

QUIZ 3

Parental Relationship Quiz



Stop.

For parents who have separated

When parents separate, there are times when the stresses of co-parenting cause arguments and conflict in the relationship.

This is natural.

But we also know that sometimes parents who have separated argue more often or with more aggression. And this has a direct negative impact on the children in the relationship.

Who this quiz is for



This quiz is for parents who have separated. There is a separate quiz for parents who are still in a relationship, including those who are considering separation.

Please answer all questions to the best of your ability, even if they do not seem entirely relevant to you.

Your responses will help you to identify relevant support for you and your partner, or to anonymously measure the effectiveness of the relationship course you are attending.

To help you get the most out of the quiz and the wider support available, please answer honestly and openly.



How to use this quiz

This quiz should be completed by parents who have separated.

It can be completed by one parent or both parents.

It is important to make sure that you do not feel pressured to respond to any particular question with any particular answer. This needs to be your honest opinion.

If your ex-partner agrees to complete the quiz, please avoid the temptation:

- to answer for them
- to influence their response
- to correct or change

If you both complete the survey, you should share your results. This, along with the responses from your child's quiz, will give you a holistic overview of the experience of your child.

TIPS.

1

Find a period of uninterrupted time and space

2

Make sure you are happy to do it - you must not feel forced or made to complete the quiz

3

Give yourself space to answer the quiz

How would you rate your relationship with your ex-partner?

On a scale of 0-10

0



10

Things are really bad



Things are really great



Ways you communicate

How do you usually communicate with your child's other parent?

	Often	Quite a lot	Hardly ever	Never - due to:	
				Conflict	Other
Face-to-face	<input type="radio"/>				
Over the phone	<input type="radio"/>				
Electronic (texts, emails or online)	<input type="radio"/>				

How often does conflict happen when you communicate in these ways?

	Often	Quite a lot	Hardly ever	Never - due to:	
				Conflict	Other
Face-to-face	<input type="radio"/>				
Over the phone	<input type="radio"/>				
Electronic (texts, emails or online)	<input type="radio"/>				

When conflict does happen, how often do your child(ren) notice?

(such as witnessing it, noticing a tense atmosphere or changes in you)

	Often	Quite a lot	Hardly ever	Never - due to:	
				Conflict	Other
Face-to-face	<input type="radio"/>				
Over the phone	<input type="radio"/>				
Electronic (texts, emails or online)	<input type="radio"/>				



Interacting with each other

Think back over the last 4 weeks, how often does the following occur between you and your child's other parent?

	Never				Always
When you and your child's other parent discuss parenting issues, how often does it lead to an argument?	<input type="radio"/>				
How often is the atmosphere one of hostility and anger?	<input type="radio"/>				
How often are your conversations stressful and tense?	<input type="radio"/>				
Do you and your child's other parent have basic differences of opinion about issues related to raising your child(ren)/parenting?	<input type="radio"/>				
When you need help regarding your child(ren), do you ask for it from their other parent?	<input type="radio"/>				
Is your child's other parent helpful to you in raising your child(ren)?	<input type="radio"/>				
Would you say that you are helpful to your child's other parent in raising your child(ren)?	<input type="radio"/>				
If your child's other parent needs to make a change to visiting arrangements, do you make a real effort to accommodate (make this work)?	<input type="radio"/>				
Does your child's other parent make a real effort to accommodate any changes you need to make to visiting arrangements?	<input type="radio"/>				
Do you feel that your child's other parent understands and is supportive of your needs as a parent (whether your child(ren) live with you or not)?	<input type="radio"/>				



Areas of agreement and conflict

How frequently do you and your child's other parent argue about each of the following topics:

The child

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Money

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

New partners

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parent responsibilities

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Religious beliefs

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Leisure time

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Alcohol use

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Substance use

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Contact arrangements

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How you communicate

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parenting styles and decisions

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parental Relationship Quiz

Parents who have separated



Think back over the last 4 weeks, how well have you and your child's other parent related in the following ways:

	Very well				Very poorly
How well do you share responsibility for raising your child(ren)?	<input type="radio"/>				
How well do you communicate about your child(ren)?	<input type="radio"/>				
How often do you agree when making decisions about your child(ren)?	<input type="radio"/>				

How satisfied are you with:

	Very satisfied				Very dissatisfied
The amount of time your child(ren) spend with their other parent	<input type="radio"/>				
How your child(ren) spend this time with their other parent	<input type="radio"/>				
Arrangements for child custody (who your child(ren) live with)	<input type="radio"/>				
Arrangements for visitation (with the other parent and relatives)	<input type="radio"/>				
Arrangements for child support (financial)	<input type="radio"/>				



Children's experiences

In the last 4 weeks how often do you think you...

	A lot	Sometimes	Rarely	Almost never	Never
Spoke negatively to your child about your partner?	<input type="radio"/>				
Spoke negatively about your partner when your child was within earshot?	<input type="radio"/>				
Spoke negatively about your partner when your child seemed out of earshot?	<input type="radio"/>				

Think about your child(ren)'s responses when there is conflict between you and their other parent.

	Very often	Often	Rarely	Almost never	Never
Do you think your relationship with your child is affected by conflict between you and your partner?	<input type="radio"/>				
Do you think your child may feel pressured to take sides when there are disagreements between you and your partner?	<input type="radio"/>				
Do you think your child picks up on tension at home, for example when one parents gives 'the silent treatment'?	<input type="radio"/>				
Do you think your child ever wants you and your partner to get on better?	<input type="radio"/>				
Do you think your child ever blames themselves when there is conflict between you and your partner?	<input type="radio"/>				



Negativity

Do you think conflict in your relationship with your child's other parent has a negative effect on your child(ren)'s:

Emotions and mental health

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Behaviour (in and out of school or childcare)

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ability to concentrate and learn well

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical health and wellbeing

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rating review

Finally, now you have completed the questionnaire, please score your relationship with your ex-partner again

On a scale of 0-10

0  10

Things are really bad ← → Things are really great



What the results say

1 Start by counting how many responses were provided in the three core colours (green, orange and red):

How many green responses?



multiply that number by 5



How many orange responses?



multiply that number by 3



How many red responses?



multiply that number by 1



If this is higher than 5, your child appears to be negatively affected

If this is higher than 3, your child appears to be negatively affected

add all three numbers together and write the total below



see what box what score is in:

79 or fewer

Likely to be an unhealthy relationship which is having a negative impact on your child



Multiple and complex or acute needs

Between 80 and 124

Likely to be a relationship with needs which might be having a negative impact on your child



Additional needs or multiple and complex

125 or more

Likely to be a healthy relationship



Universal or universal plus



2

Now we need to consider what themes have emerged:

List below any orange or red responses:

List orange responses

If there are more than 5 points to add, it is likely that your child is being negatively affected by your relationship

List red responses

If there are more than 3 points to add, your child is likely to be negatively affected by your relationship

Urgent areas

If any red responses with an * icon next to them are ticked, please read below to see what you need to do urgently:

- 1 If you are experiencing violence from your partner, call the National Domestic Abuse Helpline for free on **0808 2000 247**
- 2 Bromley and Croydon Women's Aid support victims and survivors, and challenge perpetrators to change their behaviour - simply call **020 8313 9303**
- 3 If you are being abusive towards your partner, call the Respect Phoneline for perpetrators for free on **0808 8024040**



Stop.

Parental Relationship Quiz Couples who are together

Do you need to talk to someone?

1

Talk to someone you like

such as a trusted adult, your friends, a teacher or a family member

2

Call Family Lives on **0808 800 2222**

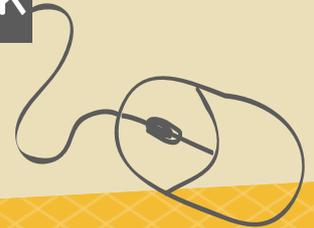


Family Lives (previously known as Parentline) offer a confidential and free helpline on all aspects of family life

3

Visit Relate - **www.relate.org.uk**

Relate offer a range of services to help you with your couple and family relationships, whether you're young or old, straight or gay, single or in a relationship



4

Call Talk Together Bromley on **0300 003 3000**

A free NHS evidence-based talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression.



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This questionnaire is an amended version of the Parental Conflict Questionnaire put together by the Department of Work and Pensions for a number of local authorities to use. This Bromley version has been created with permission using the questionnaires developed by Brighton and Hove City Council (November 2020).

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