

FIT QUIZ: MODULE 3



1. 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

2. 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

3. Sometimes misbehavior can't be prevented and must be directly addressed. Which of the following statements is not true?

- a) Despite best efforts, all children have some challenging behaviors at times.
- b) Discipline is most effective when balanced with strategies that promote positive behavior and prevent negative behavior from happening in the first place.
- c) Discipline has to work the first time to be effective.
- d) Problem behaviors like tantrums, yelling, and hitting are common in young children because they are still learning to manage overwhelming feelings.

4. Time-out works best when parents follow the same specific steps every time. Which of these is not part of effective time-out?

- a) Give clear warning
- b) Give explanation and take child to time-out
- c) Stay close to the child and remind them to be quiet during time-out.
- d) Find opportunities for praise and positive attention after the time-out is over

5. Behavioral change can happen when parents consistently manage misbehavior over time. Which of the following statements is true:

- a) Children learn appropriate limits and behavioral expectations more quickly when parents respond the same way every time.
- b) Children will whine and tantrum less if parents respond or give in to make these behaviors stop more quickly.
- c) When parents effectively respond to negative behaviors consistently, children learn limits around which behaviors are acceptable and negative behaviors will decrease.
- d) Time-out and other FIT consequences will stop negative behaviors as soon as parents start using them with their children.