

FIT QUIZ: MODULE 2



1. 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.

2. Children benefit when their environment is consistent and predictable. Which of the following statements are true?

- a) When children can anticipate transitions like clean up time ahead of time, they are more likely to misbehave.
- b) Children learn best when the parents respond the same way and they know what to expect.
- c) Knowing their parents will reliably respond to their needs helps children feel safe and secure.
- d) When children know what to expect from their environment, they can better stay calm and focused through everyday tasks.

3. Parents can help children manage their behavior with clear and consistent schedules, routines, rules and directions. Which of the following statements are true?

- a) Consistent daily routines and rules help children understand both what to expect and what is expected of them.
- b) Young children don't like rules and they often misbehave more when the rules happen.
- c) Children who have difficulty focusing their attention benefit even more when rules and directions are simple and clear.
- d) Young children will respond negatively to schedules because they just want to do what they want to do.

4. Intervening before behavior problems start can prevent misbehavior. What are common times children misbehave?

- a) When they are hungry
- b) When they are tired
- c) When there are changes or transitions
- d) When they are asked to follow complex directions
- e) When they are distracted while told what to do
- f) All of the above

5. Strategies that focus on helping children manage feelings can help prevent misbehavior. Which of the following are ways you can help your child better manage difficult feelings?

- a) Providing extra support, comfort, and encouragement during times that are often hard.
- b) Telling your child to calm down.
- c) Teaching them ways to calm down, such as deep breaths or taking a break.
- d) Labeling their emotions and helping them use words to express their feelings.