Review: Study guide questions, open discussion, homework.

Overview from chapter 1 in the Parents Handbook:

1. Parenting skills can be learned;
   a) learning more about how children grow and behave
   b) learning more effective ways to deal with misbehavior
   c) become more skilled at encouraging
   d) discover ways to listen and talk together openly

2. Two major questions;
   a) What do I like about what I’m doing?
   b) What do I want to change?

3. Styles of parenting;
   a) Giving orders, autocratic
   b) Giving in, permissive
   c) Giving choices, democratic

4. Four factors that influence behavior;
   a) temperament
   b) heredity and environment
   c) gender roles
   d) ages and stages

5. Why misbehave?
   a) children sometimes belong by misbehavior
   b) misbehavior is usually evidence of pampering or discouragement
   c) four goals of misbehavior
      1. Attention
      2. Power
      3. Revenge
      4. Display of Inadequacy

6. What can I do right now?
   a) learn to show respect
   b) have more fun
   c) learn to give encouragement
   d) show love more effectively
   e) encourage yourself
Session 1 Review Questions & Study Guide

1. The 3 basic emotional goals are; 1)__________, 2) __________, 3)__________.
2. Love is an important basic goal. T or F
3. Learning how to control kids is a fundamental objective of class T or F
4. Emotional leveraging is defined as:
5. Three examples of emotional leveraging:
6. Three basic legs of effective parenting are 1)__________, 2)____________, 3)____________
7. Misbehavior generally occurs when children feel 1)______ and/or, 2) ________.
8. “Dependency generally breeds ______________” (explain this dynamic.)
9. Our Belief System is produced by . . .
10. We usually remember incidents in a way that allows us to?
11. Punishment and discipline are different in what ways? Name 3
12. Rewards and punishment are related in what ways? Name 3
13. Anger is usually a Mask for ______. Give 3 examples of that dynamic.
14. Excessive television/Screen time for young children can result in?
15. Encouragement is an important parenting tool. Name 3 ways it can impact children.