

## Family Dynamics

1. All of the items below are things that parents who are fostering or adopting should do to ensure their family dynamics remain healthy **except** (Choose one):
  - a. Adapt expectations of how children should behave- this will be particularly important when they first move into your home.
  - b. Establish concrete rules and guidelines in the house that are the same for all children.**
  - c. Learn to be flexible and allow things to go a different way than maybe you had planned or even dreamed about.
  - d. Redefine success and ensure you celebrate the smaller things.
  
2. All of the following statements are true **except** (Choose one):
  - a. Adding children to a family unit can cause stress.
  - b. Adding children into the home may cause children already living in the home to regress in their behaviors.
  - c. Adding children to the home only impacts the interaction between family members living in the home.**
  - d. Children in the home, including birth and adopted children, may feel as though there is not enough (food, love, time from parent etc.) to go around when a new child moves into the home.
  
3. How can parenting partners who want to foster or adopt maintain the stability of their family dynamics? (Choose one)
  - a. Assume parenting partner will take care of it.
  - b. Challenge each other's decision making.
  - c. Communicate with each other frequently and in times of need.**
  - d. It is okay if parents don't work together because each parent has a separate relationship with the child.
  
4. All of the following are ways parents can practice self-care to manage emotional stress **except** (Choose one):
  - a. Asking for help when it's needed.
  - b. Building in daily moments of self-care.
  - c. Confiding in children.**
  - d. Preparing for challenges through training and learning opportunities.

5. What are ways parents can prepare children in the home for changes to the family dynamic? (Choose one)
- a. Children in the home should be able to ask for another child to leave.
  - b. Communicate openly with children to set expectations and create boundaries for privacy.**
  - c. Do not discuss changes ahead of time to avoid children feeling stressed.
  - d. Let the child know you will not be able to spend one-on-one time with them once new children arrive in the home.