

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

(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 behavior

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.

(answer = b, c, d)

Children benefit from knowing what to expect in their environment. They learn more quickly when their parents provide structure and respond consistently to their behavior. When children know what to expect from the environment and their parents, they can better regulate their feelings and behaviors during harder times, like transitions.

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.

(answer = a, c)

Schedules, routines, rules, and clear directions help children know what to expect and what is expected of them. Young children are impulsive and do just want to do what they want to do when they want to do it, but predictable routines and consistent rules help children learn to tolerate the tasks of daily life which helps prevent problem behaviors. Children who have trouble focusing do especially better when parents give simple and clear directions.

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

(answer = f: all of the above)

When parents are able to identify difficult times, such as when children are tired, hungry, or there are transitions between activities, they can anticipate and intervene before problem behaviors emerge. Giving simple and clear directions and ensuring that the child paid attention can also help ensure that children will follow instructions.

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.

(answer = a, c, d)

Young children have overwhelming feelings in response to situations that may seem insignificant to adults. Parents can label these feelings to help the child learn how to put these feelings into words. Helping children manage feelings can help reduce misbehavior as they learn more appropriate ways to express them.