

Parent Burnout Self-Check

A quick, judgment-free check-in for the parent who has been carrying too much for too long.

This is not a test of whether you are a good parent.

It is a moment to notice your own capacity - the exhaustion, disconnection, pressure, and loss of yourself that can happen when parenting demands keep outweighing the support and recovery available to you.

How to use it

For each statement, choose the response that feels closest to your experience **lately**. Do not overthink it. There is no pass, fail, diagnosis, or clinical cutoff here. The goal is simply to notice patterns.

Response choices: Not lately | Sometimes | Often | Most days

This original Parenting the Edge(TM) reflection tool is research-informed, but it is **not** the Parental Burnout Assessment (PBA), does not reproduce the PBA items or scoring, and should not be used to diagnose parental burnout.

PARENT ADVOCACY MOVEMENT

Parenting the Edge(TM)

SUPPORT. EMPOWER. RECLAIM. TOGETHER.

Your Self-Check

Mark one response for each statement based on how things have felt lately.

Statement	Not lately	Some-times	Often	Most days
1. By the time parenting responsibilities begin, I already feel as though my energy is running low.	☐	☐	☐	☐
2. Routine parenting tasks can feel heavier than the task itself should require.	☐	☐	☐	☐
3. Even when I get a little rest, I do not always feel restored enough for what comes next.	☐	☐	☐	☐
4. I notice a gap between the parent I want to be and the parent I have the capacity to be right now.	☐	☐	☐	☐
5. I miss parts of myself that seem to have disappeared under the weight of parenting demands.	☐	☐	☐	☐
6. I find myself thinking, "I used to handle this differently," more often than I would like.	☐	☐	☐	☐
7. Some days I feel more like I am managing an endless list of responsibilities than experiencing family life.	☐	☐	☐	☐
8. I have less patience or emotional room for repeated demands than I used to.	☐	☐	☐	☐
9. Things that once felt meaningful or enjoyable in parenting can now feel like one more thing to get through.	☐	☐	☐	☐
10. I sometimes protect the little energy I have left by pulling inward or limiting interaction.	☐	☐	☐	☐
11. I can take care of what absolutely has to be done while having very little left for connection afterward.	☐	☐	☐	☐
12. I am carrying so much that I rarely stop to ask what I need, too.	☐	☐	☐	☐

What Are Your Answers Telling You?

Do not add your answers into a clinical “score.” Instead, look for where you marked **Often** or **Most days**. Those responses are signals worth paying attention to - especially if they appear across several areas.

YOUR ENERGY

Items 1-3

Your system may be asking for recovery, not more effort. Notice whether exhaustion is becoming your normal starting point.

YOUR SENSE OF SELF

Items 4-6

Notice whether the pressure of parenting has created distance between who you are now and how you remember yourself.

YOUR CAPACITY FOR THE ROLE

Items 7-9

Notice whether parenting has begun to feel dominated by obligation, repetition, or getting through the next demand.

YOUR CAPACITY FOR CONNECTION

Items 10-12

Notice whether you are conserving energy by withdrawing, functioning on essentials, or consistently placing your own needs last.

The point is not to judge the pattern. The point is to see it.

Parental-burnout research describes a pattern involving exhaustion in the parenting role, a painful contrast with one's earlier parental self, feeling fed up or depleted by the role, and emotional distancing. This self-check uses those broad research themes as background while intentionally using different wording, structure, and interpretation from the validated PBA.

Your Next Step: Reduce the Load

If this check-in felt familiar, your first move does not have to be dramatic - and it does not have to cost anything. Choose one place where you can reduce pressure, create structure, or ask for support.

NAME THE HEAVIEST THING

Write down the one parenting demand consuming the most energy right now. Start there instead of trying to fix everything.

LOWER ONE UNNECESSARY EXPECTATION

Choose one standard that can safely be “good enough” this week. Protecting capacity is not the same as giving up.

CREATE ONE PREDICTABLE ROUTINE

Pick one recurring point of chaos and make the next step more predictable - a time, sequence, checklist, timer, or clear expectation.

LET SOMEONE IN

Tell one trusted person what has actually been hard. Support works better when people know what you are carrying.

PUT YOUR NEEDS BACK ON THE LIST

Choose one small, realistic act of recovery that belongs to you - not another task disguised as self-care.

Keep going with Parenting the Edge(TM)

This free self-check is one starting point. The Parent Advocacy Movement is being built as a growing community of practical support: free knowledge and community resources, along with optional books, self-help volumes, toolkits, and coaching for parents who want to go deeper.

You do not have to buy something to belong here.

Important: This resource is for education and personal reflection only. It is not a diagnostic instrument and does not replace professional medical, mental-health, or family support. If you are concerned about your safety, your child's safety, or your ability to cope safely, seek immediate support from an appropriate local professional or emergency service.