YLCC Bracket 1 - Parent Assessment Tests

TEST 1: Parent Trigger Test - Are You Reactive or Responsive?
Answer Yes / Sometimes / No
1. When child cries in front of guests, I feel angry or ashamed.
2. I shout when child does not eat fast.
3. I give mobile to stop crying.
4. I compare my child with other children.
5. I feel tired and guilty at end of day.
6. I hit or threaten to hit.
7. I say "You are bad boy/girl".
8. I scroll mobile while child talks to me.
9. I have no fixed routine for child.
10. I feel I am not a good parent.

Scoring: Yes=2, Sometimes=1, No=0. 0-5 Excellent, 6-12 Need support, 13-20 Need coaching urgently.

TEST 2: Screen Time Audit - 3 Day Tracker
Write for 3 days:
Day - Morning Screen - Afternoon Screen - Evening Screen - Total
If total is more than 1 hour for age 2-5, or any screen for below 2 years, action needed.

TEST 3: Sanskar Mirror Test
1. Does your child see you saying thank you, sorry, please?
2. Does your child see you reading books?
3. Does your child see you touching feet of elders?
4. Does your child see you eating together without TV?
5. Does your child see you on mobile for more than 2 hours at home?
Yes for 1-4 is good. Yes for 5 needs change. Child copies what you do.