

Survey questions

Poll 12 – Child Behaviour: How are Australian parents responding?

Branched to parents with one or more children between 1 to 17 years of age.

Children behave in different ways depending on their age, their personality and the situation. Parents and carers use various ways to manage their children's behaviour. We are interested in your experiences and thoughts about managing your child(ren)'s behaviour.

Question 1

Thinking about a typical week, how often does your child(ren)'s behaviour cause you to *feel stressed*?

- More than once a day
- Once a day
- Once every 2 or 3 days
- Once every 4 or 5 days
- Once a week
- Less than once a week
- Never

Question 2

The following statements are about different ways parents manage their children's behaviour. Thinking about *each child separately* how much have you used each of the following ways to manage their behaviour *in the past month*?

Please answer separately for each child.

Not at all, Rarely, Some of the time, Quite a lot, Most of the time

- When my child behaves well, I give them a food treat or reward (e.g. lollies, chips or juice)
- When my child behaves well, I give them a non-food reward (e.g. toy, money, time on the iPad or computer)
- When my child behaves well, I do *activities with them* as a reward (e.g. play a game together, go to the park together, watch sport or a movie together)
- When my child behaves well, I praise them or give them attention (e.g. hug, wink, smile or kiss)
- When my child does not do as I ask, I warn of consequences and follow through (e.g. I warn that I will take away their toy or screen-based device and then I actually take away the item if their behaviour does not improve)

- When my child does not do as I ask, I warn of consequences but **don't** follow through (e.g I say I will turn off the TV or say I will take away their toy or screen-based device but I don't actually do it)
- When my child misbehaves, I shout at them
- When my child misbehaves, I physically discipline them (e.g. smacking, slapping or pinching)
- When my child misbehaves, I try to make them feel bad to teach them a lesson
- When my child misbehaves, I talk with them about the type of behaviour I expect
- When my child misbehaves, I talk with them about their feelings
- When my child gets really angry or upset, I give them what they want
- When my child misbehaves, I **threaten** to physically discipline them but **don't** follow through (e.g. I say I will smack or hit them but I don't actually do it)

Question 3.1 ****BRANCH FOR PARENTS WITH A PARTNER**

Please rate your agreement with the following statement

My partner and I usually work well together when we manage our child(ren)'s behaviour

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

Question 3.2 ****BRANCH FOR PARENTS WITH A PARTNER**

Please rate your agreement with the following statement

My partner and I often disagree or argue about how to manage our child(ren)'s behaviour

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

Question 3.3

Please rate your agreement with the following statement

I often disagree or argue with other family members (e.g. my child's grandparents, aunts, uncles, etc) about how to manage my child(ren)'s behaviour

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

Question 4

Parents have many different beliefs about how to manage children's behaviour. Some parents use **physical discipline** (sometimes called 'physical punishment' or 'corporal punishment') to manage their child's behaviour.

Physical discipline is anything done to cause physical pain or discomfort to a child in response to their behaviour. Examples of physical discipline include smacking, hitting, spanking, slapping, pinching or pulling).

Please rate your agreement with the following statements **about physical discipline**.

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

- Using physical discipline occasionally will not harm a child
- **It is unrealistic** to think that parents should never use physical discipline with a child
- Use of physical discipline teaches a child self-discipline
- It is never ok to use physical discipline with a child
- Physical discipline benefits boys more than it benefits girls
- At times physical discipline works better than other methods of discipline
- Children can become unmanageable without physical discipline
- Use of physical discipline teaches a child to respect their parents
- Children should always be on their best behaviour
- A child's behaviour is mostly driven by their thoughts and feelings
- The main reason children misbehave is for to get attention

Question 5.1

If you had difficulty managing your child(ren)'s behaviour, would you feel confident in knowing where to get help?

Yes, No, Not sure

Question 5.2

If you needed help or advice regarding your child(ren)'s behaviour which of the following sources would you use? *Select all that apply.*

- Family and extended family
- Other parents
- Information online
- Pharmacist
- Complementary or alternative health care provider

- Allied health professional (such as speech pathologist, occupational therapist)
- Parenting books
- General Practitioner
- Paediatrician
- Psychologist
- Family support worker
- Early childhood educator, teacher, or other school staff member e.g. principal
- Telephone help line
- I would not obtain help or advice from any source

Question 6

Please rate your agreement with the following statements about the way you manage your own child(ren)'s behaviour.

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

- I often become impatient too quickly
- I am usually consistent
- I am often too critical
- I often lose my temper and later feel guilty
- I often feel overwhelmed managing my child(ren)'s behaviour
- I often find it difficult to manage my child(ren)'s behaviour
- I spend a lot of time thinking about how to manage my child(ren)'s behaviour

Question 7

The next question is about *your own* experiences of discipline as a child.

How often were you physically disciplined as a child by your parent or caregiver (e.g. smacking, slapping or pinching)?

Not at all, Rarely, Some of the time, Quite a lot, Most of the time