

FILLING OUT THE MY PARENTING EXPERIENCE II-A FORM: A HOW TO GUIDE (cont.)

January 2023

The My Parenting Experience II-A (MPE II-A) Reporting Form is used to track parent changes in behaviors and experiences over time. This form should be completed by the parent when the child is 6, 12, 24, 36, and 48 months of age.

The My Parenting Experience II-A Form—Page 2

Page 3

- Include Child ID or Child Name at the top of the page in case pages are separated
- Questions 9 and 10 ask about the caregiver's feelings during the past two weeks
- Questions 11a-11m ask to what extent the caregiver agrees with several statements about parenting

If pages are separated, please do not staple.
Write in the Child's Name or HFO ID here: _____

9. During the past 2 weeks, have you often been bothered by feeling down, depressed, or hopeless?
 Yes No

10. During the past 2 weeks, have you often been bothered by having little interest or pleasure in doing things?
 Yes No

11. Being a parent is sometimes hard. Here are some statements about parenting. What is hard for you right now? There are no right or wrong answers. You will probably agree with some of the statements and disagree with others.

	Strongly Agree	Agree	Not Sure	Dis-agree	Strongly Disagree
a. I often feel that I cannot handle things very well.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I am not as interested in people as I used to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I feel trapped by my responsibilities as a parent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I find myself giving up more of my life to meet my child's needs than I ever expected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I feel alone and without friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Quite a few things bother me about my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Since having a baby, I am almost never able to do things that I like to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Sometimes I am afraid that I may lose control and hurt my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Having a baby has caused more problems than I expected in my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. I enjoy feeding my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. I enjoy holding my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. I enjoy comforting my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. I enjoy playing with my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you! Questions? Call NPC Research at (503) 243-2436.

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Tips and Reminders!

- Use *only* blue or black ink, and no pencil please
- For bubbling errors, guide the parent to put an "X" through the incorrect bubble, then bubble the correct item (see example in 11a on this page)
- If this page becomes separated from first page, please use a paperclip to keep them together. Do not staple them.
- Please do not staple additional pages or notes to the bubble form. Paperclipped and/or sticky notes are fine