

Rate My Parenting: The Five Minute Review

A quick, honest review for parents and the adult children who are ready for something more useful than a vague “you were fine” or a dramatic “you ruined my life.”

Before you start: a few quick ground rules. This review is for adult children, usually 21+ and the parent or carer asking them to fill it in. Skip anything that doesn't fit. Pause if things get heated. One copy per parent works best.

Not for: high-conflict or unsafe dynamics.

From me to you

So here we are. You're grown, and I'm wondering what actually landed so this feels like the quickest way to ask.

Not for a dramatic performance. Not to reopen every argument since year 9. Just a sharper read on what helped, what missed and what might be worth sorting out now.

Because I know you'll ask...

You: What if you cry?

Me: Make me a cuppa . If I get defensive, I'll pause and try again.

Your turn

The next part is yours. Be honest. Specific is better than dramatic.

We could use this to:

- Bond over dinner
- Get things off your chest
- Laugh a bit, if we're lucky
- Start the conversation we've been swerving

THE BASICS

Tick what fits:	Not really	Mixed	Mostly	Yes	N/A
You knew you were loved, even when things were tense					
Home felt more supportive than unpredictable					
I listened when something really mattered					
You could be honest with me without every conversation turning into a closing argument					

GROWING ME UP

Tick what fits:	Not really	Mixed	Mostly	Yes	N/A
I set boundaries without making everything feel like a power struggle.					
I respected that you were becoming your own person, not my long-term side project.					
I prepared you for adult life in practical ways. Yes, laundry counts. So do money chats.					
I backed you, even when I didn't fully understand your choices, interests or tastes in people.					

US NOW

Tick what fits:	Not really	Mixed	Mostly	Yes	N/A
When something went wrong between us, repair was possible.					
There are parts of my parenting you'd genuinely carry forward.					
There are parts of our dynamic that could still do with an update.					
You can usually tell when I'm trying, even if my delivery is occasionally chaotic.					

QUICK FIRE NOTES

Gut instinct only. Don't workshop it.

One thing I got right:

One thing you needed more of:

One thing that would improve us now:

A classic me-being-me moment you still remember:

A final note from me

No parent gets everything right. That was never the bar. I'm not after a perfect score, a sentimental speech or a polite bit of fiction. I'm after honesty that might actually help.

Either way, your feedback matters.

If we talk about it afterwards:

Let's start with one answer we both agree on. Then move to one we don't. That beats opening with the biggest landmine.

For the full printable review, visit generation-everything.com

