

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

## Review:

After watching Parenting Principles, answer the following review questions.

1. What are the three types of parenting? List some defining characteristics of each parenting approach.

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### What You Do Matters:

2. There are many factors that influence a child. What are some key influencers and which is most important?

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**You Cannot Be Too Loving:**

3. How can parents show their child love? \_\_\_\_\_

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4. What ways can a parent be involved in their child's life? \_\_\_\_\_

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**Adapt Your Parenting To Fit Your Child:**

5. Why should parents adjust their behavior to fit with their child? \_\_\_\_\_

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**Establish Rules and Set Limits:**

6. Why is flexibility important when setting rules for children? \_\_\_\_\_

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**Help Foster Your Child's Independence:**

7. What can parents do to help grow a child's independence? \_\_\_\_\_

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**Be Consistent:**

8. What is meant by “be consistent” when it comes to parenting? Why is this important? \_\_\_\_\_

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**Avoid Harsh Discipline:**

9. What are the five elements of punishment?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Explain Your Rules and Decisions:**

10. Why should rules include the reasoning behind them? \_\_\_\_\_

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**Treat Your Child With Respect:**

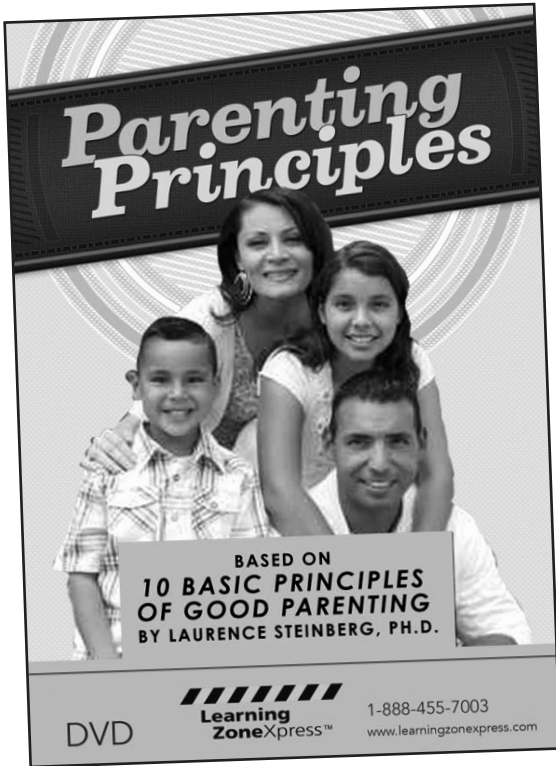
11. How does a parent-child relationship have a lasting impact on the child's life? \_\_\_\_\_

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# ANSWER KEY

## Review:

After watching Parenting Principles, answer the following review questions.

1. What are the three types of parenting? List some defining characteristics of each parenting approach.

***Authoritative: Warm and firm; affectionate with rules and expectations***

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***Authoritarian: Cold, harsh, punitive***

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***Permissive: Not firm or strict; don't enforce expectations, very loving***

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### What You Do Matters:

2. There are many factors that influence a child. What are some key influencers and which is most important?

***Genetics and environment (peers, school, media, and parents) all influence a child. Parents are the most important influence on their children.***

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**You Cannot Be Too Loving:**

3. How can parents show their child love? \_\_\_\_\_

***Verbal praise • Physical affection***

***Provide a safe home • Understand a child's emotional needs and respond to them***

**Be Involved in Your Child's Life:**

4. What ways can a parent be involved in their child's life? ***Know who the child's friends and teachers are*** \_\_\_\_\_

***Be aware of how the child is doing in school • Take interest in the child's interests***

***Be engaged and spend quality time together***

***Be involved, but not intrusive or dictate everything the child does***

**Adapt Your Parenting To Fit Your Child:**

5. Why should parents adjust their behavior to fit with their child? \_\_\_\_\_

***Each child is unique and reacts to things differently. Parents should adjust his or her parenting style to match a child's age, personality, interests, and circumstances, while having patience during developmental transitions.***

**Establish Rules and Set Limits:**

6. Why is flexibility important when setting rules for children?

***Parents should be flexible to adapt rules when they don't work.***

**Help Foster Your Child's Independence:**

7. What can parents do to help grow a child's independence? \_\_\_\_\_

***Allow children to experience making decisions. Parents should grant some autonomy, but still maintain control, and gradually increase autonomy as the child grows. It's OK to let children fail and make mistakes. Parents need to make sure the failures don't create irreparable consequences or mistakes.***



**Be Consistent:**

8. What is meant by “be consistent” when it comes to parenting? Why is this important? \_\_\_\_\_

***It means to be predictable and create day-to-day routines for your child, while leaving room for some flexibility with different circumstances. If parent has a partner, they should parent in a similar way.***

***Children feel safer when they can predict what will happen from day to day.***

**Avoid Harsh Discipline:**

9. What are the five elements of punishment?

1. ***Identify the act that was wrong***

2. ***State the impact of misbehavior***

3. ***Suggest alternative behavior***

4. ***State what the consequence will be***

5. ***Stat your expectation that next time will be better***

**Explain Your Rules and Decisions:**

10. Why should rules include the reasoning behind them? \_\_\_\_\_

***Children are more likely to comply with rules when they understand them. “Because I said so” is not a good reason because it does not explain “why.”***

**Treat Your Child With Respect:**

11. How does a parent-child relationship have a lasting impact on the child's life? \_\_\_\_\_

***A parent’s relationship with their child is the foundation for the child’s future relationships with friends, romantic relationships, and how the child themselves will approach parenting when they have children of their own.***

