

Pre-Post Answer Key:

Attachment

1. All of the following are generally true about children who are securely attached, **EXCEPT:**
 - They rarely or never had needs or stressors as a child.**
 - They generally had their needs met when they were young.
 - They learned how to relax and feel safe.
 - They had a consistent caregiver who they could depend on.

2. In caring for children with disrupted attachment, all of the following are important for foster and adoptive caregivers to do, **EXCEPT:**
 - Be consistent.
 - Be attuned to their child.
 - Be predictable.
 - Expose them to new people and adventures when they first come to your home.**

3. The JAR exercise is a helpful way to remember what parenting practices?
 - Joining, Acceptance, Resolution
 - Justice, Amends-making, Restitution
 - Joining, Amends-making, Re-dos**
 - Justice, Authority, Re-dos

4. All of the following are true about styles of attachment, **EXCEPT:**
 - Attachment is formed early in life and creates beliefs that guide later relationships.
 - Attachment styles are not fixed patterns for life. They can be impacted and changed by experiences and new relationships.
 - Attachment styles are thought of as distinct categories; however, many people have combinations of attachment styles.
 - Attachment is formed early in life and becomes a fixed pattern that cannot be changed.**

5. If foster or adoptive parents do not know their child's style of attachment, they should:
- Assume the child has a disorganized attachment style and set up appointments with specialists for treatment.
 - Focus on having the child explain their past caregiver experiences in extensive detail to find out what their style of attachment is.
 - Focus on parenting so the child feels seen, safe, soothed, and secure.**
 - Keep the child from normal, everyday activities until the child's style of attachment is determined.

Pre-Post Answer Key:

Building Resilience for Kinship Caregivers

1. What is parental resiliency?
 - The ability to avoid bad experiences.
 - The ability to bounce back from setbacks and see each day as a “new day”.**
 - The ability to focus only on positive things.
 - The ability to regulate your own emotions.

2. What are protective factors that help build resilience?
 - Asking for and accepting help from others when you need it.**
 - Ignoring your stress so that you can keep going.
 - Telling the child to give you space when they are misbehaving.
 - Ignoring the child’s challenging behaviors.

3. All of the following can be helpful towards building parental resilience, **EXCEPT**:
 - Getting and giving support.
 - Always putting the child’s needs before your own.**
 - Understanding your own triggers to challenging behaviors.
 - Learning more about parenting and child development.

4. Concrete supports that can help a kinship caregiver avoid burnout include all of the following, **EXCEPT**:
 - Knowing where to go for financial help if you need it.
 - Taking a break from work or home responsibilities.
 - Seeking counseling services for yourself.
 - Telling yourself that you have everything under control and it will all be okay.**

5. Understanding your own triggers is important because:
 - You can better manage your emotions so that you can better support a child in managing theirs.**
 - You can avoid the child when their behaviors are challenging.
 - You can know when the child should be put in “time out.”
 - You can know the best time to discipline the child for their difficult behaviors.

Pre-Post Answer Key:

Child Development

1. What condition is healthy child development primarily dependent upon?
 - The child having lots of friends.
 - The child receiving negative feedback from parents and other adults about behavior.
 - The child being supported and nurtured by the parent**
 - The child being within an acceptable range on the physical growth chart.

2. All of the following statements about child development are correct, **EXCEPT**:
 - Delays can be in some developmental domains and not others.
 - Each child develops at their own unique pace.
 - A traumatic event can cause a delay or regression in a child's development.
 - Developmental milestones are not like building blocks - they do not build on the one before it.**

3. Traumatic childhood events can result in all of the following, **EXCEPT**:
 - The loss of developmental milestones.
 - Interruption of the progression to the next developmental level.
 - Both the loss of and delays in the achievement of milestones.
 - Faster achievement of all developmental milestones.**

4. What action should a parent who is fostering or adopting take if they notice a developmental delay or regression?
 - Pretend that they do not notice the delay or regression.
 - Yell at the child to act their age.
 - Hide the child's delay from professionals.
 - Change or modify their parenting to better support the child's growth and learning.**

5. What are three characteristics that are helpful to possess when parenting a child whose chronological age is different than their developmental age?
 - Attunement, unrealistic, and emotionally supportive and nurturing.
 - Attunement, realistic, and angry.
 - Attunement, realistic, and emotionally supportive and nurturing.**
 - Attunement, unrealistic, and easily frustrated.

Pre-Post Answer Key:

Connections with Birth Families After Adoption

1. All the following are examples of the benefits of maintaining connections with a child's family after adoption, **EXCEPT**:
 - People who were adopted can have more information to inform their identity and understanding of their history.
 - The child's family members can stay connected to a child they care about.
 - Families who have adopted are able to maintain a stronger connection to the cultural origin of the person who was adopted.
 - People who were adopted can participate in a support group.**

2. When should an adoptive parent maintain a connection with the child's birth family after adoption?
 - Whenever the adoptive parent wants to.
 - When the child asks for it.
 - Whenever it is safe and possible.**
 - When the child is old enough to appreciate it.

3. If a child's birth parents are not available or responsive to ongoing communication and relationship-building, how can you maintain contact with the birth family?
 - Seek a relationship with the child's grandparents.
 - Seek a relationship with the child's aunts and uncles.
 - Seek a relationship with the child's cousins.
 - All of the above.**

4. How much say should a child have in whether to maintain a relationship with birth family?
 - Children should have full and ultimate responsibility in this decision-making, since it's their birth family.
 - Adoptive parents and the birth family should decide on the relationship until the minor child is an adult.
 - A child's role in decision-making should increase based on the child's age and development stage.**
 - This should be jointly worked out between the child and the birth family.

5. Having good self-awareness/self-reflection is useful for adoptive parents in maintaining relationships with birth family after adoption in all the following ways, **EXCEPT**:
- Parents are aware of how their past experiences of loss/hurt may negatively impact relationships.
 - Parents will be better equipped to help their child succeed academically and socially.**
 - Parents can separate their own feelings from what is good for their child.
 - Parents can identify and move beyond feelings of anger or jealousy they may feel toward the birth family.

Pre-Post Answer Key:

Creating a Stable, Nurturing, and Safe Home Environment

1. In creating a stable, nurturing and safe environment for a child who has experienced trauma, it is helpful to:
 - Insist that the child follow family rules and expectations at all times.
 - Have routines and rituals which can offer predictability and a sense of belonging.**
 - Understand that too much structure and consistency can be suffocating for children who have experienced trauma and loss.
 - Know that telling a child they are safe and loved will go a long way in helping them feel secure.

2. When creating a stable, nurturing and safe environment, the primary thing to keep in mind is to:
 - Wait for the child to settle in before tailoring things to them.
 - Treat the child the same as other family members and don't single them out for special treatment.
 - Focus on compliance with family rules.
 - Build and protect your relationship with the child.**

3. On the first day a child comes into a new home, which of the following helps create emotional safety?
 - Giving a child their own set of chores like the other children have in order to help them feel like a part of the family.
 - Explaining that people eat whenever they want to, and that there is no set time for meals.
 - Asking the child about their likes and dislikes and informing them of plans ahead of time.**
 - Promising that you will always be available whenever they need you, even if you know that won't always be true.

4. When managing escalating behaviors, it is best to:
 - Tell the child their behavior is not acceptable in your home.
 - Give them a time out and tell them you don't want to be around them when they behave that way.
 - Prioritize the safety of people, pets and property.**
 - List the consequences of their actions so they are clear about the punishment if they continue with their behaviors.

5. To help the child calm down and feel safe after an incident, it is important to:
- Talk to the child in a “low and slow” voice.**
 - Be firm and inform the child of consequences.
 - Give in to the child’s demands.
 - Share how upset you are with them, so they know how you feel.

Pre-Post Answer Key:

Cultural Humility

1. Culture is made up of things that people share in common, including:
 - Values
 - Beliefs
 - Language
 - All of the above**

2. One of the best ways to support a child's cultural identity is:
 - Emphasize how different the child's culture is from your own.
 - Ignore the child's requests to have food and rituals that are familiar to them.
 - Ask the child about their traditions and try to incorporate them into your family life.**
 - Help the child practice and strengthen their English (or whatever language is spoken in your home).

3. All of the following are important things a parent who is fostering or adopting should do when talking with children about their backgrounds, beliefs, cultures and perspectives, **EXCEPT**:
 - See the world from the child's perspective.
 - Keep an open attitude.
 - Appreciate viewpoints different than your own.
 - Insist the child accepts your cultural traditions as their own.**

4. Ways that families can demonstrate they are interested in embracing the child's culture include all of the following, **EXCEPT**:
 - Learning about the child's background prior to having the child in your home and continuing to learn after the child is in your home.
 - Avoiding the child's way of celebrating holidays because it is different than your traditions.**
 - Seeking out family, extended families and same or similar communities as resources for the child to practice and/or grow in their cultural understanding.
 - Cooking food that is unique to the child's culture.

5. Having a connection to their culture strengthens a child's cultural identity by instilling all of the following, **EXCEPT**:
 - Pride
 - Isolation**
 - Belonging
 - Understanding

Pre-Post Answer Key:

Effective Communication

1. What are the elements of effective listening?
 - Authentic listening, be aware of triggers, express empathy, and use empowering language.**
 - Authentic listening, ignore triggers, express empathy, and use empowering language.
 - Authentic listening, ignore triggers, show no feelings, and use empowering language.
 - Authentic listening, be aware of triggers, express empathy, and use language that makes the child feel bad.

2. What are the three steps of authentic listening?
 - Read and mirror body language, repeat back what they said and repeat it again.
 - Take a deep breath to calm yourself, speak first, and then let the other person speak.
 - Listen attentively without interrupting, state your understanding of what was being said, and check for confirmation that your understanding of what was said is correct.**
 - Create a safe space, listen with a smile on your face, reply carefully and calmly.

3. When communicating about sensitive issues with a child who has experienced trauma and loss, it is important to:
 - Talk about things immediately and not let them fester.
 - Schedule a time and place with your child for having the conversation, so they know when it is happening.
 - Pay attention to your body language and tone of voice.**
 - Not overthink things and just say what is on your mind.

4. Remaining calm and empathetic while listening to a child talk about their story is important because it
 - conveys all of the following, **EXCEPT**:
 - Their feelings and experiences are important.
 - They are respected.
 - They matter.
 - Their story is not worth caring about.**

5. What are some practical strategies that can be used to develop open communication with children?
- Maintain a curious and open attitude, even tone of voice, and calm demeanor.
 - Have conversations while sharing an activity such as riding in the car or taking a walk.
 - Use language that is appropriate for the child's age and developmental level
 - All of the above**
6. When sharing sensitive information with a child, it is important to:
- Give more information than the child is asking for.
 - Be truthful, empathetic and give information in a developmentally appropriate way.**
 - Protect the child from information that might be painful.
 - Make up a pretty story.

Pre-Post Answer Key:

Foster Care – A Means to Support Families

1. As a foster parent, one reason for maintaining connections and ties with the child's parents and family is:
 - To demonstrate that you have better skills for parenting the child.
 - To help the child feel safer and less anxious about being in your home.**
 - To build trust so that you can adopt the child.
 - To explain that you know the child's needs better than they do.

2. Ways a parent who is fostering can support the child's relationship with their parent includes all of the following, **EXCEPT**:
 - Transport the child to visits with their parents in a place that is convenient for the child's parents.
 - Invite parents to the child's appointments and school events and inform them about milestones and accomplishments.
 - Help the child's parents financially to the extent that you are able.**
 - Ask the parent about the child's likes and dislikes.

3. Strategies that help children maintain strong connections with their parents include:
 - Bringing completed schoolwork, artwork, report cards and school pictures to visits so parents can see things that the children have done.**
 - Telling children that their parents have too many problems to be a good parent.
 - Limiting contact with parents as a form of punishment.
 - Allowing the child's parent to come live with you.

4. In your co-parenting relationship with the child's parent it is important to do all of the following, **EXCEPT**:
 - Find ways to empower the parent.
 - Advocate for them wherever and whenever possible.
 - Acknowledge their role as the parent and expert on their child.
 - Exclude parents from making decisions about their child.**

5. Advantages of co-parenting includes all of the following, **EXCEPT**:
 - Children can see their parents are okay and still love them — this can help a child relax.
 - Parents who are fostering can form a realistic picture of the parents' strengths and needs.
 - The parents can be reassured that their child is in a nurturing and stable home.
 - It is an opportunity to compete for the child's affection.**

Pre-Post Answer Key:

Impact of Substance Use

1. All of the following are typically true of school age children with Fetal Alcohol Spectrum Disorder (FASD), **EXCEPT**:
 - They have memory issues.
 - They have social skills that lag behind their peers.
 - They exhibit the more challenging behaviors in early childhood than in later childhood.**
 - They have a permanent brain injury.

2. Based on current research, which substance has been shown to have the most long-term impact on the fetus' developing brain?
 - Saturated fat
 - Marijuana
 - Cocaine
 - Alcohol**

3. The least effective parenting strategy for a child with a FASD is:
 - Using punitive or consequence-based strategies.**
 - Reframing how you understand the child's behavior from a trauma lens.
 - Seeking occupational therapy with a sensory focus.
 - Finding a support group for parents with children with a FASD.

4. A child with FASD may present in all of the following ways, **EXCEPT**:
 - Functioning at half of their chronological age.
 - Having strong verbal expressive skills.
 - Appearing competent, but lacking understanding of directions.
 - Functioning above their chronological age.**

5. A FASD diagnostic evaluation can include all of the following, **EXCEPT**:
 - A comprehensive neuro-psychological evaluation.
 - A saliva test.**
 - A history of maternal alcohol consumption.
 - Assessment for typical physical development.

Pre-Post Answer Key:

Intercountry Adoption Process Overview

1. All of the following are parental characteristics of successful adoptive placements, **EXCEPT:**
 - Appreciation for diversity/other worldviews.
 - Committed to adopting.
 - Adaptability and flexibility in parenting.
 - Rigid and structured in parenting.**

2. What are common characteristics and needs of children awaiting adoption?
 - Reside in orphanages, have known medical special needs, experience short- or long-term impacts to health and development.**
 - Reside in private homes, have known medical special needs, experience only short-term impacts to health.
 - Reside in foster care, have known medical special needs, and are infants.
 - Reside in private homes, are infants, and experience short- or long-term impacts to health and development.

3. What are benefits of post-placement adoption reporting?
 - Creates an opportunity for adoptive families to obtain additional resources and help with any challenges they may experience.**
 - Primarily provides data for research on adoptions.
 - Creates an opportunity for adoptive families to communicate directly with the birth family.
 - Provides the child with their complete history.

4. What are the trends in terms of the characteristics of children being adopted internationally?
 - Children are trending younger and healthier than in years past.
 - Children are less likely to have a medical special need.
 - Children are trending older and more likely to have a special need.**
 - Children are more likely to have resolved past grief and trauma.

5. Which of the following accurately describes the intercountry adoption process?
 - Families are not required to work with an accredited adoption agency.
 - The intercountry process follows state, federal, and foreign countries' laws.**
 - Families can manage and control the process to eliminate any delays or barriers.
 - Families can complete the steps in the adoption process in any order they choose.

Pre-Post Answer Key:

Kinship Parenting

1. Common feelings kinship caregivers may experience include:
 - Anger and/or resentment.
 - Guilt or embarrassment.
 - Loss.
 - All of the above.**

2. What can kinship caregivers do to provide a healthy situation for the child during visits?
 - Refusing to engage with the parents.
 - Setting clear expectations for the parent's behavior during visits.**
 - Allowing the child to visit without any preparation for the visit.
 - Expressing your anger to the parents in front of the child.

3. All of the following establish and manage safe visits, **EXCEPT**:
 - Setting limits.
 - Telling the parents you are in control.**
 - Forming contracts between kinship caregiver and parents.
 - Empathizing with the child's feeling and reactions.

4. When setting boundaries, it is important for the kinship caregiver to do all of the following, **EXCEPT**:
 - Stick to the facts.
 - Withhold judgment.
 - Create shame.**
 - Be tactful.

5. Being a kinship caregiver can change family roles between:
 - Kinship caregiver and child's parents.
 - Kinship caregiver and extended family.
 - Kinship caregiver and child.
 - Kinship caregiver and spouse.
 - All of the above.**

Pre-Post Answer Key:

Maintaining Children’s Connections with Siblings, Extended Family Members, and Their Community

1. It is important for the parent who is fostering or adopting to do all of the following, **EXCEPT:**
 - Help the child maintain connections with siblings and extended family.
 - Help the child make a clean break from their maltreating parents.**
 - Be inclusive of the ethnicity, culture, race, and community that the child brings with them.
 - Get the child’s input on who to stay in touch with from their family.

2. When it comes to maintaining connections with the child’s family it is important to keep in mind that:
 - The sibling bond is often the most important and lifelong connection in a child’s life.**
 - Contact with the child’s parent(s) is only important if reunification is likely to occur.
 - Abuse or neglect by the child’s parent makes their relationship with the child less important.
 - Children will need to choose between their past, present and future families.

3. All of the following are strategies to address barriers to communicating with a child’s parents, **EXCEPT:**
 - Maintain an empathetic stance with the child’s parents.
 - Arrange for other contacts such as letters, phone calls, FaceTime, texts, etc.
 - Ask the caseworker, therapist, or other professional for assistance in mediating the relationship to improve communication.
 - Decide that communicating is not worth the effort if the child’s parent cannot make it easy for you.**

4. When considering the complexities of maintaining connections for a child, a priority would be to:
 - Find ways to empower the parent.
 - Creatively explore possible ways to maintain connections for the child.**
 - Only do what is asked of you by the caseworker or required by the Court.
 - Arrange for contact only with people you like.

5. When maintaining connections, successful foster and adoptive parents demonstrate all of the following characteristics, **EXCEPT**:
- Appreciation for diversity/other worldviews.
 - Self-awareness.
 - Relationally oriented.
 - Lack of a sense of humor.**

Pre-Post Answer Key:

Mental Health Considerations

1. When parents are dedicated to a child, sticking with them no matter how difficult the journey, it is an example of which characteristic?
 - Adaptability
 - Flexibility
 - Committed**
 - Realistic

2. When thinking about the mental health and behavior of children, it is important to keep in mind:
 - Loss, grief, and trauma can impact a child's behaviors.**
 - All children who have been adopted or are in foster care have a mental health diagnosis.
 - Atypical behavior of children who have experienced loss and trauma is not likely to change.
 - It is abnormal for a child's life experiences to dramatically impact their behavior.

3. All of the following are benefits from learning the facts about a child's diagnosis, **EXCEPT**:
 - It helps you to advocate for the best type of services.
 - It helps you to understand what professionals on your team are talking about.
 - It helps you identify what behavioral approaches may work best.
 - It eliminates the need for ongoing treatment.**

4. Which of the following is an example of an internalized behavior?
 - Frequent headaches and/or stomach aches**
 - Fighting
 - Promiscuity
 - Hoarding property and/or food

5. Children who have experienced trauma may be affected in which of the following ways:
 - The child's ability to trust.
 - The way a child may think and feel about relationships.
 - How the child may interact with others.
 - All of the above.**

Pre-Post Answer Key:

Parenting a Child with a History of Sexual Trauma

1. All of the following are considered possible indicators of sexual abuse, **EXCEPT**:
 - Imitating sex acts with toys, peers, or siblings.
 - Age-inappropriate sexual knowledge.
 - Excessive masturbation.
 - Expressing curiosity about sex.**

2. If a child you are parenting discloses a history of sexual abuse to you, it is important to take all of the following steps, **EXCEPT**:
 - Get as much detail as you can from the child about the abuse.**
 - Listen and support the child - even if the story does not seem real or the facts don't add up.
 - Reinforce that sexual abuse is never the child's fault.
 - Follow your state's guidelines regarding reporting abuse.

3. Some of the reasons that children may not disclose a history of sexual abuse include all of the following, **EXCEPT**:
 - They fear they will not be believed.
 - They never think about it.**
 - They feel shame about what happened.
 - They fear the perpetrator and their threats.

4. Strategies for preventing future abuse include all of the following, **EXCEPT**:
 - Strong parent/child relationship.
 - Education about consent.
 - Clear family rules about boundaries in bedrooms, bathrooms, and for touch.
 - The child with a history of abuse is the only one who needs rules regarding privacy.**

5. Promoting healthy sexual development with the child you are parenting includes which one of the following:
 - Having candid conversations about sexuality, their body, attraction to others, consent, and sexual safety.**
 - Waiting for the child to bring up conversations related to sex.
 - Avoiding talking about sex and sexuality.
 - Talking only about the dangers related to sex and sexuality.

Pre-Post Answer Key:

Parenting in Racially and Culturally Diverse Families

1. To minimize the child’s feelings of loss related to their racial and cultural heritage and connections, all of the following would be a priority for parents who are fostering and adopting, **EXCEPT**:
 - Valuing the child’s racial and cultural identities as connections to their birth cultures and birth families.
 - Having an “I don’t see race” or color-blind attitude.**
 - Committing to becoming anti-racist advocates.
 - Leading diverse lives with people of color as peers and in authentic relationships.

2. As a parent, all of the following are important to supporting a child who is encountering racism, **EXCEPT**:
 - Acknowledging it is happening.
 - Telling the child the best solution always is to ignore it.**
 - Validating the child’s feelings about it.
 - Making sure the child knows there is nothing wrong with themselves.

3. Living and working in diverse communities is helpful for those who parent children who are racially and culturally different from them because:
 - Being in diverse environments can broaden perspectives.
 - It allows children to see themselves reflected in others (role models, mentors, etc.).
 - It normalizes diversity.
 - All of the above.**

4. When parenting a child from a different race or culture, all of the following are important, **EXCEPT**:
 - Children’s identities are highly impacted by their environments and the culture of their families.
 - Parents must commit to having difficult conversations about race and racism to support the child.
 - Being color-blind is all parents need to help a child develop a positive racial identity.**
 - Parents must develop self-awareness of their attitudes and feelings about other racial/cultural/ethnic groups.

5. When parenting a child of a different race or culture, it is important to be prepared for insensitive or racist remarks from others by doing the following:
- Telling the child to handle the situation on their own.
 - Protecting and prioritizing the needs of the child.**
 - Teaching the child to not be overly sensitive.
 - Letting the child know that the person really didn't mean to be racist, it just sounded that way.

Pre-Post Answer Key:

Preparing for and Managing Intrusive Questions

1. In answering other people's questions about a child's background and history, the parent who is fostering or adopting may want to keep in mind:
 - Sharing everything is the best policy.
 - Parents should educate strangers who ask probing questions.
 - Family members and close friends' curiosity about a child's story is okay because they need and have a right to know.
 - The child's story is private and belongs to them.**

2. Which of the following is a way to help the child feel comfortable and included in the home?
 - Discuss with the child what words they feel comfortable using to describe their relationship with you.**
 - Tell the child they must call you Mom and/or Dad.
 - Just wait and see what the child eventually comes up with to introduce you to others.
 - Remember to introduce the child as "my adopted child" or "my foster child".

3. All of the following are reasons that labels should be avoided when describing a child, **EXCEPT**:
 - Labels don't take into account the many different parts of a person.
 - Labels may sound blaming.
 - Labels are easy to remember so they are useful.**
 - Labels don't consider each person and situation as unique.

4. Where might a child be asked intrusive questions?
 - School.
 - At a family party.
 - In the grocery store by a stranger.
 - All of the above.**

5. All of the following may be useful responses to practice with a child in case they are asked intrusive questions, **EXCEPT**:
 - Be polite and answer the question.**
 - Walk away.
 - Share something if you feel comfortable.
 - Say, "It's private".

Pre-Post Answer Key:

Reunification – The Primary Permanency Planning Goal

1. Parents who foster can help children in their care by keeping in mind:
 - The child’s bond with their parents is strong and their wish to go home is often very important to them.**
 - The fostering parent may have the child in their care for a maximum of 5 years.
 - The parent won’t be allowed to see their child for a long time, so the fostering parent will need to reassure the child that the parent still loves them.
 - It’s the social worker’s role, not the parent who fosters, to deal with a child’s disappointment regarding their parents.

2. If the child cannot be reunified with the parent(s), the first consideration for placement would be:
 - Boarding school.
 - A non-relative foster or adoptive home.
 - Placement with a relative.**
 - Placement in a residential facility.

3. Which of the following statements is **NOT** true regarding the role of the parent who is fostering in helping a child maintain contact with parents:
 - Parents who are fostering play a key role in the visitations.
 - Parents who are fostering can help the child find ways to maintain contact and connection with their parents when they are not visiting, such as video calls, phone calls, and letters.
 - Parents who are fostering must be willing to have visitation in their home.**
 - Parents who are fostering should discuss visitation with the caseworker, so that a plan can be developed that works for all parties.

4. All of the following are supportive responses to a child who is disappointed that their parent did not show up for a visit, **EXCEPT**:
 - I know this is hard for you, and you are disappointed.
 - I am here to talk with you about your feelings whenever you want to talk.
 - Let’s call your caseworker/therapist and make an appointment to talk with them about what the plan is for you and your parent.
 - I can’t stand to see you upset so I think we should consider not having visits.**

5. The goals of concurrent planning for permanency include all of the following, **EXCEPT**:
- Mapping out the child’s educational goals.**
 - Considering other permanency options if reunification is not possible.
 - Minimizing moves for the child.
 - Respecting existing relationships.

Pre-Post Answer Key:

Separation, Grief and Loss

1. All of the following are key factors in how a child experiences grief and loss, **EXCEPT**:
 - The significance of the people the child is separated from.
 - The child making good grades at school.**
 - The child's developmental level.
 - How the loss was communicated to the child.

2. How can a parent address a child's grief and loss with empathy?
 - Wait for the child to bring up the topic.
 - Remind the child that their life is better now, so it's time for them to adjust.
 - Be willing to initiate difficult conversations with the child about their loss and grief.**
 - Try to encourage the child with happy stories when the child appears sad.

3. What are some ways for addressing grief and loss with a child?
 - Helping the child with homework assignments.
 - Creating life books and memory boxes.**
 - Listing the child's behaviors that you would like them to change.
 - Encouraging the child to get some exercise.

4. Which of the following statements is correct regarding ambiguous loss?
 - Ambiguous loss is experienced by children in foster care but not by children who are adopted.
 - Ambiguous loss is easier for a child to deal with than other types of loss.
 - Ambiguous loss occurs when the child has lost someone who has died.
 - Ambiguous loss occurs when the loss is not final or certain.**

5. All of the following describe how children grieve, **EXCEPT**:
 - Children get over their grief quickly.**
 - Children grieve in spurts, acting fine at times and not at others.
 - Grief can show up at expected and unexpected times for children.
 - Grief may look different behaviorally in children than it does in adults.

Pre-Post Answer Key:

Trauma-Informed Parenting

1. When parenting a child who has experienced trauma, it is helpful to keep in mind:
 - The child only needs love.
 - The need to focus on safety and support rather than punishment when addressing behavior.**
 - When a child misbehaves, they need immediate and consistent discipline.
 - The need to focus on getting the child to talk a lot about their experiences.

2. A child who has experienced trauma:
 - Can recover and develop resilience with the right type of support from parents who are fostering or adopting.**
 - Cannot form healthy relationships.
 - Above all else, needs consistent rules and discipline.
 - Will be fine once they understand what happened to them.

3. What is a strategy that a parent can use to provide a sense of safety and support to a child who is upset?
 - Regulate, reconsider, reprimand.
 - Regulate, retaliate, reason.
 - Regulate, relate, reason.**
 - Reason, relate, regulate.

4. Adults who are parenting children with challenging behaviors resulting from trauma should do all of the following, **EXCEPT**:
 - Celebrate small successes and focus on the positive.
 - Be flexible in their thinking.
 - Redefine expectations.
 - Be rigid about discipline.**

5. The act of a parent staying calm and thereby calming the child and decreasing the emotional intensity of a situation is an example of what?
 - Co-regulation.**
 - Self-regulation.
 - Co-relating.
 - Self-soothing.

Pre-Post Answer Key:

Trauma-Related Behaviors

1. Reactions to trauma include the following survival responses:
 - Flock, fight, flight, and freeze**
 - Fight, flight, freeze, forgive and forget
 - Fright, fight, flight, forgive and forget
 - Fright, fight, flight, freeze, and forget

2. All of the following are generally true about experiences of trauma and trauma-related behavior, **EXCEPT**:
 - Adults and children alike can display trauma-related behavior.
 - Adults caring for children with experiences of trauma need to model keeping themselves calm.
 - When under stress, children who have experienced trauma should be expected to be calm and focused.**
 - Consistent nurturing care will help children with histories of trauma feel safe.

3. All of the following are true about a child who has experienced trauma and loss, **EXCEPT**:
 - The child will need understanding and support to learn how not to react as if the past is the present.
 - Fear and threat change the way a child thinks, feels, and behaves.
 - Challenging behaviors are likely learned as adaptive strategies to cope.
 - Children respond best to strict discipline and punishment.**

4. Which of the following is an example of dissociation in a child?
 - Temper tantrums, meltdowns.
 - Tuning out, daydreaming.**
 - Running away.
 - Getting into fights with peers.

5. Which of the following is an example of hyperarousal in a child?
 - Staying away from others, isolating.
 - Tuning out, daydreaming.
 - Temper tantrums, meltdowns.**
 - Being calm and content.

6. Which of the following is true about co-regulation?
- Co-regulation is only important for infants.
 - A parent can help a child calm down when the parent responds to the child in a calm and supportive way.**
 - The best way to help a child through co-regulation is to demand that they stop misbehaving.
 - Co-regulation should only be used when a child is calm.

Pre-Post Answer Key:

Expanding Your Parenting Paradigm

1. What is “expanding your parenting paradigm?”
 - The ability to rethink ideas on parenting and develop new parenting skills in order to parent a child who has experienced trauma, separation, and grief.**
 - Teaching others how to parent a child who has experienced trauma, separation, and grief.
 - The ability to advocate for additional supports for your child.
 - Understanding how to obtain information about the child’s past, including their past trauma or losses.

2. What two questions should parents ask themselves about a child’s difficult behavior?
 - “What is behind the child’s behavior?” and “What does the child really need?”**
 - “Why is the child doing this?” and “What is a reasonable consequence?”
 - “What is the child thinking?” and “How can I stop them?”
 - “Why is this happening to me?” and “What should I do?”

3. It is important that parents find the right balance between correcting and _____ :
 - Disciplining the child.
 - Teaching the child to do everything better.
 - Ignoring bad behavior.
 - Connecting to the child.**

4. Expanding your parenting paradigm includes all of the following, **EXCEPT**:
 - Setting realistic expectations for yourself and the child.
 - Celebrating the small successes.
 - Feeling confident that you always know the right thing to do when parenting.**
 - Being attuned to the child’s needs.

5. All of the following are true about a child who is stuck in “survival brain,” **EXCEPT**:
 - The child can calm down if they really want to.**
 - The child is always on high alert for danger.
 - The child is easily triggered into feeling like traumatic experiences from the past are happening in the present.
 - The child often responds in a defensive and reactive way.

Pre-Post Answer Key:

Overview of the American Indian Alaska Native Child Welfare System

1. All of the following are reasons why children may be removed from the home, **EXCEPT**:
 - Abuse
 - Neglect
 - Maltreatment
 - Poverty**

2. Members of the tribal child welfare team generally include all of the following, **EXCEPT**:
 - Judge
 - Agency Caseworker
 - Parent of the Child
 - Non-tribal Community Member**
 - Spiritual Leader

3. TPR in child welfare stands for which of the following?
 - Transfer of Parental Rights.
 - Termination of Privileges and Responsibilities.
 - Transfer of Parental Responsibilities.
 - Termination of Parental Rights.**

4. What member of the team can order “no contact” between the parent and the child?
 - Caseworker
 - Judge**
 - Child’s Attorney
 - Parent’s Attorney

5. What is the first goal of most permanency plans created for a child in foster care?
 - Reunification**
 - Adoption
 - Guardianship
 - Long term foster care

Pre-Post Answer Key:

Overview of the Child Welfare System

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 - Abuse
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 - Maltreatment
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 - Judge
 - Agency caseworker
 - Parent of the child
 - Pastor**
 - Foster parent

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