

Pop Quiz!!

1. Name one characteristic of a secure attachment relationship.
2. Attachment research found that children will be more resilient and experience more success in their lives if the parents have done what?
3. When you reflect on your triggers, what is/was the most problematic one for you? Where did it come from?
4. What is the term we use to describe the inborn characteristics of each individual that is defined by 9 specific qualities of being?
5. Why is it important to understand differences in temperament?
6. What simple interactive skill can be used to help create relationship with your child? (Hint: this is 1:1 time, 15-20 minutes, daily)
7. What skill can parents use to help understand their children, and in turn, help the children understand themselves?
8. What three things do we listen for and can possibly reflect when using Active Listening?
9. What attitude is helpful to bring to the act of Active Listening?
10. What do you need to avoid when doing Active Listening?
11. What happens to the brain when it experiences a strong emotion like anxiety or anger?
12. What can parents do to help their child when they have “flipped their lids”?
13. What communication skill helps parents express their own feelings and needs?
14. What does a well-constructed I Statement help us avoid creating in our child’s response?
15. What does an I Statement encourage in our children?
16. What are the six steps in collaborative problem solving?
17. What does Ross Green, author of “The Explosive Child” call collaborative problem solving?
18. When our children encode behavior and beliefs from observing us, what is it that we as parents are doing?
19. We can use Role Modeling to show children how to regulate strong emotions. How do we do that?
20. What do parents do for themselves that helps them parent better, with more skill and consistency?
21. What are the steps you can use to help a child transition from one activity to another?

22. What is the difference between punishment and discipline?
23. What are the five steps to create a disciplinary action?
24. What simple directive skill is used for children when you want to keep them well-behaved in situations that are new to them?
25. In delivering Assertive Discipline, what parental behavior could derail its success?
26. When enrolling children in doing chores and other tasks around the house, what do we need to do in order to set them up for success?
27. What two strategies can be used as a last resort to motivate children to learn new skills or change their behavior?
28. What skill is used in Family Meetings in order to create solutions to problems?
29. When our children exhibit behavior that triggers us, confuses us, or we just don't understand, whose cap should we metaphorically put on our head?
30. What did you learn in this course that had the most impact on your parenting?