

**Antelope Springs
Basic Parenting
Session 2**

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

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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.

