

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