

PLAYER TIPS

UNIT 4: PREPARING FOR PARENTING

Chapter 4 Reasons for Choosing Parenthood pg 89

1. We want to share our _____ with a child.
2. Wouldn't it be nice to have a _____ baby?
3. Our _____ want grandchildren.
4. Our _____ child needs a sibling.
5. A child can make us _____.
6. A child will _____ us in our old age.
7. A child will make us _____ each other.

Reasons for Not Choosing Parenthood pg 90

8. We're not _____ for a child.
9. A _____ costs a lot.
10. A child will _____ us down.
11. A child will _____ with our careers.
12. Our child could be _____ or have a disability.
13. Our marriage could _____, and I don't want to be a single parent.

Aspects of Parenting pg 91

14. Knowledge about parenting is _____ versus training.
15. Maturity is the intellectual and emotional capacity of a healthy, responsible adult.
16. Relationships are affected by and _____ children.
17. Management of resources—including time, energy, home care, _____, and finances
18. Procreation is the _____ of children.
19. To learn about how their relationships might affect children, couples can ask 7 questions about their feelings for and relationships with others. **PG 95**
 - A) Are we loving and _____ to other's needs?
 - B) Are we careful not to _____ people and their ideas?
 - C) Can we recognize and _____ others' rights?
 - D) Are we self-_____
 - E) Do we _____ well to others?
 - F) Are we _____ enough to accept changes?
 - G) Are we _____ about challenges
 - H) Can we be _____ about our feelings for others?

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20. Chapter 4 Galinsky's 6 Parenting Stages pg 94

- A) _____-making—before birth
- B). _____—birth to 2 years
- C). _____—2 to 4 or 5 years
- D). _____—4 or 5 to 12 or 13 years
- E). _____—teen years
- F). _____—teen to early adult years

21. Before Birth

- A) Prepare for _____ in their lives.
- B) Form images of what their child will be like and their _____ as parents.

22. Nurturing Birth to 2 Years of Age

- A) Try to balance their baby's _____ with their own needs.
- B) Provide loving and _____ care to their baby.

23. Authority 2 Years to 4 or 5 Years of Age

- A) Change their role as the family's _____ figures called parenting style.
- B) Teach their child the "rules of behavior" through reasoning, _____ and punishments.

24.. Interpretive from 4 -5 Years to 12 -13 Years

- A) Share their _____ about the world with their child.
- B) Interpret other authority figures, such as teachers or _____ by explaining what they expect.
- C) Teach values and _____ as the need arises.
- D) Help their child accept social _____ such as "life may not always be fair".

25. Interdependent Teen Years

- A) Cope with their teen's changing needs for _____ and distance
- B) Monitor teen's behavior and give _____ as needed
- C) Begin to give more _____ with boundaries to teen.

26. Departure Teen to Early Adult Years

- A) _____ themselves as parents.
- B) Redefine relationship with their child such as _____ their child to make own decisions.
- C) Provide guidance only when _____.

Management of Resources pg 94

- 27. Time and energy are both limited resources, and are _____ very quickly.
- 28. _____ is center of family's relationship and where extended family gather.
- 29. Careers- Parenting is a 24/7 career that lasts _____ years.
- 30. Finances-Children cost a lot. Birth to 17 years of age costs over _____ per child.
- 31. Other resources- Parents need to consider child care and _____ programs, schools, parks, health and medical services, youth groups.

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Chapter 4 Finances pg 96

32. _____ Costs are expenses related to raising a child include expenditures for _____, child care, clothing, housing, education and transportation.
33. _____ Costs are resources parents use to meet child-related costs that could have been used to meet other _____.
34. _____ Income is potential income given up by a parent who _____ the workforce and stays home to raise a child.
35. Family Planning involves _____ couples make about whether or not they want to have children and when to have them.
36. Birth Control Methods are measures couples use to help _____ pregnancy.

Family Planning Questions to Ask pg 98

37. How does the method work to prevent pregnancy?
A) Does the method block sperm's _____ or provide hormones that prevent ovulation?
38. What is the _____ limit for the product's recommended use?
39. How _____ is the method at preventing pregnancy if properly used?
40. What are the _____ for using the method?
41. What is the method's possible _____ effects and risks, including future fertility?
42. What does the method _____?

Parenting Roles and Responsibilities pg 100 Chapter 4 Section 2

43. _____ involves meeting physical, intellectual, and social-emotional needs of child.
44. Socialization involves training children to live in a larger _____.
45. Guidance and discipline involves using words and _____ to guide children's behavior.
46. _____ is the words and actions used to shape behavior.
47. *Discipline* is the use of methods and _____ to teach self-control.
48. _____ refers to the principles and beliefs that guide conduct.
49. Power assertion is using or threatening to use _____ punishment; not considered healthy.
50. Love withdrawal is threatening to remove _____ and not considered healthy for child.
51. Induction is using _____ and explanation and most beneficial form of discipline for child.

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Chapter 4.2 Power Assertion Techniques pg 102

52. Reasons why power-assertive techniques are not a _____ form of discipline.

- A) Parents often use them when they are _____.
- B) Technique based on making a child _____ of larger and louder adult.
- C) Technique involves fear of being _____ and punished.
- D) _____ punishment is like a double standard.
- E) Discipline techniques are _____ by children.

10 Induction Techniques pg 103

53. Keep _____ as an adult.

- A) Stay _____
- B) Deal with issues quickly, but not _____.
- C) Seek _____ if it becomes too difficult to remain calm.

54. Maintain realistic _____ in making decisions about what are and are not acceptable behaviors.

- A) Consider child's age/stage, _____ and any special problems
- B) Try to prevent situations that lead to misbehaviors, such as child _____ and avoiding hunger, sleep deprivation or overstimulation

55. Be a Positive Model

- A) Avoid doing or saying anything you would not want your child to _____.
- B) Avoid media that show _____ acts.
- C) Choose _____ and media that have positive images

56. Use Positive words with children.

- A) Show _____ when speaking to children
- B) Make the child's _____ a "yes/yes/no" one rather than a "no/no/yes" one.
- C) Use "no" mainly for _____ reasons which makes for a more positive environment.
- D) With older children, stick to one _____ at a time rather than bringing up all issues
- E) Know that it is fine to say "I'm _____" to a child.

57. Provide structure and _____ in the environment.

- A) Make the environment _____ suitable for the child
- B) Children will try _____ ways to reach items beyond their floor reach.
- C) Within-reach storage allows children to keep their areas neat.
- D) Have a _____ that lessens stress for both children and adults
- E) Explain any changes in routines and even _____ new expectations

58. Distract and _____ infants and young toddlers

- A) Remove from an _____ situation.
- B) Involve child in a new _____.

59. Set Limits and _____ them.

- A) State rules in _____ words.
- B) Make statements _____ for young children.
- C) Give _____ when possible.

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Chapter 4.2 Induction Techniques pg 104

60. Use problem-solving techniques with _____ children.
- A) Use the _____ steps in the problem-solving process.
 - B) Evaluate the effectiveness of the _____ selected.
61. Use punishment with _____.
- A) Help child see punishment as the result of their _____ misbehavior.
 - B) Choose punishment that _____ the misbehavior.
 - C) For toddlers and preschoolers, a _____ - _____ or removing a child from an activity or the presence of others for less than _____ minutes often works for a temper outburst or aggression.
 - D) _____ consequences such as a broken toy caused by an action done in anger teach children that actions have consequences
 - E) Logical consequences like adult-planned consequences to show a _____ link between misbehavior and consequences such as having to park a tricycle if riding limits are disobeyed also teach children results of a _____ misbehavior.
62. _____ and support children's efforts
- A) Use verbal encouragement rather than _____ (material) rewards
 - B) Tell children what behavior was _____ such as "your room looks nice when you put away your belongings.
 - C) Encourage younger children by helping them with a _____, such as putting away toys. Ask older children if they can use a helping hand.

Parenting Styles pg 105

63. Authoritarian parents demand _____ obedience.
64. Authoritarian parents expect children to _____ their authority with little or no explanation as to why children should obey.
65. Permissive parents provides almost no _____ or rules.
- A) Permissive parents feel children should make their own decisions about _____ and wrong.
 - B) Permissive parents think setting limits for children will make the children feel _____ or unloved.
 - C) Some parents become _____ providing everything the child wants.
 - D) The truth is without _____, children may feel lost.
 - E) It may also tell children parents do not care enough to guide and _____ them or that they are trying to buy their love.
66. Overparenting is when parents _____ beyond what is in the child's best interest.
67. Authoritative parents set _____, but allows freedom also called **assertive-democratic style**.

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