



## School's Back...Now What?

### Childhood Behavior Management and Modification



1. Which of the following is a common parental reaction to challenging child behavior
  - a. Increasing commands directed toward the child
  - b. More positive attention directed toward the child
  - c. Increased consistency
  - d. Ignoring
2. Parental withdrawal and disengagement from a child with difficult temperament and behavior perpetuates behavioral problems.
  - a. True
  - b. False
3. Which of the following is *not* an important part of daily time-in?
  - a. Allowing the child to take the lead
  - b. Actively playing with the child
  - c. Making the most of teachable moments
  - d. Showing enthusiasm and interested in the child's play
4. What are the key components of effective praise (choose all that apply)?
  - a. Praise is frequent
  - b. Praise is immediate
  - c. Praise is specific
  - d. Praise is verbal
5. Choose the command that is worded to shape a desired behavior:
  - a. Stop pushing your brother.
  - b. Please stop yelling.
  - c. Keep the water in the bathtub.
  - d. Quit throwing your laundry on the floor.
6. The order of daily activities is how children "tell time."
  - a. True
  - b. False
7. Which of the following are important elements of effective commands (choose all that apply)?
  - a. Make eye contact
  - b. Give one direction at a time
  - c. Minimize use of 'please' and other niceties so that the command isn't viewed as optional
  - d. Be specific and objective about exactly what you want the child to do

8. Which of the behavior reinforcement strategies below will be most effective?
  - a. Have a daily debrief with the child where you discuss things that went well and didn't go well and give points for good behavior that occurred over the course of the day.
  - b. Provide feedback for positive and negative behavior throughout the day and give out poker chips for desired behavior; allow the child to exchange poker chips for rewards and provide the rewards with high frequency.
  - c. Identify a large reward (e.g., family vacation) that the child can earn if they are able to reach a long term goal (e.g., As and Bs at the end of the semester)
  - d. None of the above. Rewards are a form of bribery and should not be used.
9. The primary function of time-out is:
  - a. To create an opportunity for the child to reflect on what they did wrong
  - b. For the child to have an aversive experience sitting in an uncomfortable chair or standing for a long period of time
  - c. For the child to have a "time-out" from the reinforcement they receive during interaction with others and engagement in desired activities
  - d. For the caregiver to have an opportunity to calm down before reasoning with the child
10. If child behavior problems worsen in response to increased parental structure and consistency, the best course of action is:
  - a. To stop and try something else because this strategy is not working for the child.
  - b. To continue and wait it out. Behavior problems often worsen before they get better when parents take this approach.
  - c.