

Trauma–Informed Parenting

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

1. When parenting a child who has experienced trauma, it is helpful to keep in mind: (Choose one)
 - The child only needs love.
 - The need to focus on safety and support rather than punishment when addressing behavior.
 - When a child misbehaves, they need immediate and consistent discipline.
 - The need to focus on getting the child to talk a lot about their experiences.

2. A child who has experienced trauma: (Choose one)
 - Can recover and develop resilience with the right type of support from parents who are fostering or adopting.
 - Cannot form healthy relationships.
 - Above all else, needs consistent rules and discipline.
 - Will be fine once they understand what happened to them.

3. What is a strategy that a parent can use to provide a sense of safety and support to a child who is upset? (Choose one)
 - Regulate, reconsider, reprimand.
 - Regulate, retaliate, reason.
 - Regulate, relate, reason.
 - Reason, relate, regulate.

4. Adults who are parenting children with challenging behaviors resulting from trauma should do all of the following, **EXCEPT**: (Choose one)
- Celebrate small successes and focus on the positive.
 - Be flexible in their thinking.
 - Redefine expectations.
 - Be rigid about discipline.
5. The act of a parent staying calm and thereby calming the child and decreasing the emotional intensity of a situation is an example of what? (Choose one)
- Co-regulation.
 - Self-regulation.
 - Co-relating.
 - Self-soothing.