

## Bring Out The Best In Your Children

1. Ways that you can model good manners and good coping skills include:
  - a. Teach children to say how they feel.
  - b. Model good ways to calm down.
  - c. Point out sharing among adults.
  - d. All of the above
  
2. Use discipline strategies to guide and teach instead of punish.
  - a. True
  - b. False
  
3. Not every child is the same. Understand where your child is \_\_\_\_\_.
  - a. With discipline
  - b. Developmentally
  - c. Positively
  - d. Role modeling
  
4. The key to ignoring is making sure to not give positive attention as soon as the bad behavior stops.
  - a. True
  - b. False

5. It is recommended to give a child at least \_\_\_\_\_ brief loving touches daily.
- a. 50 to 100
  - b. 10 to 20
  - c. 70 to 80
  - d. 10 to 25
6. When children get enough positive attention from you, they don't need to act out to get attention.
- a. True
  - b. False
7. Rewards do not have to cost money. It can be as simple as quality time. It is important to follow through with rewards.
- a. True
  - b. False
8. An easy way to increase good behaviors is by describing the child's behaviors and praising them when they make a good effort.
- a. True
  - b. False
9. The key to time out is practice, practice, practice.
- a. True
  - b. False
10. Be \_\_\_\_\_ and \_\_\_\_\_ when disciplining your children.

- a. angry and loud
- b. calm and consistent
- c. nervous and inconsistent
- d. mean and wavering

11. The goal of time-out is to briefly remove children from a difficult situation to teach them how to self-calm.

- a. True
- b. False

12. The best way to improve behavior is to give children a lot of attention when they are doing something you like and remove your attention when they are doing something you do not like.

- a. True
- b. False

13. An important and key concept is to build structure and routine in your children's day.

- a. True
- b. False

14. Giving a child clear and simple instructions can help avoid misbehavior.

a. True

b. False