

Children often experience stress (e.g., at home, at school, or with their friends). When your child is stressed, how often do you do the following?

1. Talk with your child to help him/her better understand the situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
2. Talk with your child about his/her feelings.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
3. Help your child understand that he/she did something wrong in this situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
4. Help your child understand that others did something wrong in this situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
5. Help your child come up with a plan for fixing the situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
6. Encourage your child to get help to fix the situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
7. Tell your child not to worry about it—it's no big deal.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
8. Encourage your child to do something like play a game to forget about the situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
9. Tell your child that he/she shouldn't get so upset.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
10. Try to get your child to see something positive about the situation.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5

11. Help your child calm down or relax.	Never/ Almost Never 1	Sometimes 2	About Half the Time 3	Frequently 4	Always/ Almost Always 5
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Indicate how much you agree or disagree with the following statements.

12. I know effective ways to get my child to talk with me about things that are bothering him/her.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
13. I am confident that I can get my child to tell me what is bothering him/her even if my child initially doesn't want to tell me.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
14. I know specific ways to help my child cope with stress.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
15. I am confident that I can help my child cope with stressful situations in his/her life.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
16. I am confident that I can help my child understand his/her feelings.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
17. I am confident that I can help my child manage his/her difficult emotions.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
18. I know enough to help my child problem solve in a stressful situation.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5
19. I am confident that I can teach my child about the differences between controllable and uncontrollable events.	Strongly Disagree 1	Disagree 2	Not Sure 3	Agree 4	Strongly Agree 5