

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.

(answer = c)

Hunger, sleep and comfort are basic needs which need to be met. Being sensitive to your child doesn't mean meeting every request or preventing difficult feelings like disappointment after hearing "no" to something they want like a toy. Parents can best know how to respond to their child's difficult behaviors when they consider whether it is the result of needs or wants.

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.

(answer = b)

It can be hard not to jump to teaching your child when what they say is inaccurate, but active listening is about communicating to your child that you are listening and trying to understand them and that what they have to say is important. Simply feeling heard and understood can go a long way for a child's self-esteem and for the parent child relationship. Parents can use active listening gestures and reflection to show their child they have been heard and then find a sensitive way to teach or correct them later!

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

(answer = e: all of the above)

Praise and high fives are positive attention and ways to show a child you want to see more of that behavior. Remember that scolding (as in answers b & c) is still providing attention for the child's behavior and may seem better to a child than no attention at all, so may inadvertently encourage that behavior. Ignoring is a way to avoid giving attention to negative behaviors you don't want to see, like whining and other annoying behaviors.

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

(answer = b)

Even though we simply expect our children to follow basic expectations like, staying in your chair and following directions right away- these tasks are all quite hard for a young child. Noticing their efforts and praising your child when you see them following the rules, behaving well, and trying hard with something difficult will be very rewarding for your child and they will be more likely to do those things in the future. Complimenting how your child's drawing looks focuses on the outcomes not their efforts while praising their attempts to use a fork, even though not perfectly, rewards their efforts and encourages this behavior in the future!

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

(answer = a, d)

Following your child's lead and describing during scheduled parent-child playtime shows you are interested in and value their choices. It can help build self-esteem and help them focus their attention and concentration. Asking questions, making suggestions, and giving directions during this playtime takes the lead away from your child.