn from opportunities in their environment.	1 2 3 4 5 6 7 8 9 10	V32	
30	I can enjoy talking with my child as much as any parent I know.	1 2 3 4 5 6 7 8 9 10	V33	
31	I can discipline my child if they misbehave when we are visiting close friends.	1 2 3 4 5 6 7 8 9 10	V34	
32	I can continue teaching my child even when it appears as if they are not learning as much as I had hoped.	1 2 3 4 5 6 7 8 9 10	V35	
33	I can enjoy playing with my child as much as other parent enjoys playing with their children.	1 2 3 4 5 6 7 8 9 10	V36	
34	I can listen to other people's advice about how to establish routines for my child.	1 2 3 4 5 6 7 8 9 10	V37	
35	I can adapt activities that I see other parents and children enjoying so that my child and I can enjoy the same activities.	1 2 3 4 5 6 7 8 9 10	V38	
36	I can discipline my child if they misbehave when we are in a public place i.e. shopping centre.	1 2 3 4 5 6 7 8 9 10	V39	
37	I can create environments that promote security and trust.	1 2 3 4 5 6 7 8 9 10	V40	
38	I can demonstrate warmth and acceptance of my child as well as other parents I know.	1 2 3 4 5 6 7 8 9 10	V41	
39	I can learn from watching how other parents discipline their children.	1 2 3 4 5 6 7 8 9 10	V42	
40	I can discipline my child in ways which I feel comfortable with.	1 2 3 4 5 6 7 8 9 10	V43	
41	I can think of enjoyable activities for my child to do which they will not find boring.	1 2 3 4 5 6 7 8 9 10	V44	
42	I can use the opportunities that arise in daily activities to show my child how much I care for them.	1 2 3 4 5 6 7 8 9 10	V45	
43	I can understand the importance of establishing and maintaining a routine for my child.	1 2 3 4 5 6 7 8 9 10	V46	



Section B:

No Statement Answer For official use only

Response categories

Strongly Disagree Neither agree nor disagree Strongly Agree
1 2 3 4 5 6 7 8 9 10

44	Other people comment that I communicate well with my child.	1 2 3 4 5 6 7 8 9 10	V47	<input type="checkbox"/>
45	Other parents comment that I am affectionate towards my child.	1 2 3 4 5 6 7 8 9 10	V48	<input type="checkbox"/>
46	Other parents comment that I spend time playing with my child.	1 2 3 4 5 6 7 8 9 10	V49	<input type="checkbox"/>
47	Other parents comment that my child appears to learn things a little quicker than the average child.	1 2 3 4 5 6 7 8 9 10	V50	<input type="checkbox"/>
48	Other parents comment that my child is well behaved.	1 2 3 4 5 6 7 8 9 10	V51	<input type="checkbox"/>
49	Other parents comment that I will benefit from establishing more of a set routine with my child.	1 2 3 4 5 6 7 8 9 10	V52	<input type="checkbox"/>
50	Other parents comment that I seem to have an easier time establishing and maintaining routines with my child than they do.	1 2 3 4 5 6 7 8 9 10	V53	<input type="checkbox"/>
51	Other parents comment that I am sensitive towards my child's interests and needs.	1 2 3 4 5 6 7 8 9 10	V54	<input type="checkbox"/>
52	Other parents comment that I seem to have an easier job teaching my child than they do.	1 2 3 4 5 6 7 8 9 10	V55	<input type="checkbox"/>
53	Other parents comment that my child and I have fun when we play together.	1 2 3 4 5 6 7 8 9 10	V56	<input type="checkbox"/>
54	Other parents comment that I understand what my child wants.	1 2 3 4 5 6 7 8 9 10	V57	<input type="checkbox"/>
55	I am always courteous even to people who are disagreeable.	1 2 3 4 5 6 7 8 9 10	V58	<input type="checkbox"/>
56	There have been occasions when I took advantage of someone.	1 2 3 4 5 6 7 8 9 10	V59	<input type="checkbox"/>
57	I sometimes try to get even rather than forgive and forget.	1 2 3 4 5 6 7 8 9 10	V60	<input type="checkbox"/>
58	I sometimes feel resentful when I don't get my way.	1 2 3 4 5 6 7 8 9 10	V61	<input type="checkbox"/>
59	No matter who I'm talking to, I'm always a good listener.	1 2 3 4 5 6 7 8 9 10	V62	<input type="checkbox"/>

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!



APPENDIX B:
COMPOSITE QUESTIONNAIRE USED DURING THE PILOT STUDY.

DEMOGRAPHIC QUESTIONNAIRE

Please answer the following demographic questions by placing a cross in the appropriate block.

For official use only

Site number

V1

Respondent number

V2

1. Please indicate the language that is most spoken in your home?

- Afrikaans
- English
- seSotho
- isiXhosa
- isiZulu
- Other

V3

2. What is your age?

V4

3. What is the highest level of education you have completed?

- Grade 10
- Grade 12
- 1-4 years post school
- 5-7 years post school
- 8-10 years post school
- Other – please specify

V5

4. What is your current marital status?

- Single
- Married

V6

5. What is your current employment status?

- Not formally employed
- Employed Part Time
- Employed Full Time

V7

6. How many children do you have?

- 1
- 2
- 3
- 4
- 5
- More than 5

V8



7. Please indicate the age of your child:

- 3 years
- 4 years
- 5 years
- 6 years
- 7 years

V9

8. How many hours of schooling does your child attend a week?

- Less than 10 hrs a week
- Between 10-20 hrs a week
- Between 20-30 hrs a week
- Between 30-40 hrs a week

V10

9. Does your child have a recognized disability?

- Yes
- No

V11

10. If you answered "yes" to Question 9 please provide your child's diagnosis in the space provided below.

V12

V13

V14

V15

THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



Instructions. This questionnaire consists of a 43 statements about parenting. Please read each statement and circle the number that best describes you. Please describe yourself as you really are now, not as you would like to be in the future. There is no “right” or “wrong” answer. Please answer every question, even if it does not apply to you very well. Your answers will be kept strictly confidential.

A

No	Statement	Always	Almost always	Often	Some-times	Seldom	Never
1	I can discipline my child, no matter how I am feeling.	1	2	3	4	5	6
2	I can maintain the established routine when my child protests.	1	2	3	4	5	6
3	I can get my child to participate in play activities even when s/he doesn't want to.	1	2	3	4	5	6
4	I can create daily opportunities for conversation with my child.	1	2	3	4	5	6
5	I can discipline my child as well as any other parent can.	1	2	3	4	5	6
6	I can make time to tell my child I love him/her no matter how I am feeling.	1	2	3	4	5	6
7	I can spend time playing with my child.	1	2	3	4	5	6
8	I can show my child love and be affectionate, as well as any other parent can.	1	2	3	4	5	6
9	I can use daily routines to teach my child responsibilities.	1	2	3	4	5	6
10	I can help my child to successfully complete daily routines.	1	2	3	4	5	6
11	I can communicate easily with my child.	1	2	3	4	5	6
12	I can find time to assist my child to complete daily routines when I am having a bad day.	1	2	3	4	5	6
13	I can get my child to follow a routine (e.g. bedtime) as well as any other parent can.	1	2	3	4	5	6
14	I can teach my child the necessary things s/he needs to know to become successful and independent one day.	1	2	3	4	5	6
15	I can listen to advice from other people about how I should discipline my child.	1	2	3	4	5	6
16	I can set realistic limits and boundaries for my child.	1	2	3	4	5	6
17	I can understand my child's personality and moods.	1	2	3	4	5	6
18	I can let my child know I still love him/her, after I have reprimanded him/her for misbehaving.	1	2	3	4	5	6
19	I can make time in my schedule to teach my child new things.	1	2	3	4	5	6
20	I can spend time just talking with my child when I myself am feeling stressed.	1	2	3	4	5	6
21	I can regularly make time to spend with my child.	1	2	3	4	5	6
22	I can teach my child as well as any other person I know.	1	2	3	4	5	6

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No	Statement	always			Some- times	Seldom	Never
23	I can make time to talk with my child even although I have other important things to do.	1	2	3	4	5	6
24	I can allow my child the freedom to make decisions independently, where appropriate.	1	2	3	4	5	6
25	I can understand what my child is saying as well as any other parents would.	1	2	3	4	5	6
26	I can think of activities to do with my child that will encourage him/her to learn.	1	2	3	4	5	6
27	I can encourage my child to learn new things as easily as other parents can.	1	2	3	4	5	6
28	I can figure out which activities my child enjoys doing.	1	2	3	4	5	6
29	I can make sure that my child will participate and learn from opportunities in his/her environment.	1	2	3	4	5	6
30	I can enjoy talking with my child as much as any parent would.	1	2	3	4	5	6
31	I can discipline my child if s/he misbehaves when we are visiting close friends.	1	2	3	4	5	6
32	I can stay motivated to continue an activity with my child when it appears as if s/he is not learning as much as I had hoped s/he would.	1	2	3	4	5	6
33	I can enjoy playing with my child as much as any other parent can.	1	2	3	4	5	6
34	I can listen to other people's advice about how to establish routines for my child.	1	2	3	4	5	6
35	I can adapt activities that I see other parents and children enjoying so that my child and I can enjoy them too.	1	2	3	4	5	6
36	I can discipline my child if s/he misbehaves when we are in a public place i.e. shopping centre.	1	2	3	4	5	6
37	I can create a home environment that promotes security and trust.	1	2	3	4	5	6
38	I can demonstrate warmth and acceptance to my child as well as any other parents can.	1	2	3	4	5	6
39	I can learn from watching how other parents discipline their children.	1	2	3	4	5	6
40	I can discipline my child in ways which I feel comfortable with.	1	2	3	4	5	6
41	I can think of fun activities for my child to do which s/he will not find boring.	1	2	3	4	5	6
42	I can use the opportunities that come up in daily activities to show my child how much I care for him/her.	1	2	3	4	5	6
43	I can understand the importance of establishing and maintaining routines for my child.	1	2	3	4	5	6

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THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



Instructions. This questionnaire consists of a 17 statements about parenting. Please read each statement and circle the number that best describes how you feel.

B

No	Statement	Strongly Agree	Agree	Slightly Agree	Slightly Disagree	Disagree	Strongly Disagree
1	The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	1	2	3	4	5	6
2	I meet my own personal expectations for expertise in caring for my child.	1	2	3	4	5	6
3	I would make a fine model for a new parent to follow in order to learn what she would need to know to be a good parent.	1	2	3	4	5	6
4	Being a parent is manageable, and any problems are easily solved.	1	2	3	4	5	6
5	If anyone can find the answer to what is troubling my child, I am the one.	1	2	3	4	5	6
6	A difficult problem about being a parent is not knowing whether you're doing a good job or a bad one.	1	2	3	4	5	6
7	Considering how long I have been a parent, I feel thoroughly familiar with the role.	1	2	3	4	5	6
8	I honestly believe I have all the skills necessary to be a good parent to my child.	1	2	3	4	5	6
9	Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age.	1	2	3	4	5	6
10	I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	1	2	3	4	5	6
11	My mother was better prepared to be a good mother than I am.	1	2	3	4	5	6
12	Sometimes I feel like I'm not getting anything done.	1	2	3	4	5	6
13	I go to bed the same way I wake up – feeling that I have not accomplished a whole lot during the day.	1	2	3	4	5	6
14	My talents and interests are in other areas, not in being a parent.	1	2	3	4	5	6
15	If being a parent of an infant were only more interesting, I would be motivated to do a better job as a parent.	1	2	3	4	5	6
16	Being a parent makes me tense and anxious.	1	2	3	4	5	6
17	Being a good parent is a reward in itself.	1	2	3	4	5	6

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THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



Instructions. This questionnaire consists of a 15 statements about coping. Please indicate your own feelings about each statement below by circling the number that best describes how you feel. There is no “right” or “wrong” answer. Please answer every question, even if it does not apply to you very well. Your answers will be kept strictly confidential.

C

No	Statement	Strongly Agree	Agree	Slightly Agree	Slightly Disagree	Disagree	Strongly Disagree
1	I can always manage to solve difficult problems if I try hard enough.	1	2	3	4	5	6
2	If someone opposes me, I can find the means and ways to get what I want.	1	2	3	4	5	6
3	It is easy for me to stick to my aims and accomplish my goals.	1	2	3	4	5	6
4	I am confident that I could deal efficiently with unexpected events.	1	2	3	4	5	6
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4	5	6
6	I can solve most problems, if I invest the necessary effort.	1	2	3	4	5	6
7	I can remain calm when facing difficulties because I can rely on my coping abilities.	1	2	3	4	5	6
8	When I am confronted with a problem, I can usually find several solutions.	1	2	3	4	5	6
9	If I am in trouble, I can usually think of a solution.	1	2	3	4	5	6
10	I can usually handle whatever comes my way.	1	2	3	4	5	6
11	I am always courteous even to people who are disagreeable.	1	2	3	4	5	6
12	There have been occasions when I took advantage of someone.	1	2	3	4	5	6
13	I sometimes try to get even rather than forgive and forget.	1	2	3	4	5	6
14	I sometimes feel resentful when I don't get my way.	1	2	3	4	5	6
15	No matter who I'm talking to, I'm always a good listener.	1	2	3	4	5	6

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THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!



**APPENDIX C:
COMPOSITE QUESTIONNAIRE USED DURING DATA
COLLECTION.**

DEMOGRAPHIC QUESTIONNAIRE

Please answer the following demographic questions by placing a cross in the appropriate block.

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Site number

V1

Respondent number

V2

1. Please indicate the language that is most spoken in your home.

- Afrikaans
- English
- seSotho
- isiXhosa
- isiZulu
- Other

V3

2. What is your age?

V4

3. What is the highest level of education you have completed?

- Grade 10
- Grade 12
- 1-4 years post school
- 5-7 years post school
- 8-10 years post school
- Other – please specify

V5

4. What is your current marital status?

- Single
- Married

V6

5. What is your current employment status?

- Not formally employed
- Employed Part Time
- Employed Full Time

V7

6. How many children do you have living in your home?

- 1
- 2
- 3
- 4
- 5
- More than 5

V8



7. Please indicate the age of your child:

- 3 years
- 4 years
- 5 years
- 6 years
- 7 years +

V9

8. How many hours of schooling does your child attend a week?

- Less than 10 hrs a week
- Between 10-20 hrs a week
- Between 20-30 hrs a week
- Between 30-40 hrs a week

V10

9. Does your child have a recognized disability?

- Yes
- No

V11

10. If you answered "yes" to Question 9 please provide your child's diagnosis in the space provided below.

V12

V13

V14

V15

THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



Instructions. This questionnaire consists of a 43 statements about parenting. Please read each statement and circle the number that best describes you. Please describe yourself as you really are now, not as you would like to be in the future. There is no “right” or “wrong” answer. Please answer every question, even if it does not apply to you very well. Your answers will be kept strictly confidential.

A

No	Statement	Always	Almost always	Often	Some-times	Seldom	Never
1	I can discipline my child, no matter how I am feeling.	1	2	3	4	5	6
2	I can maintain the established routine when my child protests.	1	2	3	4	5	6
3	I can get my child to participate in play activities even when s/he doesn't want to.	1	2	3	4	5	6
4	I can create daily opportunities for conversation with my child.	1	2	3	4	5	6
5	I can discipline my child as well as any other parent can.	1	2	3	4	5	6
6	I can make time to tell my child I love him/her no matter how I am feeling.	1	2	3	4	5	6
7	I can spend time playing with my child.	1	2	3	4	5	6
8	I can show my child love and be affectionate, as well as any other parent can.	1	2	3	4	5	6
9	I can use daily routines to teach my child responsibilities.	1	2	3	4	5	6
10	I can help my child to successfully complete daily routines.	1	2	3	4	5	6
11	I can communicate easily with my child.	1	2	3	4	5	6
12	I can find time to assist my child to complete daily routines when I am having a bad day.	1	2	3	4	5	6
13	I can get my child to follow a routine (e.g. bedtime) as well as any other parent can.	1	2	3	4	5	6
14	I can teach my child the necessary things s/he needs to know to become successful and independent one day.	1	2	3	4	5	6
15	I can listen to advice from other people about how I should discipline my child.	1	2	3	4	5	6
16	I can set realistic limits and boundaries for my child.	1	2	3	4	5	6
17	I can understand my child's personality and moods.	1	2	3	4	5	6
18	I can let my child know I still love him/her, after I have reprimanded him/her for misbehaving.	1	2	3	4	5	6
19	I can make time in my schedule to teach my child new things s/he needs to know.	1	2	3	4	5	6
20	I can spend time just talking with my child when I myself am feeling stressed.	1	2	3	4	5	6
21	I can regularly make time to spend with my child.	1	2	3	4	5	6
22	I can teach my child as well as any other person I know.	1	2	3	4	5	6

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No	Statement	Always	Almost always	Often	Some- times	Seldom	Never
23	I can make time to talk with my child even although I have other important things to do.	1	2	3	4	5	6
24	I can allow my child the freedom to make appropriate decisions independently.	1	2	3	4	5	6
25	I can understand what my child is saying as well as any other parents would.	1	2	3	4	5	6
26	I can think of activities to do with my child that will encourage him/her to learn.	1	2	3	4	5	6
27	I can encourage my child to learn new things as easily as other parents can.	1	2	3	4	5	6
28	I can figure out which activities my child enjoys doing.	1	2	3	4	5	6
29	I can make sure that my child will participate and learn from opportunities in his/her environment.	1	2	3	4	5	6
30	I can enjoy talking with my child as much as any parent would.	1	2	3	4	5	6
31	I can discipline my child if s/he misbehaves when we are visiting close friends.	1	2	3	4	5	6
32	I can stay motivated to continue an activity with my child when it appears as if s/he is not learning as much as I had hoped s/he would.	1	2	3	4	5	6
33	I can enjoy playing with my child as much as any other parent can.	1	2	3	4	5	6
34	I can listen to other people's advice about daily routines for my child.	1	2	3	4	5	6
35	I can adapt activities that I see other parents and children enjoying so that my child and I can enjoy them too.	1	2	3	4	5	6
36	I can discipline my child if they misbehave when we are in a public place i.e. shopping centre.	1	2	3	4	5	6
37	I can create a home environment that promotes security and trust.	1	2	3	4	5	6
38	I can demonstrate warmth and acceptance to my child as well as any other parents can.	1	2	3	4	5	6
39	I can learn from watching how other parents discipline their children.	1	2	3	4	5	6
40	I can discipline my child in ways which are consistent.	1	2	3	4	5	6
41	I can think of fun activities for my child to do which s/he will not find boring.	1	2	3	4	5	6
42	I can use the opportunities that come up in daily activities to show my child how much I care for him/her.	1	2	3	4	5	6
43	I can understand the importance of establishing and maintaining a set routine for my child.	1	2	3	4	5	6

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Instructions. This questionnaire consists of a 17 statements about parenting. Please read each statement and circle the number that best describes how you feel.

B

No	Statement	Strongly Agree	Agree	Slightly Agree	Slightly Disagree	Disagree	Strongly Disagree
1	The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	1	2	3	4	5	6
2	I meet my own personal expectations for expertise in caring for my child.	1	2	3	4	5	6
3	I would make a fine model for a new parent to follow in order to learn what she would need to know to be a good parent.	1	2	3	4	5	6
4	Being a parent is manageable, and any problems are easily solved.	1	2	3	4	5	6
5	If anyone can find the answer to what is troubling my child, I am the one.	1	2	3	4	5	6
6	A difficult problem about being a parent is not knowing whether you're doing a good job or a bad one.	1	2	3	4	5	6
7	Considering how long I have been a parent, I feel thoroughly familiar with the role.	1	2	3	4	5	6
8	I honestly believe I have all the skills necessary to be a good parent to my child.	1	2	3	4	5	6
9	Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age.	1	2	3	4	5	6
10	I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	1	2	3	4	5	6
11	My mother was better prepared to be a good mother than I am.	1	2	3	4	5	6
12	Sometimes I feel like I'm not getting anything done.	1	2	3	4	5	6
13	I go to bed the same way I wake up – feeling that I have not accomplished a whole lot during the day.	1	2	3	4	5	6
14	My talents and interests are in other areas, not in being a parent.	1	2	3	4	5	6
15	If being a parent of an infant were only more interesting, I would be motivated to do a better job as a parent.	1	2	3	4	5	6
16	Being a parent makes me tense and anxious.	1	2	3	4	5	6
17	Being a good parent is a reward in itself.	1	2	3	4	5	6

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THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



Instructions. This questionnaire consists of a 15 statements about coping. Please indicate your own feelings about each statement below by circling the number that best describes how you feel. There is no “right” or “wrong” answer. Please answer every question, even if it does not apply to you very well. Your answers will be kept strictly confidential.

C

No	Statement	Strongly Agree	Agree	Slightly Agree	Slightly Disagree	Disagree	Strongly Disagree
1	I can always manage to solve difficult problems if I try hard enough.	1	2	3	4	5	6
2	If someone opposes me, I can find the means and ways to get what I want.	1	2	3	4	5	6
3	It is easy for me to stick to my aims and accomplish my goals.	1	2	3	4	5	6
4	I am confident that I could deal efficiently with unexpected events.	1	2	3	4	5	6
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4	5	6
6	I can solve most problems, if I invest the necessary effort.	1	2	3	4	5	6
7	I can remain calm when facing difficulties because I can rely on my coping abilities.	1	2	3	4	5	6
8	When I am confronted with a problem, I can usually find several solutions.	1	2	3	4	5	6
9	If I am in trouble, I can usually think of a solution.	1	2	3	4	5	6
10	I can usually handle whatever comes my way.	1	2	3	4	5	6
11	I am always courteous even to people who are disagreeable.	1	2	3	4	5	6
12	There have been occasions when I took advantage of someone.	1	2	3	4	5	6
13	I sometimes try to get even rather than forgive and forget.	1	2	3	4	5	6
14	I sometimes feel resentful when I don't get my way.	1	2	3	4	5	6
15	No matter who I'm talking to, I'm always a good listener.	1	2	3	4	5	6

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THANK YOU FOR COMPLETING THIS SECTION OF THE QUESTIONNAIRE!



APPENDIX D:

**UNIVERSITY OF PRETORIA'S ETHICS COMMITTEE APPROVAL
LETTER AND OFFICIAL TITLE REGISTRATION.**



Our ref: Ms P Woest / 97047148
Tel: 012 420 2736
Fax: 012 420 2698
E-mail: petru.woest@up.ac.za



Faculty of Humanities

8 June 2009

Ms M Harty
105 Monument Road
KEMPTON PARK
1620

Dear Ms Harty

TITLE REGISTRATION: FIELD OF STUDY – PHD AUGMENTATIVE AND ALTERNATIVE COMMUNICATION

I have pleasure in informing you that the following has been approved:

TITLE OF THESIS: The validation of a task-specific measure of parenting self-efficacy for use with mothers of young children

SUPERVISOR: Prof J Bornman

CO-SUPERVISOR: Prof (UP Extra-ordinary Professor) E Alant

PLEASE TAKE NOTE OF THE FOLLOWING INFORMATION AS WELL AS THE ATTACHED REQUIREMENTS.

1. **PERIOD:**
 - (a) You must be enrolled as a student for at least one academic year before submission of your thesis.
 - (b) Your enrolment as a student must be renewed annually before 31 March, until you have complied with all the requirements for the degree. You will only be liable to have supervision if you provide a proof of registration to your supervisor.
2. **NOTIFICATION BEFORE SUBMISSION:**
You are required to notify me at least three months in advance of your intention to submit your thesis.
3. **APPROVAL FOR SUBMISSION:**
On completion of your thesis enough copies for each examiner as well as the prescribed examination enrolment form which includes a statement by your director of studies that he/she approves of the submission of your thesis, as well as a statement, signed by you in the presence of a Commissioner of Oaths, must be submitted to Student Administration.
4. **DATE OF EXAMINATION:**
If your doctoral examination is to take place after the submission of your thesis, please inform me of the date of the examination.

Yours sincerely

for **DEAN: FACULTY OF HUMANITIES**