

Level 2 Responsive Parenting

The Basics

Level 2	All CPAs must complete
Type	Online – Workday Learning Oregon
Completion time	1.5 hours
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-15
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

The ***Responsive Parenting*** online course focuses on helping staff understand parenting dynamics and how to support family relationships. Building on what staff have learned in Understanding Baby Behaviors, Adverse Childhood Experiences and Understanding Toddler Behaviors, this course helps staff identify what influences parenting behaviors, styles of parenting, how parenting affects children’s development and actions staff can take in a WIC setting to support responsive parenting.

After completing this course, staff will be able to:

- Identify different types of parenting styles, and those associated behavior patterns.
- Describe how parenting affects a child’s development.
- Identify what influences parenting behaviors.
- Practice supporting responsive interactions in a WIC setting.



Check your knowledge

1. What can a parent do to provide a secure base for their child? Select 3 answers.
 - Comfort the child when they are upset
 - Allow the child to set the pace for exploration
 - Anticipate the needs of the child
2. **True.** Babies need their parent's help to learn to manage their emotions.
3. Mom is leaving your office after her child's certification appointment. Although it is snowing outside, the child doesn't want to put on their coat. Match the mom's reaction to the parenting style that best describes it.
 - Authoritative-Responsive: You're not feeling cold right now. Let's check how you feel outside, it looks cold out there.
 - Neglecting: Fine, do whatever you want.
 - Permissive: If you put your coat on, I will give you a treat when we get into the car.
 - Authoritarian-Controlling: Put it on now, or I will put you in a timeout.
4. What can happen when parents don't acknowledge their child's feelings? Select 3 answers.
 - Children learn to feel bad about those feelings.
 - Children hide their feelings.
 - Children learn to fear displaying emotions.
5. **True.** People are resilient and can learn to trust and build healthy attachments.
6. **True.** Responsive parenting is a balance between having realistic expectations and providing support.
7. Karolina is a toddler who keeps taking the papers off your desk. What could you say? Select 3 answers
 - (put hands out) My turn.
 - You took the paper
 - You like the paper?

8. You are doing a height and weight check on 3-year-old Zara. To model responsive parenting, what could you say during the process? Select 3 answers
- “I’m going to put the numbers into the computer now.”
 - “Zara—you are standing so still for me!”
 - When you see Zara looking for mom, “Mom will stay with you the whole time.”

Links to videos within the course:

[Core Capabilities](#)

[Serve and Return](#)

[Experiences Build Brain Architecture](#)

[5 steps for Brain-Building Serve and Return](#)

[Still Face Experiment](#)

[Shark music](#)

Posttest Questions and Answers



Posttest automatically scored online.

1. **True** or False. In this course a parent is defined as someone who assumes responsibilities of caring for the well-being and development of a child.
2. **True** or False. Parenting skills can be learned.
3. What are the rings of influence that impact a child’s development? Select 4 answers.
 - a. **Family or household environments**
 - b. **Social networks**
 - c. The child’s stuffed animals
 - d. **Community environments and formal services.**
 - e. The child’s haircut
 - f. **Policy, political and economic influences**
4. What kinds of groups are considered to be part of the social network ring of influence? Select 3 answers.
 - a. **Family friends**
 - b. Family members who live with the child
 - c. The mayor of the child’s city
 - d. **Neighbors**
 - e. **Religious organizations**

5. Serve and return is a description of what?
 - a. What happens when the brain's neurons are not needed.
 - b. Responsive interactions between an infant and their parent.**
 - c. The practice of a toddler learning how to walk.
6. What are some ways you could encourage serve and return in your clinic? Select 2 answers
 - a. Notice the serve— acknowledge when an infant or child is seeking attention or an interaction.**
 - b. Tell the parent that they really should always be watching their child to be a good parent.
 - c. Return the serve—engage with a child or infant and state what you're doing, "I see you're looking at the cartoon characters on the wall!"**
 - d. There's not much you can do to encourage this in a WIC clinic setting.
7. When does an infant or child form their style of attachment with their parent?
 - a. 0-6 months old**
 - b. 1 year old
 - c. 3-4 years old
 - d. 5-6 years old
8. Secure attachment happens when:
 - a. The parent's response to the baby is unpredictable.
 - b. The parent often responds to the baby's needs.**
 - c. The parent rarely meets the baby's needs.
9. A secure base includes which of the following? Select 2 answers.
 - a. Physical safety- requiring the child to stay close to the parent at all times to keep the child safe.
 - b. Exploration- encourage and allowing the child to set the pace to explore away from the parent.**
 - c. Attachment- responding to the child's needs**
10. True or **False**. Securely attached children never have meltdowns or out of control emotions.
11. Tina is in your office with her 4-year-old child, Ryan. Ryan has made a mess in your office and pushed you when you tried to get his height and weight measurement. Tina sighed but didn't say anything to Ryan when he pushed you, she told you "this is just what he's like." Tina put on her coat when they were ready to leave. Ryan refused. Tina told Ryan it was his fault if he got cold. These

traits are similar to which parenting style?

- a. Authoritative parenting
- b. **Neglectful parenting**
- c. Disorganized parenting

12. The authoritarian parenting style tends to have high expectations of a child and focuses on controlling behaviors. Which statements would an authoritarian parent be most likely to say? Select 2 answers.

- a. **“I made this food and you can’t leave until you have cleaned your plate.”**
- b. “Would you like to wear your red shoes or your black shoes today?”
- c. “You see a fish in the pond! Can you tell me what color it is?”
- d. **“Let her cry it out. It’s the only way she will learn to take care of herself.”**

13. The permissive parenting style tends to be very loving and affectionate, while giving few rules and guidelines for a child’s behavior. Which statements would a permissive parent be most likely to say? Select 2 answers.

- a. **“Oh my baby, please don’t cry. Here, you can have this candy bar while I shop. We will get you a toy at the store too.”**
- b. “You’re pointing at candy bars. We’re not here to get those today. Where do you think they keep the milk in this store? Will you show me?”
- c. “No. Candy bars are for good behavior. You got in trouble at your grandma’s house and can’t have a candy bar.”
- d. **“You don’t like this dinner? What would you like me to make for you?”**

14. Managing emotions is something babies and children can learn from:

- a. They learn from crying it out and learn that crying won’t get them attention.
- b. **Their parents, caregivers and family members.**
- c. They don’t need to be taught this, they are born able to manage feelings.

15. What can a parent do to provide a secure base for their child? Select 3 answers.

- a. Allow the child to do whatever they want.
- b. **Comfort the child when they are upset.**
- c. **Allow the child to set the pace for exploration.**
- d. **Anticipate the child’s needs - eating, rest, exploration and comfort.**
- e. Let a child cry it out when they are upset.

16. Good enough parenting is finding the balance between the needs of the ____ and the ____.
- Child and cultural practices.
 - Child and rules of day care.
 - Child and parent.**
17. **True** or False. A child's emotions can trigger an adult's difficult emotions. Children might learn to hide their emotions when they think they can't share strong feelings with their parents.
18. True or **False**. There is only one way to be a perfect parent.
19. You're in an appointment with Daniel. He shares that he's frustrated because his son will not finish the food on his plate at dinner. Daniel shares that when he was growing up, he was expected to finish his plate. What are some things you can do to support Daniel? Select 4 answers.
- Use a reflection to acknowledge the emotions Daniel is experiencing.**
 - Tell him that his parents should not have made him finish his plate.
 - Ask an open-ended question about Daniel's feelings about his childhood mealtime experiences.**
 - Explore what Daniel knows about toddler eating stages and development.**
 - This is outside your scope, so tell him that he should talk to his son's doctor about this.
 - Ask if you can offer some ideas and resources. With his permission share things that have worked for other parents.**
20. You are doing a recertification with a 3-year-old named Ira. He's restless as you ask his mom questions. Mom encourages him to play with the toys in your office. He grabs a book and tries to hand it to you. To model responsive parenting what can you do? Select 1 answer.
- Tell Ira that the grown-ups are talking, and he should go play with other toys.
 - Say, "Oh I'm sure your mom would like to read that to you at home."
 - Say, "You brought me a book! It's the mouse with the cookie. Can you find the picture of the mouse with the milk?"**

21. Nhu is in your office with her 1-year-old child, Tula. Nhu is playing games with Tula, smiling and making silly faces. As you are talking, Tula grabs a sharp nail file from Nhu's purse. Nhu quickly grabs the nail file and soothes a startled Tula, explaining that she didn't want Tula to get hurt. This is an example of what type of parenting style?
- a. **Authoritative - warm and responsive with clear boundaries and rules.**
 - b. Authoritarian parenting - focused on controlling a child's behavior, reminding a child who has the power in the relationship, unsupportive of child.
 - c. Neglectful parenting - few rules, not supportive of child.
22. WIC does not have a list of rules to give to parents. What does WIC encourage instead? Select 3 answers.
- a. **Building connections between parents and children.**
 - b. All parents should attend a series of parenting classes and stick to a strict way of doing things.
 - c. **Parents being engaged with their children.**
 - d. **"Good enough" parenting.**
23. **True** or False. Acknowledging and supporting children expressing their feelings is one way to help children practice and learn emotional regulation skills.
24. True or **False**. Children do not need help learning how to express and acknowledge their feelings.
25. **True** or False. People are resilient. Although parenting has a powerful influence, people can relearn to trust and build healthy attachment with others.
26. Responsive parenting is which style?
- a. Permissive style - indulgent with little boundaries but is warm and child centered.
 - b. **Authoritative style - acknowledges child's need to be independent but is also warm and has clear boundaries.**
 - c. Neglectful parenting - few rules, not supportive of child.
 - d. Authoritarian Parenting - focused on controlling a child's behavior, reminding a child who has the power in the relationship, unsupportive of child.
27. **True** or False. Responsive parenting is a balance between having realistic expectations and providing support.
28. **True** or False. Helping parents notice and attend to their child's cues during an appointment is a way WIC staff can support responsive parenting.

29. You're doing a height and weight check on 3-year-old Zara. To model responsive parenting, what are could say during the process? Select 3 answers.

a. **“Zara—you're standing up so tall! It is helpful when you stand tall and still for this part.”**

b. Don't say anything- this will be faster if you just get the measurements.

c. **“I'm going to put those numbers into the computer now.”**

d. “Don't be a baby Zara, mom is right here, and it will be quick.”

e. **When you see Zara looking for mom, “Mom is standing right here, she will stay with you the whole time.”**

30. True or **False**. Responsive parenting techniques are only used by Western culture.