Chaos to Healing: Therapeutic Parenting 101

1. What is therapeutic parenting?
   a. Maintaining total control over the individuals living in your home.
   b. Consciously using as many interactions with your child as you can to create healing opportunities.
   c. Providing your child with the ability to set their own limits.
   d. Managing your child’s behaviors
   e. B and C

2. What timespan is considered critical to the development of a child?
   a. 0-10 years old
   b. 5-10 years old
   c. 0-3 years old
   d. 0-5 years old
   e. B & C

3. What is a typical response to trauma for a child with a diagnosis of Reactive Attachment Disorder?
   a. To ask an adult whom he or she trusts for help.
   b. The child’s baseline (or state of feeling emotionally regulated) increases with each traumatic experience making it increasingly difficult for the child to reach a “normal” state of regulation.
   c. To independently practice deep breathing exercises until they reach a state of calm.
   d. To give a mouse a cookie.
   e. B & C

4. What does SPACE stand for?
   a. Safety, Supervision, Structure, Support; Participation; Action; Creativity; Enthusiasm
   b. Structure; Persuasion; Art; Control; Encouragement
   c. Soothing; Persnickety; Assumptions; Curious; Empathic
   d. Safety, Supervision, Structure, Support; Playful; Accepting; Curious; Empathic
   e. B & C

5. Fill in the blanks. Attachment security is: A _____ and ________ safety created through ______ with a caregiver who is ______, ______, and ______ to the child’s ______ and repairs relationship ______ that might threaten the felt sense of safety.
   a. A physical and psychological safety created through closeness with a caregiver who is available, sensitive, and responsive to the child’s self-expressions and repairs relationship breaks that might threaten the felt sense of safety.
   b. A compassionate and structured safety created through experiences with a caregiver who is helpful, strict, and empathic to the child’s stated needs and repairs relationship breaks that might threaten the felt sense of safety.
   c. A kind and compassionate safety created through understanding with a caregiver who is fun, engaging, playful, and curious to the child’s problems and repairs relationship strains that might threaten the felt sense of safety.
   d. Both A and C.
   e. None of the above.
6. What is the foundation for healing trauma?
   a. Supervision.
   b. Structure.
   c. Support.
   d. Safety.
   e. B & C

7. What is an inexpensive, effective way to keep your child safe and supervised?
   a. Megaphones.
   b. Tethers.
   c. Baby monitors.
   d. Play pens.
   e. B & C

8. Structure is:
   a. Not control.
   b. A comforting sense that the adult makes the world safe.
   c. A comforting sense that the adult makes the world predictable.
   d. Love.
   e. All of the above.

9. Discipline is:
   a. Punishment.
   b. Not punishment.
   c. Teaching the child how to behave differently in reaction to a similar event.
   d. Focused on the past
   e. B and C.

10. What is a time-in?:
    a. Sitting with the dysregulated child and allowing the child to express their feelings safely.
    b. Sitting with the dysregulated child while regulating yourself to remain calm.
    c. Sitting with the child to provide a message of acceptance and safety to the child.
    d. B & C
    e. All of the above.

11. How does being playful help?
    a. Helps the child to forget the trauma they experienced in their early childhood.
    b. Reminds the child that life can be happy.
    c. Allows the adult to take a break.
    d. Helpful as a transition out of an intense time.
    e. B & C

12. What is the keys to accepting?
    a. Understanding the child’s emotional content underneath the behaviors.
    b. Understanding that the child is trying to “get back” at you.
    c. Understanding that it is healing to allow the child to do whatever they want.
    d. Understanding that the child needs to accept your position as the adult caregiver.
    e. B & C
13. What is developmental age?
   a. The age that a child presents.
   b. A child who is 10, yet behaves like a child who is 3.
   c. How a child physically appears regardless of their chronological age.
   d. A and B.
   e. All the above

14. Fill in the blanks. When a child acts out, work to understand the child’s emotional content and then move to natural and logical consequences for actions appropriate for the child’s ______________ and appropriate ______________ of consequence.
   a. Actions; time and duration
   b. Developmental age; severity
   c. Developmental age; time and duration
   d. Emotional age; number
   e. None of the above.

15. In order for a child to begin behaving at their chronological age, what needs to happen first?
   a. A one-hour nap.
   b. Removing all potential threats from the child’s life.
   c. Healing.
   d. Control.
   e. B & C

16. How does being curious help kids heal?
   a. It allows the child the opportunity to identify with Curious George.
   b. It allows the child the opportunity to reflect on their own experiences.
   c. It allows the child the opportunity to think about anything other than what you are talking about.
   d. B & C
   e. None of the above.

17. Name the three ways to curiously communicate with kids:
   a. In despite of, roundabout, and grudgingly.
   b. With, for, and about.
   c. Curiously, passionately, loudly
   d. A and B.
   e. None of the above.

18. Of the questions below, which ones are good curious questions to use with kids?
   a. What was it like for you...?
   b. How does it feel talking with me about...?
   c. How did you handle that?/How else could you have handled that?
   d. What does it mean that you/she/he...?
   e. All of the above.

19. What are some of the meanings under a child’s behavior?
   a. Feeling very safe.
   b. Belief that the child must be self-sufficient because adults cannot be trusted.
   c. Fear of abandonment and rejection.
   d. Belief that the child is too good for the caregiver.
   e. B and C.
20. What is the “formula” for empathic statements?
   a. “You shouldn’t (action/behavior) because it makes me (emotion).”
   b. “When you (action/behavior) I want to (action/behavior).”
   c. “I can’t help but feel (emotion) when you (action/behavior).”
   d. “It seems to me like you’re feeling (emotion) because (action/behavior).”
   e. None of the above

21. What percentage of communication is non-verbal (face, tone, body posture)?
   a. 10%
   b. 50%
   c. 70%
   d. All communication is verbal.
   e. None of the above

22. What are billboard messages?
   a. Advertisements on the highway that can be very distracting.
   b. Phrases using 7 words or less to communicate understanding of acknowledgment of a child’s feelings and/or experience.
   c. Statements I write on posters about my child that I post around my house.
   d. B & C
   e. None of the above

23. What is the “Magic Pill”?
   a. Whatever makes a tension headache go away.
   b. Lots of chocolate at the end of a long day.
   c. A nice, hot bath with lots of bubbles.
   d. Mother’s little helper
   e. You! – You can heal to your kid.

SPACE IS...

Safety
Support
Supervision
Structure

Playfulness
Acceptance
Curiosity
Empathy