

5	4	3	2	1
Never	Rarely	Sometimes	Often	Always

EF Checker for Parents of Young Children

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Item	RESPONSE INHIBITION	Score
1	I find it hard not to jump in and tie my kids shoes when they are struggling.	
2	I intervene in my kids' disagreements or problems before I know exactly what is going on.	
3	I finish my kid's sentences.	
	Total Score for Response Inhibition	
	WORKING MEMORY	
4	It's hard to keep track of exactly how my child's stories began.	
5	When packing lunches or backpacks I find myself saying, "Wait. WHICH backpack did I put that waterbottle into?"	
6	I'm good at my child's memory card games.	
	Total Score for Working Memory	
	EMOTIONAL CONTROL	
7	When my kid is upset about something, I feel MY temperature rising.	
8	If my kid hits me, bites me, or says something hurtful to me it takes me a while to cool down.	
9	I don't follow my behavior management plans 'in the moment' because I get too hot under the collar.	
	Total Score for Emotional Control	
	COGNITIVE FLEXIBILITY	
10	I'd rather just take care of the kids on my own on the weekends. It's very challenging to balance parenting styles with my partner.	
11	When I'm playing with my kids, I have a certain idea about how the game works and I'm not open to changing the rules.	
12	I like to finish things. It makes me a little crazy when my kids dismantle their lego projects or rearrange their room.	
	Total Score for Cognitive Flexibility	
	SUSTAINED ATTENTION	
13	When I'm reading to my kid at night, I'll suddenly 'wake up' and realize I haven't been paying attention.	
14	When my kids are speaking to me I find it hard to keep still and look at them. I tend to cut in, multi-task, or miss the point.	
15	I look at my phone often, even when I'm spending time with my kids.	
	Total Score for Attention	

	TASK INITIATION	
16	I need an extra cup of coffee to get going in the morning.	
17	I know I should be signing my kids up for sports and activities, but I don't know where to start.	
18	I find it hard to figure out what to do during those long hours with my kids in the morning.	
	Total Score for Task Initiation	
	PLANNING / PRIORITIZING	
19	I don't have regular playdates or social arrangements like coffee dates.	
20	I lean on my partner a lot to choose vacations or make social plans.	
21	If I don't make a written to-do list I will not get important things done.	
	Total Score for Planning and Prioritizing	
	ORGANIZATION	
22	I feed my kids well, but MY diet is a mess.	
23	There is a scary accumulation of #@\$%** in the bottom of my stroller.	
24	I re-purchase essentials often. They get lost!	
	Total Score for Organization	
	TIME MANAGEMENT	
25	I can't seem to find the time to exercise or see my friends.	
26	When I'm with my kid and check the time, I'm shocked.	
27	I often say, "Hurry up! We're going to be late!!" to my kids.	
	Total Score for Time Management	
	GOAL DIRECTED PERSISTENCE	
28	I'd rather stick with Velcro shoes. Forever. For real.	
29	I find myself commenting that new parenting approaches, technology, etc., "Don't work for me".	
30	I don't stick with 'consequences' that I've planned.	
	Total Score for Goal Directed Persistence	
	METACOGNITION	
31	I find myself making the same mistakes again and again.	
32	I don't think about my challenges when they are behind me.	
33	I would have to think long and hard if someone asked me about my basic values or philosophy as a parent.	
	Total Score for Metacognition	