

## Parent Resources

Parent Resources is a measure of a parent's resourcefulness, both internal psychological capabilities and use of external community resources. Parent Resources is composed of two scales: (1) Parent Protective Factor Self-Rating of Parent Self-Care Confidence, and the Community Life Skills Scale. When collected during pregnancy, the Parent Resources score can guide the level of service delivery intensity. Based on research, women in need of intensive service during pregnancy have a composite score of <50.3.

The Parent Protective Factor Self-Rating of Parent Self-Care Confidence may be downloaded, and the Community Life Skills Scale may be purchased from NCAST (<http://www.ncast.org/>).

### Calculating a Parent Resources Score:

1. Ask the client to complete the Parent Self-Rating of Abilities and Confidence (PSARC) form.
2. Determine a score on the Parent Self-Rating of Abilities and Confidence by adding the scores of all eight items. The score may range from 8 to 40.
3. Ask the client to complete the Community Life Skills Scale (CLSS)
4. Determine the CLSS score by adding all the items marked 'yes'. The range of scores is 0 to 33.
5. Add the scores from the PSARC and the CLSS to get the Parent Resources score.
6. Determine the level of Parent Resources Score:
  - Low = <50.3
  - Moderate = 50.3-62.3
  - High = >62.3

### Research

Community Life Skills Scale (CLSS) measures use community resources in six areas: Transportation, Budgeting, Support Services, Support-Involvement, Interests, Hobbies, and Regularity of Routines in daily life. CLSS has 33 yes/no items, and the range of possible scores is 0-33. In a sample of pregnant women who lacked support, the average CLSS score was 21.63 (SD= 4.19, Range=11-30) during pregnancy (Booth, et al, 1989). In a similar population of women, Barnard (1999) found that the average CLSS of 26.3 (SD=3.6, Range=15-33), when infants were two months of age. In 2002, Barnard found that the average CLSS was 24.69 (SD=3.89, Range 11-32) two months postpartum among women enrolled in First Steps, a State of Washington program for women receiving Medicaid support during pregnancy. The CLSS has been found to have positive correlations with less education, less income, lower IQ, less social support, more depressive symptoms and more difficult life circumstances (Booth, et al, 1989).

The Parent Protective Factor (PPF) Self-Rating of Parent Self-Care Confidence was developed from a sample of women in the First Step Program in 1999. The PPF Self-Rating of Parent Self-Care Confidence is composed of eight items in the following areas: Physical and Mental Well-Being, Solving Problems, Personal Support Network, Coping with Anger, Managing with Stress, Managing Everyday Life, Self-Sufficiency, and Communication with Others. Respondents rate their level of ability/confidence in each area on a Likert Scale during pregnancy. The range of possible scores is 8-40. In the First Steps sample (Barnard, 1999), the average PPF Self-Rating of Parent Self-Care score was 31.1 (SD=4.4, Range=16-40). The PPF Self-Rating of Parent Self-Care was also collected on another sample of First Steps women who were enrolled in the Nurse Family Partnership (NFP), an evidence-based home visiting program starting during pregnancy and continuing through two years after the infant's birth. The average Self-Rating of Parent Self-Care Score was 31.01 (SD=4.66, Range 16-40).

The CLSS and the PPF Self-Rating of Parent Self-Care Confidence were combined into a composite score of Parent Resources. Barnard determined different levels of parent resource availability by using standard deviations. In the 1999 First Steps study, the average composite Parent Resources score was 56.6 (SD=6.6, Range=41-72), with 16% of the women scoring in the low category (<50.3), i.e. women had low protective factors and low involvement in the community. Using the same analysis, women in the NFP sample had an average Parent Resources score of 55.77 (SD=6.5, Range 40-70) and 17.7% of the women were in the low category of Parent Resources. Comparisons of the First Steps sample and the NFP sample show similarity in scores for the moderate (50.3-62.3) and high (>62.3) Parent Resources categories. The percentage of the NFP women scoring in the moderate range was 66% versus 60% for the 1999 First Step sample. The percentage of scores in the high category was 17% NFP versus 20% in the 1999 First Steps sample. Additional analysis of the NFP sample showed that NFP mothers with low Parent Resource scores had more mental health issues, parenting stress, less empathy and more child health issues when infants were 6 months of age. Parent Resource scores, therefore, appears to be able to identify women with low resources in need of intensive service delivery.

## PARENT SELF-RATING OF ABILITIES AND CONFIDENCE

Many kinds of abilities are involved in being a parent. Some parents feel confident about their abilities, while others are not so sure. Rate your level of your ability/confidence for each areas listed below. Circle the number to indicate your rating of your ability/confidence.

1. **Physical and Mental Well-Being.** How would you rate your abilities/confidence in taking care of your physical and mental well-being?

1=none      2=very little      3=some      4= a lot      5=a great deal

2. **Solving Problems.** How would you rate your abilities/confidence in solving the problems in your life?

1=none      2=very little      3=some      4= a lot      5=a great deal

3. **Personal Support Network.** How would rate your abilities/confidence to find support and help for yourself?

1=none      2=very little      3=some      4= a lot      5=a great deal

4. **Coping with Anger.** How would you rate your abilities/confidence in handling the anger in your life?

1=none      2=very little      3=some      4= a lot      5=a great deal

5. **Managing with Stress.** How would you rate your abilities/confidence in managing the stress in your life?

1=none      2=very little      3=some      4= a lot      5=a great deal

6. **Managing Everyday Life.** How would you rate your abilities/confidence in managing daily responsibilities of everyday life?

1=none      2=very little      3=some      4= a lot      5=a great deal

7. **Self-Sufficiency.** How would you rate your abilities/confidence to be self-sufficient and make it on your own?

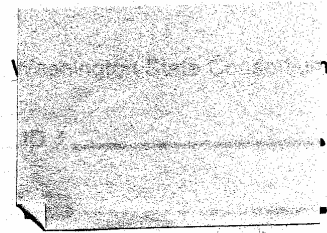
1=none      2=very little      3=some      4= a lot      5=a great deal

8. **Communication with Others.** How would you rate your abilities/confidence for the ways in which you express yourself?

1=none      2=very little      3=some      4= a lot      5=a great deal



**CLSS**  
COMMUNITY LIFE SKILLS SCALE



	YES	NO
<b>I. TRANSPORTATION</b>		
1. Client has some form of regular, reliable transportation to work or for his/her needs.		
2. Client can describe how to get to the grocery store, or to the doctor or clinic by some alternate method of transportation if the regular transportation is not available (e.g., if the car is broken down).		
3. Client knows the location of the bus stop nearest his/her home.		
4. Client has a copy of the bus schedule for the local route, or knows that a schedule can be obtained over the phone.		

	YES	NO
<b>II. BUDGETING</b>		
5. Client is able to pay bills (e.g., rent, utility) so that he/she is not bothered by collectors or threatened by service cut-offs (no more than one such incident in the past year).		
6. Client plans the monthly spending so that there is some money left at the end of the month (or before the next check arrives) to pay for food and other essentials.		
7. Client has a bank account.		
8. Client plans purchases to take advantage of sales or lower prices (e.g., uses discount houses, coupons, etc.).		
9. Client makes no more than 3 visits per week to the food store.		

	YES	NO
<b>III. SUPPORT SERVICES</b>		
10. Client has the phone numbers of family or friends easily available in case of emergency or need.		
11. Client knows the name of at least one neighbor sufficiently to locate the name in a phone book.		
12. Client uses the yellow pages to look up numbers or to find goods or services on some regular basis (approximately once a month).		
13. Client has emergency numbers easily available (e.g., 911, doctor, poison control number).		
14. Client knows where to obtain such needed services as drugstore for prescription, a car repair shop, or a post office.		

	YES	NO
<b>IV. SUPPORT-INVOLVEMENT</b>		
15. Client has a close friend with whom he/she visits at least once a week. By phone or in person.		
16. Client has attended a party or been a guest at a meal within the past 6 weeks.		
17. Client has invited a guest to his/her home within the past 2 weeks.		
18. Client initiates contact by phone or in person or by letter with at least one member of own family with whom he/she does not live, within the past 2 weeks.		

	YES	NO
19. Client has made a reciprocal agreement with a friend to exchange favors or services such as babysitting or repair work.		
20. Client reports conversations with people he/she has not met before in such settings as the grocery or other stores, the laundromat, in the doctor's waiting room, in a park, or in church.		
21. Client belongs to a club or other organized group that meets regularly (on a regularly scheduled basis).		

	YES	NO
<b>V. INTERESTS-HOBBIES</b>		
22. Client has some hobbies or recreational interests.		
23. Client reads some magazine (no matter what kind) at least once a month (need not be purchased).		
24. Client has visited the public library or bookmobile at least once in the past month.		
25. Client keeps up with the news on tv or radio or reads a daily paper at least 3 times a week.		

	YES	NO
<b>VI. REGULARITY-ORGANIZATION-ROUTINES</b>		
26. Client's clothes appear clean and reasonably appropriate for the occasion and time of day.		
27. Client usually dresses in the morning rather than spending the day in bathrobe or night clothes.		
28. Client eats meals at regular times at least once a day.		
29. Client eats at least one meal per day with partner, family, or friends at home.		
30. Client gets some regular exercise at least 3 times a week (15-20 min./Day or 30-45 min. 3 times a week).		
31. Client has seen a doctor for a regular checkup (other than pregnancy or illness) within the past 3 years.		
32. Client has been to a dentist within the past 3 years.		
33. Client has a way of keeping track of obligations such as clinic appointments or home visits (e.g., a list or a calendar).		

CONTINUED ON BACK

