1. **Common feelings kinship caregivers may experience include:**
   * Anger and/or resentment
   * Guilt or embarrassment
   * Loss
   * All of the above
2. **Being a kinship caregiver can change family roles between:**
   * Kinship caregiver and child’s parents
   * Kinship caregiver and extended family
   * Kinship caregiver and the child
   * Kinship caregiver and spouse
   * All of the above
3. **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.
4. **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
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.
6. **How can a parent address a child’s grief and loss with empathy?**
   * Wait for the child to bring the topic up.
   * 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.
7. **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.
8. **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.
9. **Which of the following is an example of an internalized behavior?**
   * Frequent headaches and/or stomach aches.
   * Fighting
   * Promiscuity
   * Hoarding property and/or food
10. **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.
11. **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.
12. **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.
13. **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.
14. **Promoting healthy sexual development with the child you are parenting includes which 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.
15. **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).