

# FIT QUIZ: MODULE 1



**1. Sensitive and responsive parenting strengthens the parent-child relationship.** Parents can help reduce misbehavior by sensitively responding to their child's needs in the moment. Which of the following difficult behaviors is NOT related to a child's needs?

- a) Your child whines at a doctor's appointment scheduled during dinner time.
- b) Your child yells about breakfast choices after poor sleep the night before.
- c) Your child tantrums in the store when you say "no" to a new toy.
- d) Your child cries after falling on the playground.

**2. Improving communication skills with your child can help your child to learn ways to more appropriately express themselves and get your attention.** Which of the following is not one of these skills?

- a) Responding by repeating your child's statement back to them.
- b) Responding by correcting your child's statement.
- c) Responding by looking your child in the eyes and nodding.
- d) Responding by labeling a feeling they are expressing.

**3. Attention from parents can motivate children to behave in different ways.** Which of the following count as attention?

- a) Thanking your child for listening to your directions.
- b) Looking at your child sternly when they do something irritating and laugh.
- c) Telling your child to stop whining after you said "no" to something they wanted.
- d) Giving your child a high five after they completed a task.
- e) All of the Above

**4. Praise is a very powerful form of positive attention.** All of the following are times when you could use praise to influence your child's behavior EXCEPT:

- a) When they are trying to use a fork to eat dinner, but making a mess in the process.
- b) When they draw a really pretty picture, staying inside the lines.
- c) When they are staying in their seat in the waiting room.
- d) When you ask them to come to you and they do it right away.
- e) All of the Above

**5. Scheduled parent-child playtime strengthens the relationship and is a time for practicing parenting skills.** Which of the following would you do during Scheduled Parent-Child Playtime?

- a) Copy what your child does with the toys.
- b) Ask your child to identify shapes and colors of the toys.
- c) Suggest what your child should do next with the toys.
- d) Tell your child the things you see them doing with the toys.
- e) All of the Above