

Is My Child Emotionally and Socially Mature?

It is easy to know when a child is physically mature just by looking at him or her. But knowing that your child is emotionally and socially mature requires more than a casual glance. It requires a close look at how they act in various situations.

Look at the scales below. Determine where your child *consistently* falls on the each scale by placing a mark on the line. Marks to the right of the dashed line indicate maturity. Marks to the left of the dashed line indicate immaturity. Below each scale, explain why you placed your mark where you did. Describe "how you know" your son/daughter demonstrates that trait.

Outbursts of anger and frustration	← EMOTIONAL CONTROL →	Controls anger and frustration
How you know...		
Needs several requests before acting	← ABILITY TO DIRECT SELF →	Tends to responsibilities without being nagged
How you know...		
Disrespects your rules and standards	← RESPECT FOR AUTHENTIC AUTHORITY →	Follows the rules and standards set by you
How you know...		
Impulsive	← SELF - GRATIFICATION →	Able to Wait/Defer
How you know...		
Blames Others	← RESPONSIBILITY →	Accepts Consequences
How you know...		
Avoids Reality, Problems, Lies	← REALITY CHECK →	Faces Reality & Problems Tells the truth
How you know...		
Needs award or reward to serve	← SERVICE TO OTHERS →	Serves without rewards/awards
How you know...		

If you mark your child right of the dashed line on five or more of these items, he or she is ready to be trusted with more independence and be included in more decision making. If your marks fall mainly to the left of the dashed line, share your observations (from the 'how you know' sections), restate your expectations and redo the worksheet in three weeks to see if there has been any change.