**Parenting Workbook**

Lesson 1

1. Put the letter of each term next to its correct definition [10 marks]
2. Caregiver
3. Parenting
4. Nurture
5. Potential
6. Values
7. Patience
8. Sensitivity
9. Realism
10. Role model
11. Objective

\_\_\_\_\_ what you actually see, not what you think

\_\_\_\_\_ ideas about what is important in life

\_\_\_\_\_ someone who cares for a child on a short and long term basis

\_\_\_\_\_ acting in accordance with actual facts, not how you think they should be

\_\_\_\_\_ providing care and guidance to help a child develop into a healthy and happy adult

\_\_\_\_\_ someone whose behaviour and attitudes are imitated by others

\_\_\_\_\_ to encourage growth and development

\_\_\_\_\_ what one is capable of

\_\_\_\_\_ realizing how others feel and understanding these feelings

\_\_\_\_\_ having quiet, uncomplaining endurance under stress or annoyance

1. Little Johnny refuses to pick up his toys at the end of the day. Which parenting skills could his caregivers use to get him to pick up his toys? Pick 2 skills and explain. [4 marks]
2. Name 2 things you could do to improve communication with a young child. [2 marks]
3. Name and explain 5 possible rewards that parenting can offer. [10 marks]
4. List and explain 4 basic responsibilities of caregivers. [8 marks]
5. Review the parenting skills described in this lesson. Which 2 do you feel are your strengths? Name and explain one parenting skill that you think you will need to work on. [4 marks]

Lesson 2

1. Describe one tradition or custom that your family practices. [2 marks]
2. List 3 positive and 3 negative communication techniques. [6 marks]

|  |  |
| --- | --- |
| **Positive** | **Negative** |
|  |  |
|  |  |
|  |  |

1. Match the following terms with the correct definition. [11 marks]
2. Personality
3. Parenting philosophy
4. Parenting styles
5. Goal
6. Culture
7. Developmental theory
8. Authoritarian
9. Democratic
10. Permissive
11. Communication
12. Non-verbal

\_\_\_\_\_ a style of parenting in which caregivers make most of the decisions regarding

children and expect children to follow their guidelines

\_\_\_\_\_ a target that is set and requires efforts to reach

\_\_\_\_\_ using actions instead of words to convey a message

\_\_\_\_\_ a special blend of intelligence, emotional, and social traits that make up a personality

\_\_\_\_\_ the act of imparting or transmitting a message

\_\_\_\_\_ a style of parenting in which children are given a say in decisions that affect them

\_\_\_\_\_the language, religion, heritage and customs of a family

\_\_\_\_\_ a combination of several theories used to explain child behaviour

\_\_\_\_\_ the way a caregiver consistently interacts with children

\_\_\_\_\_ a set of beliefs that describes a person’s approach to raising or caring for children

\_\_\_\_\_ a style of parenting in which children make all the decisions they can handle under

the guidance and protection of caregivers

1. Pick one individual who has been influential in the study of child development. You may use one described in this section or choose another one. Use the Internet to gather additional research. Write a one page report (on a separate piece of paper) that outlines the following:
2. The theories that the individual has developed or studied [7 marks]
3. How these theories and/or studies have been presented to the public [3 marks]
4. Your views on the work of this individual [5 marks]
5. Why is it important to show understanding when communication with children? [3 marks]
6. What are 2 results of praising appropriate behaviour? [2 marks]

Lesson 3

1. What is Susan’s family form called if she lives with her mother, stepfather and stepbrother? [1 mark]
2. Review Maslow’s pyramid. Name each level and describe 2 ways of meeting the needs of children within each level. [12 marks]
3. Why do caregivers need to look after themselves as well as looking after their children? [2 marks]
4. Name the 3 most important skills required to lead a family successfully. For each skill, give one reason why you think this skill is important. [6 marks]
5. What are the 6 steps of the decision-making process? [6 marks]
6. Describe 3 things that would indicate a couple is ready to become parents. [3 marks]
7. Match the following terms and their meanings. [13 marks]
8. Role
9. Extended family
10. Nuclear family
11. Single-parent family
12. Blended family
13. Step-parent
14. Diplomacy
15. Co-operation
16. Moral development
17. Parenting readiness
18. Psychological maturity
19. Physical maturity
20. Decision-making process

\_\_\_\_\_the use of tact and skill in dealing with others in a positive way

\_\_\_\_\_ the parent who is not biologically related to the child

\_\_\_\_\_ the physical development of the body

\_\_\_\_\_ immediate relatives including grandparents, aunts, uncles and cousins

\_\_\_\_\_ the development of the mind and emotions

\_\_\_\_\_ a household headed by one parent

\_\_\_\_\_ a part one plays when interacting with others

\_\_\_\_\_ the process of learning right from wrong

\_\_\_\_\_ a step-by-step system of evaluating information in order to reach a reasonable

conclusion

\_\_\_\_\_ a family with husband, wife, and one or more biological or adopted children

\_\_\_\_\_ the ability to work with others toward a common goal

\_\_\_\_\_ a household with 2 parents and one or more children from previous relationships

\_\_\_\_\_ when circumstances will enable a person to raise a child properly

1. Name the 4 stages of the family life cycle. Which stage generally lasts the longest? [5 marks]
2. Name 4 wrong reasons to have a child. [4 marks]

Lesson 4

1. Why are the teen years a poor time to become a parent? [2 marks]
2. List and explain 5 problems that teen parents face. [10 marks]
3. What are the 5 options that a pregnant teen can choose from? Explain each one briefly. [10 marks]
4. From the list on page 9, choose the 2 questions that you think are the most important ones for teen parents to ask themselves. Why are these questions more important than the others? [4 marks]
5. List the 4 most important things that a pregnant teen should do to ensure a healthy baby. [4 marks]
6. List 4 places you could turn to for support if you were a potential teen parent. [4 marks]
7. Match the following terms and their meaning [11 marks]
8. Puberty
9. Abstinence
10. Prenatal care
11. Paternity
12. Premature
13. Low birth weight
14. Dysfunctional
15. Adoptive parents
16. Open adoption
17. Infant simulator
18. Postpartum blues

\_\_\_\_\_ when parents do not fulfill their role as care givers, causing problems for themselves and their children

\_\_\_\_\_ an artificial baby programmed to cry and respond to care or abuse

\_\_\_\_\_ the stage of development when young people are physically able to reproduce

\_\_\_\_\_ feelings of moodiness, anxiety, depression or anger after giving birth

\_\_\_\_\_ the act of refraining from sexual intercourse

\_\_\_\_\_ when the biological parents choose and maintain a relationship with the

adoptive parents

\_\_\_\_\_ the medical attention required throughout pregnancy

\_\_\_\_\_ biological fatherhood

\_\_\_\_\_ parents who acquire the legal right and responsibility of raising a child not

biologically their own

\_\_\_\_\_ before development is complete

\_\_\_\_\_ less than 2.5 kg at birth

Lesson 5

1. Write a step-by-step explanation of how conception occurs. Be sure to use as much vocabulary from the lesson as possible and to make your explanation detailed. [10 marks]
2. What can a woman do to determine when she is ovulating? [1 mark]
3. State whether the following sentences are true or false. [4 marks]
4. Pregnancy can be prevented if the women urinates immediately following intercourse.
5. Ovulation can occur anywhere from 10 to 18 days after the first day of menstration.
6. You can get pregnant when you have intercourse for the very first time.
7. If the man withdraws before he ejaculates, the woman will not get pregnant.
8. List 3 things (other than contraceptives) that might prevent a woman from becoming pregnant. [3 marks]
9. List 3 things a woman could do to help her become pregnant. [3 marks]
10. Match the following terms with their correct definitions [12 marks]
11. Ovary
12. Fallopian tubes
13. Uterus
14. Cervix
15. Vagina
16. Sperm
17. Testes
18. Urethra
19. Semen
20. Conception
21. Menstruation
22. Ovulation

\_\_\_\_\_ a milky fluid that contains sperm

\_\_\_\_\_a tube in the penis through which sperm travels

\_\_\_\_\_ a female reproductive gland

\_\_\_\_\_ the monthly shedding of the uterus’s lining

\_\_\_\_\_ male reproductive glands

\_\_\_\_\_ where the baby develops before birth

\_\_\_\_\_ the monthly release of an egg from the ovary

\_\_\_\_\_ tubes connecting the ovary to the uterus

\_\_\_\_\_ when male and female cells unite following intercourse

\_\_\_\_\_ a muscular passage that connects the cervix to the outside of the body

\_\_\_\_\_ located at the neck of the uterus to protect the uterus

\_\_\_\_\_ male reproductive cells

1. List 3 birth control options that are available in Canada. What is the only method that guarantees (100%) that you will not get pregnant? [4 marks]
2. Explain, using scientific terms, how an individual acquires their genetic makeup. [5 marks]
3. Explain the difference between a dominant trait and a recessive trait. [2 marks]
4. Explain how the gender of a child is determined. [2 marks]
5. The Brown’s had twins, one girl and one boy. What type of twins are they? How do you know? [2 marks]
6. Choose one of the genetic diseases that are discussed in this lesson and explain it in detail. [4 marks]
7. Match the following terms with their definitions. [11 marks]
8. Contraception
9. Heredity
10. Tubal sterilization
11. Vasectomy
12. Chromosomes
13. Gene
14. Dominant
15. Recessive
16. Fraternal
17. Identical
18. Biological parents

\_\_\_\_\_ babies conceived from separate sperm and ova

\_\_\_\_\_ birth parents

\_\_\_\_\_ the use of drugs, devices or techniques to prevent pregnancy

\_\_\_\_\_ babies conceived when one fertilized cell divides and separates

\_\_\_\_\_ a trait that is weaker but still present in offspring

\_\_\_\_\_ the transfer of traits from parent to child

\_\_\_\_\_ surgery to permanently block Fallopian tubes

\_\_\_\_\_ surgery to permanently block male tubes that carry sperm

\_\_\_\_\_ a trait that is stronger and is expressed in offspring

\_\_\_\_\_ a hereditary unit that determines a particular trait

\_\_\_\_\_ long thread-like particles in a cell nucleus

Lesson 6

1. List 5 possible indications that you are pregnant. [5 marks]
2. List 3 possible ways of dealing with morning sickness. [3 marks]
3. Briefly describe each of the three trimesters that occur during pregnancy. [6 marks]
4. Explain what an ultrasound is and what an amniocentesis is. Which is more common? [5 marks]
5. How common are miscarriages? [1 mark]
6. Name 4 factors that would make a pregnancy be considered High Risk. [4 marks]
7. Match the following terms with their definitions. [13 marks]
8. zygote
9. embryo
10. fetus
11. umbilical cord
12. placenta
13. amniotic sac
14. obstetricians
15. gynecologists
16. midwife
17. trimester
18. ultrasound
19. miscarriage
20. abortion

\_\_\_\_\_ a 3 month stage in a pregnancy

\_\_\_\_\_cells that provide nourishment to the developing baby

\_\_\_\_\_ the spontaneous expulsion of a fetus from the uterus

\_\_\_\_\_ the new cell formed after sperm and ovum unite

\_\_\_\_\_ the removal of an embryo or fetus from the uterus in order to end a pregnancy

\_\_\_\_\_ doctors who deal with the health care of women, especially their reproductive

organs

\_\_\_\_\_ the stage from the end of the second month until delivery in a pregnancy

\_\_\_\_\_ doctors who specialize in delivering babies

\_\_\_\_\_ a fluid-filled pouch that holds the embryo

\_\_\_\_\_ the ball of cells that forms from the first week until the eighth week of life

\_\_\_\_\_ a cord that connects the embryo to the placenta

\_\_\_\_\_ someone trained to care for low-risk pregnancies and to deliver babies

\_\_\_\_\_ sound waves bounced off a developing fetus to produce a video image

1. Why is it important for a pregnant woman to eat healthy and maintain a healthy lifestyle during her pregnancy?

[2 marks]

1. Other than good nutrition, what else does a pregnant woman need during their pregnancy? [5 marks]
2. List 3 consequences that can occur if a woman drinks alcohol during her pregnancy. [3 marks]
3. List 2 consequences that can occur if a woman smokes during her pregnancy. [2 marks]
4. List 5 things other than alcohol and tobacco that a pregnant woman should avoid. [5 marks]

Lesson 7

1. Name 3 important decisions that expecting parents will need to make before the baby arrives. [3 marks]
2. List 4 advantages of breast feeding and 4 advantages of bottle feeding. [8 marks]
3. Describe what happens at each of the 3 stages of childbirth as well as how long it lasts. [6 marks]
4. Why are Caesarean sections performed? Give at least 4 reasons. [4 marks]
5. What is done to the baby right after it is born? [4 marks]
6. List 3 ways that a newborn baby’s appearance may be distorted after delivery. [3 marks]
7. Match the following terms with their definitions. [15 marks]
8. labour
9. delivery
10. parental leave
11. diaper service
12. contractions
13. fetal monitor
14. crowning
15. episiotomy
16. bonding
17. Caesarean section
18. colostrum
19. premature
20. incubator
21. breech delivery
22. epidural

\_\_\_\_\_ the first appearance of a newborn’s head

\_\_\_\_\_creation of a loving link between parent and child

\_\_\_\_\_ the tightening and relaxing of the uterine muscles

\_\_\_\_\_ a baby born three or more weeks before the due date

\_\_\_\_\_ a type of anaesthesia that will numb all pain during delivery of a baby

\_\_\_\_\_ when the baby arrives feet-first

\_\_\_\_\_ a series of contractions of the uterine muscles that gradually push the baby out

of the uterus

\_\_\_\_\_ a device that controls the temperature, humidity, and oxygen levels for a

newborn

\_\_\_\_\_ the birth of the baby

\_\_\_\_\_ a service that delivers clean, sterilized diapers and picks up soiled ones

\_\_\_\_\_ device used to check contractions and the baby’s heartbeat before birth

\_\_\_\_\_ when a child is delivered through an opening cut in the abdominal wall and

uterus

\_\_\_\_\_ paid or unpaid time off work given to a parent after the birth or adoption of a

child

\_\_\_\_\_ the first breast milk, rich in nutrients and antibodies to help protect against

infection

\_\_\_\_\_ a small cut of the vaginal opening to ease passage of the baby’s head

1. Below is a list of items that you would need to care for a newborn baby. Use the internet to research the cost of each of these items. Good sites to go to would be Babys ‘R Us, Sears or WalMart. [10 marks]

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Cost** | **Quantity** | **Total** |
| Diapers (approx. 35 reusable or 2 pkgs disposable) |  |  |  |
| Crib |  | 1 |  |
| Crib mattress |  | 1 |  |
| Fitted sheet for crib mattress |  | 3 |  |
| one piece sleepers |  | 10 |  |
| Undershirts |  | 10 |  |
| Blankets |  | 5 |  |
| Bottles 4 – 6 oz |  | 6 |  |
| Bottles 8 – 9 oz |  | 6 |  |
| Diaper bag |  | 1 |  |
| Receiving blankets |  | 10 |  |
| Baby bath tub |  | 1 |  |
| Baby towels |  | 3 |  |
| Baby shampoo |  | 2 |  |
| Infant car seat |  | 1 |  |
| Stroller (not an umbrella stroller) |  | 1 |  |
| Baby monitor |  | 1 |  |
| Change table |  | 1 |  |
| Package of baby wipes |  | 3 |  |
| Baby powder |  | 1 |  |
| Diaper pail |  | 1 |  |
| Baby washcloths |  | 10 |  |
| Formula (2 large tins) or a breast pump |  |  |  |
| Bottle brush |  | 1 |  |
| Soother |  | 3 |  |
|  |  |  |  |
|  |  | **TOTAL** |  |

Lesson 8

1. Name 3 things that new parents should do after the baby is born. [3 marks]
2. How does a woman’s body adjust after she has given birth? [3 marks]
3. a) How is a new father affected physically after the birth of the baby? [4 marks]

b) How is he affected emotionally?

c) What can he can do to cope?

1. List 5 ways to avoid postpartum depression. [5 marks]
2. Give 3 suggestions as to how a spouse or older sibling can help the mother with the care of the newborn. [3 marks]
3. Name at least 2 things that a couple can do to keep their relationship strong after the birth of a child. [2 marks]
4. What are some things that single parents can do to cope with all of their responsibilities? [2 marks]
5. List 2 concerns that would be unique to adoptive parents. [2 marks]
6. List 2 ways a parent can respond positively toward a sibling’s jealousy of a new baby in the family. [2 marks]
7. How often should parents do each of the following with a newborn baby? [5 marks]

|  |  |
| --- | --- |
| **Feeding** |  |
| **Burping** |  |
| **Diapering** |  |
| **Bathing** |  |
| **Nail Trimming** |  |

Lesson 9

1. Name 3 of the reflexes that infants are born with. [3 marks]
2. How does the head of a newborn baby compare to the head of an adult? [2 marks]
3. The following is a list of a child’s actions. Classify them as fine motor skills or gross motor skills. [10 marks]
4. Winding up a toy
5. Climbing up stairs
6. Pushing a chair to a counter
7. Placing a piece in a jigsaw puzzle
8. Riding a toy car
9. Climbing on a couch
10. Picking up a leaf from the grass
11. Drawing with a crayon
12. Spooning pudding into a bowl
13. Riding a tricycle
14. Briefly explain how language develops in an infant. [4 marks]
15. Describe 3 different types of temperaments that a baby can have. [6 marks]
16. Name 2 baby games that you know of, that would help an infant to develop social skills. [2 marks]
17. What is SIDS and how can it be prevented? [3 marks]
18. What is cradle cap and how can it be controlled? [2 marks]
19. Give one example of how a parent can encourage each of the types of development below. [4 marks]
20. Motor development
21. Intellectual development
22. Emotional development
23. Moral development
24. Match the following terms and their meanings: [10 marks]
25. infancy
26. growth
27. development
28. motor skills
29. sensorimotor period
30. temperament
31. demand feeding
32. weaning
33. puree
34. colic

\_\_\_\_\_ abilities that depend on the use and control of mucles

\_\_\_\_\_feeding when the child is hungry

\_\_\_\_\_ the period from birth to one year of life

\_\_\_\_\_ food blended into a thinner texture for infants

\_\_\_\_\_ a pain in the abdomen with no definite cause

\_\_\_\_\_ an increase in size or weight

\_\_\_\_\_ an increase in physical, intellectual, emotional and social skills

\_\_\_\_\_ a period when infants use their senses and movements to explore and

learn about their surroundings

\_\_\_\_\_ the way a child reacts to the environment and relates to others

\_\_\_\_\_ when bottle or breast feeding is replaced with drinking from a cup

Lesson 10

1. What activities would you recommend for developing a child’s gross motor skills? [2 marks]
2. Name 3 items that encourage manual dexterity. [3 marks]
3. Name 3 examples of social skills that you would expect a child of 3 to have. [3 marks]
4. a) Why is it important to give a toddler opportunities to make choices?

b) Give one example of a choice that you could give a toddler (other than ones that were mentioned in the lesson). [2 marks]

1. Suggest 3 ways a parent can encourage a child’s language development. [3 marks]
2. Briefly explain each of the 6 difficult behaviours mentioned below. [6 marks]

|  |  |
| --- | --- |
| Temper Tantrums |  |
| Negativism |  |
| Clingy Behaviour |  |
| Eating Problems |  |
| Sleeping Problems |  |
| Toilet - Training |  |

1. Name 2 things that parents can do to promote cleanliness with a toddler. [2 marks]
2. Find a recipe for a healthy snack that a toddler would enjoy. Either print a copy of it to include in your binder or write it out here. [2 marks]

Lesson 11

1. Why is play important for children? [1 mark]
2. How does play strengthen intellectual skills? [3 marks]
3. How can play aid emotional growth? [2 marks]
4. Think of your living room at home. Describe how you would modify it to be an appropriate play area for a toddler. Consider things that should be removed from the area, things that could be dangerous as well as things that could be added to the area. [5 marks]
5. What is the best encouragement you can give a child? Why is it important? [2 marks]
6. Identify 3 things you would look for to determine if a toy is safe. [3 marks]
7. Name 2 items that would help with each type of play. [10 mark]

|  |  |
| --- | --- |
| Active play |  |
| Quiet play |  |
| Dramatic play |  |
| Art |  |
| Music |  |

1. For each of the following age groups, list one game **and** one toy that would be suitable. [10 marks]
2. 0 – 6 months
3. 6 – 12 months
4. 12 – 18 months
5. 18 months to 3 years
6. 3 to 5 years

Lesson 12

1. Why do children need affection? [2 marks]
2. Name 3 ways to deal with a child’s temper tantrum. [3 marks]
3. Why might a toddler have more fears than an adult? How can you provide your child with a sense of security? [2 marks]
4. List 5 ways that you can encourage a child’s self-esteem. [5 marks]
5. Explain 3 ways that parents can help their children become independent. [6 marks]
6. How can you recognize stress in children? Name at least 5 symptoms. [5 marks]
7. Why is socialization of children important? [2 marks]
8. What is sibling rivalry and how can it be minimized? [2 marks]
9. What are 3 skills that parents can teach their children in order to help them develop positive social lives? [3 marks]
10. How can you help your child to appreciate the differences in different people? [3 marks]
11. Give 3 suggestions for teaching a young child manners. [3 marks]
12. Match the following terms and their meanings. [10 marks]
13. egocentric
14. temper tantrum
15. empathy
16. socialization
17. sibling rivalry
18. parallel play
19. co-operative play
20. stereotype
21. prejudice
22. peer pressure

\_\_\_\_\_ playing beside, not with, other children

\_\_\_\_\_a negative opinion formed beforehand without knowledge

\_\_\_\_\_ a type of play when children do things together

\_\_\_\_\_ self-centred

\_\_\_\_\_ the strong influence of friends or others of the same age to make someone

behave in a certain way

\_\_\_\_\_ a fit of anger accompanied by crying or screaming

\_\_\_\_\_ competition among brothers and sisters for parental attention

\_\_\_\_\_ the process through which children acquire the attitudes, beliefs, and

behaviour patterns of a society

\_\_\_\_\_ a standardized image attributed to a person or group

\_\_\_\_\_ the ability to understand another’s feelings

Lesson 13

1. Describe the process of how the brain grows and develops. [4 marks]
2. Name the 4 periods of intellectual development outlined in the lesson and briefly describe what happens during each period. [12 marks]
3. What experiences are remembered better for children? [1 mark]
4. What can you do to help a child learn new words? [2 marks]
5. Is there a specific age when you should start reading to your child? Explain. [2 marks]
6. List at least 4 qualities that make a book appropriate for a young child. [4 marks]
7. Name 5 different health and/or developmental problems that can arise in children. [5 marks]
8. Explain the difference between ADD and ADHD. [2 marks]
9. Why would belonging to a support group be beneficial for the parents of a child with special needs? [3 marks]
10. List 5 ways that parents can help their special needs child. [5 marks]
11. What are the benefits of including a special needs child in a regular school classroom? [3 marks]

Lesson 14

1. List 3 non-verbal clues that send a negative message. [3 marks]
2. When are some of the best times for a conversation with a child? When are some of the worst times? [4 marks]
3. What is active listening? [2 marks]
4. What are some possible outcomes when parents praise, encourage and listen to their children? [3 marks]
5. Name one negative control message and explain its consequences. [3 marks]
6. Restate the following messages so they give a more positive message. [3 marks]
7. Look at this big mess that you made!
8. No dessert until you finish your dinner.
9. Why are you always so miserable?
10. How can a parent make more time to talk to their children? [3 marks]
11. What is sex-role stereotyping? Explain and give one example of male and female sex-role stereotyping. [3 marks]
12. Name 3 sources from which children learn their gender identity. [3 marks]
13. Name 5 ways a caregiver can avoid gender stereotyping. [5 marks]
14. Name 3 stereotypes of children that are shown in the media. [3 marks]

Lesson 15

1. Briefly describe each of the following levels of moral development. [6 marks]

|  |  |
| --- | --- |
| Preconventional Level |  |
| Conventional Level |  |
| Postconventional Level |  |

1. Can children begin to develop a conscience before the age of 5? Explain your answer. [3 marks]
2. How can parents help their child to learn empathy? [2 marks]
3. Helping children to identify their emotions, will help them develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. [1 mark]
4. What should parents and caregivers do when children blame others for their mistakes? [1 mark]
5. Why is it important for parents and caregivers to be positive about their own household chores? [2 marks]
6. What are 3 things that parents can do to protect their children from outside influences? [3 marks]
7. What are 3 questions a caregiver should ask themselves before they decide how to handle misbehaviour? [3 marks]
8. Name 3 techniques that parents and caregivers can use to prevent misbehaviour? [3 marks]
9. Why is spanking not a good method of discipline? [3 marks]
10. Name 4 ways that parents and caregivers can control their anger. [4 marks]
11. What is shaken baby syndrome? [2 marks]
12. Choose 2 of the following behaviour problems and explain how you would handle it with a child. [4 marks]

* A 3 year old is biting people
* A 5 year old lied about a vase that he or she had broken
* A 2 year old always says ‘no’ to every request
* A 3 year old is taking things that don’t belong to him or her

Lesson 16

1. How would you respond when a child you are looking after uses inappropriate language? [2 marks]
2. List 3 positive ways to respond to aggression in a small child. [3 marks]
3. List 3 ways to encourage honest behaviour in a child. [3 marks]
4. Choose **one** of the following: mealtime challenges, fear of the dark or bed wetting . Describe what the behaviour is **and** how parents can deal with it. [4 marks]
5. What are the functions of a family? [5 marks]
6. What are 4 ways that parents can teach respect? [4 marks]
7. Why is it important for parents to spend time with their children? [2 marks]
8. Use the 6 steps of the Problem-Solving Process to address the following situation: You and your partner have decided to move to a new city. You have a 7 year old and an 11 year old and you are worried about how they will adjust to the change. [6 marks]
9. Research the following resources in your community that help parents with young families. Fill in the chart with the appropriate information. [10 marks]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Educational** | **Health** | **Emergency Services** | **Religious** | **Personal Support** |
| Name of Organization | Waterloo Public Library | Monica Place | Anselma House | Crossways to Life | K-W Alcoholics Anonymous |
| Services they provide |  |  |  |  |  |
| How you contact them |  |  |  |  |  |

Lesson 17

1. Why should an employer be concerned about a worker being able to meet family obligations? [2 marks]
2. Describe 3 alternative work schedules. [6 marks]
3. Name 3 tasks that children could complete in order to help out their parents. [3 marks]
4. Name 2 strategies that a family could use to keep track of their activities. [3 marks]
5. Review the “10 Bright Ideas for a Happier Morning”. Name 2 of them that you are already doing and one that you would like to start doing. [3 marks]
6. Why is working too many hours in a week a problem? [3 marks]
7. How is materialism an obstacle to the parental role of balancing work and family life? [2 marks]
8. What are the 4 factors to consider when deciding who will take on what tasks in a household? [4 marks]
9. Should a parent include personal time in his or her life? Explain your answer. [3 marks]
10. Summarize the key components of a good time-management system. [3 marks]
11. What are 5 things that adults can do to maintain their personal wellness. [5 marks]

Lesson 18

1. How does loss of employment affect a person’s self-esteem? [2 marks]
2. Name 3 positive things that your family could do to limit the effects of unemployment. [3 marks]
3. Explain 3 different reactions that children may have to their parents separating. [3 marks]
4. How can parents help a child cope with separation and divorce? List 5 things that a parent could do. [5 marks]
5. Explain the difference between custody and joint custody. [3 marks]
6. Pick 3 things from the list of visitation “DON’Ts” and explain why parents should not do each of them. [6 marks]
7. Who makes up a child’s support network? [2 marks]
8. Name at least 4 ways that a parent can help a family when the other parent has a substance-abuse problem. [4 marks]
9. List 3 signs that a person is likely to use violence as a release for anger and stress. [3 marks]
10. List 2 services that are available to support people with abusive partners. [2 marks]
11. List 3 ways that you can help children cope with death. [3 marks]

Lesson 19

1. What are the advantages of preventative health care in a family? [3 marks]
2. Name 3 ways to help a sick child recover from an illness. [3 marks]
3. How can a parent make hospitalization less frightening for a child? [2 marks]
4. List 5 ways that parents can create a safe environment for their children at home. [5 marks]
5. List 2 safety tips for new babies in each of these areas: [8 marks]

|  |  |  |  |
| --- | --- | --- | --- |
| **Falls** | **Burns & Scalds** | **Choking & Suffocation** | **Car Seat** |
|  |  |  |  |
|  |  |  |  |

1. List 2 safety tips for older babies in each of these areas: [12 marks]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Choking** | **Playground** | **Pets** | **Sun** | **Fire** | **Bathing** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

1. List the 7 basic steps to administering first aid. [7 marks]
2. What are the 4 most important things that should be in a first aid kit? Explain why you chose these particular items. [8 marks]

Lesson 20

1. What are the 3 main types of care available to working parents? [3 marks]
2. What is the difference between a nanny and an au pair? [2 marks]
3. Name 5 things you would learn about a child care centre before you registered your child there. [5 marks]
4. Why is communication between parents and caregivers important? [2 marks]
5. What are the 3 steps that parents would take before they choose a child care provider? Which of these steps do you think is the most important one and why? [5 marks]
6. List 5 skills that preschoolers are taught, that helps them take care of themselves. [5 marks]
7. Of the 7 careers with children listed, which one interests you the most and why? [2 marks]
8. Do you think you are suited to a career working with children? Why or why not? [3 marks]