

TeachME Professional Development

Making Connections That Protect Children and Foster Well-Being

Chapter 1: Approaches to Promoting Well-Being

1. Protective factors are conditions or attributes of individuals, families, communities or the larger society that reduce or eliminate risk, and promote healthy development and well-being of children and families, while helping to ensure that children and youth function well at home, in school, at work, and in the community.

- A. True
 - B. False
-

Strengthening Families and Youth Thrive

2. The Strengthening Families and Youth Thrive framework focuses on protective and promotive factors that may be applied in practice settings and within the family and includes each of the following EXCEPT:

- A. Parental resilience and social connections
 - B. Knowledge of parenting, child development and adolescent development
 - C. Concrete support in times of need
 - D. Interpersonal and behavioral competence of children and youth
-

Protective Factors in This Guide

3. According to The Center for the Study of Social Policy (CSSP), in addition the essential factors supported by the strengthening families framework, a sixth factor of respect and responsibility must be included as a valued component to support positive outcomes for children.

- A. True
 - B. False
-

Parent Cafes and Community Cafes

4. Parent cafes and community cafes are structured small-group get togethers that bring parents together to discuss issues that are important to them and to work on building protective factors.

- A. True
 - B. False
-

Chapter 2: Working With Families Using the Protective Factors-Nurturing and Attachment

5. Research shows that a consistent relationship with caring adults in the early years of life is associated with better grades , healthier behaviors more positive peer interactions, and:

- A. Better self-care throughout their development
 - B. An increased ability to cope with stress later in life
 - C. Fewer behavioral health issues in adolescence and adulthood
 - D. Healthy self-awareness and greater ability to trust
-

How Programs Can Help

6. Community programs can help encourage adult nurturing and attachment by:

- A. Using parent education strategies as opportunities to share information about how a strong parent-child bond enhances brain development and supports positive behavior in young children
 - B. Engaging and including all important adults in a child's life and acknowledging cultural differences in how parents and children show affection
 - C. Recognizing that when a child does not show a positive response to the parent, the parent may need additional support
 - D. All of the above
-

Parental Resilience

7. Parents with resilience can cope with the stresses of everyday life, as well as an occasional crisis, and they know how to seek help in times of trouble.

- A. True
 - B. False
-

How Workers Can Help

8. When partnering with parents to explore the impact of stress on parenting skills, appropriate questions may be 'What kind of stressors or difficulties are you currently experiencing?' and 'How do you solve these problems as they arise?'

- A. True
 - B. False
-

Social Connections

9. According to the authors, which of the following is NOT one of the ways that social connections support children?

- A. A parent's positive relationships give children access to other caring adults, a relationship-level protective factor that may include extended family members, mentors or other members of the family member's community
 - B. Parents' social interactions model important relational skills for children and increase the likelihood that children will benefit from involvement in positive activities
 - C. Observing and experiencing social connections enables children to have greater overall levels of satisfaction with life
 - D. As children grow older, positive friendships and support from peers provide another important source of social connection
-

10. Helping parents identify resources and/or providing opportunities for them to make connections within their neighborhoods or communities may especially encourage isolated parents who are hesitant about reaching out.

- A. True
 - B. False
-

Concrete Support for Families

11. When parents do not have steady financial resources, lack a stable living situation, lack health insurance, or face a family crisis, their ability to support their children's healthy development may be at risk, and they will likely benefit from assistance in these areas.

- A. True
 - B. False
-

How Workers Can Help

12. Although parents may be able to express a goal such as "My family can get help when we need it," they may be less likely to identify with essential services and resources they need, which are known as basic provisions.

- A. True
 - B. False
-

Social and Emotional Competence of Children

13. Social and emotional competence of children includes the ability to form bonds and interact positively with others, self-regulate their emotions and behavior, communicate their feelings, and:

- A. Recognize self-worth
 - B. Be socially aware and perceive subtle social clues
 - C. Understand social rules and context
 - D. Solve problems effectively
-

How Programs Can Help

14. The most effective way for teachers and other significant adults to help develop social skills is to use structured curriculum rather than informal interaction to teach children to share, be respectful of others, and express themselves through language.

- A. True
 - B. False
-

15. Exploring what routines are followed when caring for the children is an important factor in determining the degree to which parents provide a stable and supportive family environment.

- A. True
 - B. False
-

Chapter 3: Engaging Your Community

16. Successful initiatives to prevent child maltreatment and encourage healthy child development must enlist community members, teachers, business leaders, agencies, faith-based groups, families, and other adults to work together to make lasting improvements to the community's infrastructure.

- A. True
 - B. False
-

17. One of the greatest emotions that families struggling with a child's challenging behavior may be experiencing is:

- A. Fear
 - B. Anger
 - C. Hopelessness
 - D. Isolation
-

Using the Protective Factors

18. Since families under stress often access services from multiple systems and service providers, a protective factors approach used across these systems can help ensure a consistent experience for families.

- A. True
 - B. False
-

Suggested Activities

19. In order to help parents understand what protective factors are and their importance, experts recommend using tools created with a professional and expert voice, as these tend to have a greater impact.

- A. True
 - B. False
-

Partnering With Parents and Caregivers

20. Providing community-based family mentoring services to strengthen family relationships along with creating opportunities for parent volunteers to participate in community activities such as safety initiatives, after school programs and mentoring programs, are ways to contribute to strengthening families.

- A. True
 - B. False
-

21. Each of the following is recommend as a way to partner with early childhood centers and schools to enhance family and child protective factors EXCEPT:

- A. Schedule joint trainings with staff about the protective factors and child abuse prevention and how this information can be incorporated into their work with parents

- B. Seek opportunities to sponsor joint events with early childhood centers and schools
 - C. Recruit a high-profile community business leader to serve on school board or school site committee to help contribute to the effort
 - D. Offer to provide onsite services to children and families as these relationships develop, as this can be an important first step in building families' comfort with pursuing services
-

Partnering With Culturally Diverse Families and Communities

22. Since different cultures define the concept of 'family' in very different ways, it is critical to respect the definition of each family or ethnic group and to incorporate programs that encompass child-rearing practices from various cultures.

- A. True
 - B. False
-

Making Meaningful Connections Through Media

23. When using media resources to help make connections about child well-being, traditional media helps to get the general word out, while social media can:

- A. Publicize to a larger more general audience
 - B. Engage in dialogue or get feedback
 - C. Tell the story in more detail
 - D. None of the above
-

Social Media

24. One important consideration is to have social media use policies in place that cover issues such as confidentiality and the responsibilities of mandated reporters that are disclosed to all participants on the social media sites.

- A. True
 - B. False
-

Chapter 4: Protecting Children-Understanding Child Abuse and Neglect Why Does Child Abuse Occur

25. The most common risks for child abuse or neglect tend to be immaturity, stress, substance abuse, intergenerational patterns of abuse, isolation, and:

- A. Lack of education
 - B. Unrealistic expectations
 - C. Mental health issues
 - D. Ineffective conflict resolution or problem-solving skills
-

How Many Children Are Abused and Neglected in the United States

26. According to recent national child maltreatment statistics, approximately 60% of all reported cases involve neglect, 25% involve physical abuse, and 15% sexual abuse.

- A. True
 - B. False
-

What Are the Warning Signs?

27. Extremes in behavior ranging from overly aggressive to overly passive, and delayed physical, emotional, or intellectual development in children may be symptoms of emotional abuse

- A. True
 - B. False
-

How Can I Help Children Who Have Been Abused or Neglected?

28. One way to help children who have been abused or neglected is to support and promote safe and stable relationships in the child's life, including supporting the child's family and caregivers if appropriate.

- A. True
 - B. False
-

How Does Trauma Affect Parents?

29. Which of the following is NOT one of the probable parenting outcomes for parents who have experienced trauma?

- A. They may find it hard to make decisions that keep their family safe and have difficulty trusting others
 - B. They cope in unhealthy ways, such as by using drugs or alcohol
 - C. They have a harder time controlling their emotions, behavior, or words
 - D. When parents are experiencing stress, they are overly responsive to their children, and may not want to leave their side
-

30. Parenting classes and anger management classes tend to be very effective for adult trauma survivors because they are often able to hear and share similar stories, and no longer feel so isolated.

- A. True
 - B. False
-

Chapter 5: Tip Sheets for Parents and Caregivers-Keeping Your Family Strong

31. One of the best ways family members can nurture children and create positive attachments is to take time to connect with children with a hug, a smile, or a few minutes of listening and talking, as well as finding ways to engage children while completing everyday tasks.

- A. True
 - B. False
-

Connecting With Your Teen

32. Normal behaviors for teens include craving independence, questioning rules and authority, testing limits, being impulsive, and making mature decisions at times, and childish ones at other times, and although these behaviors may be frustrating for parents and other adults, it is important to get involved and stay involved, maintain interest, and set clear boundaries.

- A. True
 - B. False
-