

**NICE Questionnaire – PARENT/LEGAL GUARDIAN**



**FAMILY SYSTEM**

1. On a scale of 1-10, where are you at when you think about what kind of parent you would like to be?

1 = being not where I want to be

10 = being where I want to be

1      2      3      4      5      6      7      8      9      10

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2. Have you ever felt overwhelmed during the course of parenting your children? If yes, describe when.

Yes

No

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3. What are some creative methods you have tried employing in the course of parenting your children?

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4. Describe what a day in your life is like.

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5. Who influences your parenting skills? How?

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6. What are some things that have gotten your family through tough times?

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7. What are some things you enjoy doing for fun?

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8. What are some characteristics of the people you think of as a family?

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9. How long have you lived in your current community?

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10. What do you think your child needs?

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11. What do you think you need?

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12. If you had three wishes, what would they be?

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13. What are some things that you would like to see change about your family?

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14. Does your child have any behavioral problems at home, in school or in the community? Describe your answer.

Yes

No

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15. Do you ever have a hard time getting yourself motivated to perform tasks? Describe your answer.

Yes

No

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16. Have you ever felt like you “just can’t take it anymore?” If yes, how do you deal with these situations?

Yes

No

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17. Are you currently employed? If so, do other people support the fact that you are employed? Describe your answer.

Yes

No

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18. What kind of work do you enjoy doing?

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**COMMUNICATION**

1. Can you talk to your kids about things that are hard without feeling embarrassed or reserved? Describe your answer.

Yes

No

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2. Do you think that your kids are good listeners? Describe your answer.

Yes

No

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3. Do you ever have trouble believing what your children tell you? Describe your answer.

Yes

No

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4. Do people in your family ever insult you when they are angry? If yes, how do you typically deal with this situation?

Yes

No

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**KNOWLEDGE**

1. What are the foods that you think should appear the most often in a healthy diet?

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2. What are the foods that you think should appear the least often in a healthy diet?

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3. What are some of the healthiest ways to prepare food?

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4. What kinds of oils should be included in a healthy diet?

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5. Many of the disease and illness statistics in this country can be directly attributed to a poor diet and a lack of exercise.

True

False

6. What is the minimum recommended amount of physical activity recommended each day for people?

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