

Expanding Your Parenting Paradigm

Please fill in the box next to the best answer. (Fill in only one box per question)

1. What is “expanding your parenting paradigm?” (Choose one)
 - The ability to rethink ideas on parenting and develop new parenting skills in order to parent a child who has experienced trauma, separation, and grief.
 - Teaching others how to parent a child who has experienced trauma, separation, and grief.
 - The ability to advocate for additional supports for your child.
 - Understanding how to obtain information about the child’s past, including their past trauma or losses.
2. What two questions should parents ask themselves about a child’s difficult behavior? (Choose one)
 - “What is behind the child’s behavior?” and “What does the child really need?”
 - “Why is the child doing this?” and “What is a reasonable consequence?”
 - “What is the child thinking?” and “How can I stop them?”
 - “Why is this happening to me?” and “What should I do?”
3. It is important that parents find the right balance between correcting and _____: (Choose one)
 - Disciplining the child.
 - Teaching the child to do everything better.
 - Ignoring bad behavior.
 - Connecting to the child.
4. Expanding your parenting paradigm includes all of the following, **EXCEPT**: (Choose one)
 - Setting realistic expectations for yourself and the child.
 - Celebrating the small successes.
 - Feeling confident that you always know the right thing to do when parenting.
 - Being attuned to the child’s needs.
5. All of the following are true about a child who is stuck in “survival brain,” **EXCEPT**: (Choose one)
 - The child can calm down if they really want to.

- The child is always on high alert for danger.
- The child is easily triggered into feeling like traumatic experiences from the past are happening in the present.
- The child often responds in a defensive and reactive way.