

ARC Measure: Assessing Relationships with Carers

Carers name:

Date:

Pre or post measure (please tick): Pre ☐ Post ☐

On a scale of 1 to 5, please rate how much you agree with each statement.
The scale ranges from 1 (strongly disagree) to 5 (strongly agree).

When my child is unhappy, I am confident that they can come to me for comfort and support	1	2	3	4	5
	Strongly disagree				Strongly agree
My relationship with my child is good	1	2	3	4	5
I can recognise when my child is sad and understand why	1	2	3	4	5
My child and I can have fun together	1	2	3	4	5
I can plan activities that my child enjoys	1	2	3	4	5
I am able to soothe my child when they are distressed (sad, angry, hurt)	1	2	3	4	5
I am able to listen to my child	1	2	3	4	5
I can see things from my child's perspective	1	2	3	4	5
I can remain calm when managing conflict with my child	1	2	3	4	5
As a parent, I am good enough	1	2	3	4	5
My child feels safe around me	1	2	3	4	5
I recognise that my child's needs change throughout their development	1	2	3	4	5

As a parent, my emotional wellbeing is good	1	2	3	4	5
My child's emotional wellbeing is good	1	2	3	4	5

Consent

I consent for my data to be collected and shared for the purposes of Clear Sky research. All information will remain anonymous.