

Responding to Children in Crisis

1. What are the four phases of crisis? (Choose one)
 - a. Escalation, Frustration, Crisis, Recovery
 - b. Exploration, Escalation, Frustration, Recovery
 - c. Trigger, Escalation, Crisis, Recovery**
 - d. Trigger, Frustration, Recovery, Crisis

2. What is an important thing for parents to do when their child becomes escalated? (Choose one)
 - a. Lecture the child on why they should remain calm.
 - b. Provide a consequence for the escalating behavior.
 - c. Regulate their own emotions.**
 - d. Try to ignore the behavior.

3. When a child begins to escalate, what is the goal of the parent? (Choose one)
 - a. Disconnect from the child.
 - b. Help the child back to a state of regulation in a safe environment.**
 - c. Reason with the child.
 - d. Try to correct the behavior.

4. During a crisis, why should parents stop taking the behaviors displayed by children personally? (Choose one)
 - a. Parents have the right to take behaviors personally when children are disrespectful.
 - b. So that parents don't feel responsible for the behaviors.
 - c. Taking behaviors personally can get in the way of being present, calm, and keeping the child safe.**
 - d. To escalate the child's behaviors.

5. All of the following are strategies to help parents prevent a crisis from starting **except** (Choose one):
 - a. Being attuned to the child's physical and psychological needs.
 - b. Creating routines into daily activities.
 - c. Provide distractions.
 - d. Question the child about their bad mood.**