

Pop Quiz Answers.

1. Parenting that is consistent, emotionally attuned, and allows children to feel connected, understood and protected. Any one of these is a good answer.
2. Made sense of their own upbringing. This allows parents to break maladaptive patterns, end poor attachment, and recognize their triggers.
3. Each individual answer is correct.
4. Temperament
5. Because differences that are innate to individuals can mean that parents and children have very different needs. But it is up to the parent to meet the child's needs in order to help them feel safe and secure in their attachment relationship.
6. Non-directive play.
7. Active Listening.
8. Listen for meaning, feeling, or behavior/action/body language.
9. Curiosity, openness, patience, non-knowing or assuming, focus, etc.
10. Providing solutions.
11. It goes into "flipped lid" mode, where the brain loses the ability to think and process information with the neocortex, and instead turns to the fight, flight, or freeze response.
12. Intercept their attention, cue them to calm down by modeling it and using comforting physical contact, name the emotion to tame it, help the child make sense of what happened by telling the story.
13. I Statements.
14. Defensiveness or self-justification.
15. Willingness to listen and stay engaged in the conversation. Cooperation. Willingness to be part of the solution.
16. Collaborative Problem Solving Steps: Active listening (empathy), expression of your feeling, expression of your need, suggest a solution or brain-storm for one collaboratively, review the agreement, praise for participation.
17. Plan B
18. Role Modeling.
19. By understanding the links between thinking, feeling and behaving. Then by role modeling how we are doing emotional self-regulation, sometime by doing it out loud and talking through our own process.
20. Self-care.

21. Join the child in the focus of his/her attention. Comment on the child's behavior/feelings (priming the pump for agreement), intercept the child's attention, negotiate the transition by using active listening and I statements.
22. Punishment is punitive – it takes things away or hurts in some way, and this damages relationship or creates a relationship rupture. Discipline is training that corrects, brings under control, or imposes order on and it takes place within relationship.
23. Collect the child's attention, encourage settling down, coaxing conflicting feelings, look for a win/win solution, implement the solution and give meaningful praise/encouragement.
24. Scripting – telling them what to expect and how to behave in specific terms and giving the reason behind it as well.
25. Anger or Anxiety. If we have a strong feeling that is not being controlled, we may revert to old parenting habits such as delivering lectures, hitting, isolating time-outs, shaming, or power-over parenting.
26. Be specific in our use of language when giving the instructions. Only give out tasks and chores that are age-appropriate.
27. Point systems and contracts.
28. Brain storming.
29. Sherlock Homes'! Get curious rather than getting triggered or making assumptions.
30. Individual answers will vary.