

# Mott Poll Questions



## Resolutions

*The following questions were answered by parents with children age 0-18 years old.*

Q1. Do you make resolutions or set personal goals? *Select all that apply.*

1. At New Year's
2. At the start of the school year
3. On your birthday
4. At other times
5. Never

Q2. Have you made resolutions or set goals to change something about your parenting?

1. Yes
2. No, but have considered it
3. No, have never considered it

*[If Q2 = yes]*

Q3. What parenting resolutions or goals have you set? *Select all that apply.*

1. Have more patience
2. Be more consistent with discipline
3. Provide healthier meals/snacks
4. Exercise with child
5. Involve my child more in faith/spiritual activities
6. Spend less time on my phone/screens
7. Get healthier for my child
8. Be more involved at child's school
9. None of the above

Q4. How much do you agree with the following?

	Agree	Neutral	Disagree
a. Setting resolutions/goals has helped me be a better parent			
b. Watching me work toward a resolution/goal will help my children learn how to work toward a goal			

Q5. Does your [x]-year-old child make resolutions or set personal goals? *Select all that apply.*

1. At New Year's
2. At the start of the school year
3. On their birthday
4. At other times
5. Never
6. Don't know

*[If Q5 = 1,2,3, or 4]*

Q6. In what areas does your [x]-year-old child make resolutions or goals? *Select all that apply.*

1. Grades/school performance
2. Trying something new
3. Eating habits/nutrition
4. Friendship
5. Earning money
6. Succeeding at an activity
7. Exercise
8. Volunteering/helping others
9. None of the above

*[If Q5 = 1,2,3, or 4]*

Q7. Do you do any of the following to support your [x]-year-old child's resolutions/goals? *Select all that apply.*

1. Offer to join the child in working toward the goal
2. Provide financial support
3. Help child keep track of progress
4. Offer a reward for achieving the goal
5. Celebrate child's attempt at improving
6. None of the above

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