# Parent Café Participant Survey

**Impact of the Parent Café on You and Your Family**

1. **Female** ☐  **Male** ☐ How many Parent Café series have you participated in including this one? ☐ One ☐ Two ☐ Three + How many sessions did you attend during this Parent Café series? _______

2. **Before?** (before you ever participated in a Parent Café series) Low high
   - The amount of friendly contacts you have with other parents in your school or neighborhood.
   - The amount of emotional support and parenting help you get from other adults.
   - The amount of friendly contacts you have with people from other races/ethnic groups in your school or neighborhood.
   - How moved you feel to become more involved in your community or school.
   - The amount of time you spend listening to your child.
   - Your ability to express your feelings or opinions to others in a positive way.
   - Your ability to listen carefully to your children, family members, or friends.
   - Your confidence in your ability to handle the day-to-day challenges of raising children.
   - Your ability to handle stressful situations with your children or other family members.
   - The quality of your relationship with your children.
   - The quality of your relationship with other family members.
   - The amount of enjoyment you experience with your children or other family members.

3. **Before?** (before you ever participated in a Parent Café series)

4. **Before?** (before you ever participated in a Parent Café series)

5. **Before?** (before you ever participated in a Parent Café series)

6. **Before?** (before you ever participated in a Parent Café series)

7. **Before?** (before you ever participated in a Parent Café series)

8. **Before?** (before you ever participated in a Parent Café series)

9. **Before?** (before you ever participated in a Parent Café series)

10. **Before?** (before you ever participated in a Parent Café series)

11. **Before?** (before you ever participated in a Parent Café series)

12. **Before?** (before you ever participated in a Parent Café series)

13. **Before?** (before you ever participated in a Parent Café series)

14. **Before?** (before you ever participated in a Parent Café series)

**Now?** (since you participated in the Parent Café)

- The amount of time you spend listening to your child.
- Your ability to express your feelings or opinions to others in a positive way.
- Your ability to listen carefully to your children, family members, or friends.
- Your confidence in your ability to handle the day-to-day challenges of raising children.
- Your ability to handle stressful situations with your children or other family members.
- The quality of your relationship with your children.
- The quality of your relationship with other family members.
- The amount of enjoyment you experience with your children or other family members.
- The amount of enjoyment you experience with friends and other adults.

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Project LAUNCH & Oakland Parents Together, 2013-14 School Year, FINAL
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<tr>
<th></th>
<th>1 Not at all</th>
<th>2 Just a little</th>
<th>3 Some</th>
<th>4 A lot</th>
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<tbody>
<tr>
<td>15. Has the <em>Parent Café</em> helped your family?</td>
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<td>16. Has the <em>Parent Café</em> helped you to be a better parent (or grandparent)?</td>
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<td>17. Has the <em>Parent Café</em> helped you better understand what your child is feeling and how to respond?</td>
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<td>18. Has the <em>Parent Café</em> helped reduce the stress in your life?</td>
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<td>19. Has the <em>Parent Café</em> helped your child’s behavior?</td>
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<td>20. Has the <em>Parent Café</em> helped your child to be ready for school or successful in school?</td>
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21. Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities:

- [ ] Attend another Parent Café series
- [ ] Become a Parent Café Table Host
- [ ] Become involved in your child’s school. (Name of school: _____________________________)
- [ ] Work with Neighborhood Services Coordinator (City of Oakland)
- [ ] Join OPT and work on developing more parent workshops
- [ ] Other ideas:

22. What did you like **best** about this Parent Café series?

23. Did you learn anything **new** during this Parent Café series? If so, what?

24. Do you have any ideas for what we could do to **improve** this Parent Café series?