

# Karitane Parenting Confidence Scale (KPCS)

Initials:

Pre or post?:

This scale has 15 items. Please underline the answer that comes closest to how you generally feel. Here is an example already completed:

**Eg. I am confident about holding my baby**

No, hardly ever

No, not very often

Yes, some of the time

Yes, most of the time

<p><b>1. I am confident about feeding my baby.</b> <i>Not applicable (my partner feeds the baby)</i></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>	<p><b>4. I know what to do when my baby cries</b></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>
<p><b>2. I can settle my baby</b></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>	<p><b>5. I understand what my baby is trying to tell me</b></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>
<p><b>3. I am confident about helping my baby to establish a good sleep routine.</b></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>	<p><b>6. I can soothe my baby when he/she is distressed</b></p> <p>No, hardly ever No, not very often Yes, some of the time Yes, most of the time</p>

<p>Initials:</p> <p>Pre or post?:</p>	<p><b>11. I can make decisions about the care of the baby.</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>
<p><b>7. I am confident about playing my baby.</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>	<p><b>12. Being a mother/father is very stressful for me.</b></p> <p>Yes, some of the time  Yes, most of the time  No, hardly ever  No, not very often</p>
<p><b>8. If my baby has a common cold or slight fever, I am confident about handling this.</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>	<p><b>13. I feel I am doing a good job as a mother/father</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>
<p><b>9. I feel sure that my partner will be there for me when I need support. <i>Not applicable (I don't have a partner)</i></b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>	<p><b>14. Other people think I am doing a good job as mother/father</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>
<p><b>10. I am confident that my baby is doing well</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>	<p><b>15. I feel sure that people will be there for me when I need support</b></p> <p>No, hardly ever  No, not very often  Yes, some of the time  Yes, most of the time</p>