**Pre – Make Parenting A Pleasure**(*Make Parenting A Pleasure****®***)

**Post – Make Parenting A Pleasure**

Name: Class: Date:

**Instructions:** The following questions consist of true/false, multiple choice, and fill in the blank based on the Make Parenting A Pleasure *(Make Parenting A Pleasure)* curriculum, also known as MPAP. For each question, pick **one** answer that best fits the question. Please be sure to respond to **every** question.

1. To have a realistic expectation of my child’s behavior, I need to understand characteristics of my child’s development.

T True F False

1. As parents we teach and model how to \_\_\_\_\_\_\_\_\_\_\_ with stress.
   1. suffer
   2. battle
   3. cope
   4. live
2. Positive parenting skills come naturally.

T True F False

1. “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ communication begins with what we do.”

* 1. Effective
  2. Forcible
  3. Silent
  4. Indirect

1. According to Make Parenting A Pleasure, which of these is one of the “Five Basics for Managing Long-Term Stress”?
   1. don’t ask for help from family and friends
   2. take care of yourself
   3. forget about my personal feelings and worry about everyone else
   4. take care of your kids

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Which statement below is the best example of an “I” statement:

1. “I don’t like what you just said because you always say that.”
2. “I always feed worried when you never call and let me know you’ll be late.”
3. “I feel excited when we make plans.”
4. “I feel worried when you don’t call and let me know you’ll be late because I’m afraid something is wrong.”
5. Learning to communicate positively takes practice.

True or False

1. Anger is a \_\_\_\_\_\_\_\_\_\_ emotion.
   1. inappropriate
   2. normal
   3. distinct
   4. symbolic

1. Listening is not important when communicating effectively.

T True F False

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Rest and nutrition are not important for physical development.

T True F False

1. “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is used as a way to teach children how to discipline themselves.”
   1. Discipline
   2. Time
   3. Expression
   4. Supervision
2. Taking a “Parent Time Out” is a positive way of dealing with specific problem behaviors of young children.

T True F False

1. An example of appropriate and loving touch is:
   1. a hug
   2. a kiss
   3. a pat on the head
   4. all of the above
2. I don’t need to be aware of my own expectations in order to make positive discipline decisions.

T True F False

1. According to the Make Parenting A Pleasure curriculum, what are two types of listening skills?
   1. active and judgmental
   2. quiet and judgmental
   3. none of the above
   4. active and quiet
2. Which statement below is the best example of an “I” statement
   1. “I don’t like what you just said because you always say that.”
   2. “I always feel worried when you never call and let me know you’ll be late.”
   3. “I feel excited when we make plans.”
   4. “I feel worried when you don’t call and let me know you’ll be late because I’m afraid something is wrong.”

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According to Make Parenting A Pleasure, which of these is one of the “Five Basics for Managing Long-Term Stress”?

* 1. don’t ask for help from family and friends
  2. take care of yourself
  3. forget about my personal feelings and worry about everyone else
  4. take care of your kids

1. A goal of discipline is to teach children the things they need to know in order to succeed in their society’s culture.

T True F False

1. Please define **Punishment, Discipline, and Abuse.** Fill in the blanks with the bolded words.

is damaging. This “diminishes the whole child, not just the child’s behavior.”

is teaching. It is how “we teach our children our values, rules, and why they are important.”

can be physical, neglect, sexual, or emotional.

1. If my child has developmental delays, I don’t need to change my expectations for my child.

T True F False

1. To help children make safe and healthy choices, as parents, we need to provide space, support, and encouragement.

T True F False

1. Stress is not a normal part of parenting.

T True F False

1. As we discuss communication and parenting techniques we should be \_\_\_\_\_\_\_\_\_\_\_\_\_ and respectful of cultural differences and customs.
   1. honest
   2. aware
   3. nervous
   4. silent
2. With young children, appropriate and loving touch is perhaps the single most powerful way of communicating.

T True F False

1. The way I respond to stress can impact the way I respond to my children.

T True F False

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Developing positive parenting skills is not an on-going process.

T True F False

1. Keeping an organized and safe environment so your child can explore and learn includes:
   1. covering electrical outlets
   2. putting breakables out of reach
   3. both a and b
   4. none of the above
2. Developing positive parenting skills is not an on-going process.

T True F False

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The way I respond to stress can impact the way I respond to my children. T or F

T True F False

1. Parents, as the foundation of the family, need a support network.

T True F False

1. When we can give positive attention to \_\_\_\_\_\_\_\_\_\_\_\_\_, then we can give positive attention to our children.
   1. children
   2. ourselves
   3. family
   4. our friends
2. If our pattern of self-talk is positive then we tend to feel more optimistic, hopeful, happy, less worried, and less tense.

T True F False

1. The “NBC’s of Handling Anger” are: Notice, Breathe, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. Clarify
   2. Change
   3. Control
   4. Cope
2. Rest and nutrition are not important for physical development.

T True F False

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Listening is not important when communicating effectively.

T True F False

1. Crying, squirming, smiling, and following movement are examples of an infant’s non-verbal communication.

T True F False

1. What are you hoping to learn from taking this class?

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What did you learn from taking this class?