

BASIC T.I.P.S.: Tools for Improving Parenting Skills
Referencing the *Parents Toolshop® Jump Start Guide*

Final Review

FOUNDATION-BUILDING TOOLBOX

Chapter 1: Conscious Parenting Toolset

1. Scientist have now discovered that from the ages of 0-6 a child's brain wave frequency is similar to that of _____.
2. Name the 5 steps of the belief filtering cycle.
 - a.
 - b.
 - c.
 - d.
 - e.
3. Most subconscious programming is (a) _____ and 97-99% of the time it's _____.
4. Name the three parenting mindsets:
 - a.
 - b.
 - c.

Chapter 2: Parenting Styles Toolset

5. Name the 5 parenting styles and give a short description of each one.
 - a.
 - b.
 - c.
 - d.
 - e.

Chapter 3: The Universal Blueprint® for Parenting Success

6. What is your parenting “Mission”? Whenever there’s a problem:
 - a.
 - b.
 - c.
7. What are the 3 questions to ask to identify the type of problem you are dealing with?
 - a.
 - b.
 - c.
8. Name the 6 *types* of problems.
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
9. In Question 1, what are the 7 SHARP RV “parent problem” issues.
S _____ H _____ A _____
R _____ P _____ R _____ V _____
10. In Question 1, what are the 4 PESS Child problem issues?
P _____ E _____ S _____ S _____
11. To answer Question 2: “Is the misbehavior PU or PO,” ask yourself, “Has *this* child _____ shown _____ of the skills to behave in *this* situation?”
12. If you have a C/P combo problem, what part do you always address first? _____
13. What does PASRR stand for?
P
A
S
R
R

PREVENTION TOOLBOX

Chapter 4: Self-Esteem Toolset

14. Complete the following three definitions unique to The Parents Toolshop®:
 - a. *Self-esteem* is:

 - b. *Self-image* is:

 - c. *Ego-esteem* is:

15. How are praise and encouragement different? Which of the 3 definitions above do each build?
 - a. Praise:

 - b. Encouragement:

16. **Five-star Tool #1 of 5:** To encourage, give a D.I.P.! What does D.I.P. stand for?
 - a. D
 - b. I
 - c. P

17. Instead of giving “constructive criticism,” give _____, which involves these steps:
 - a.
 - b.
 - c.
 - d.

Chapter 5: Cooperation Toolset

18. What are some differences between “making kids mind” and getting them to cooperate?
 - a. Making kids mind:
 - b. Cooperation:
19. How are Bribes and Rewards different?
 - a. Bribes:
 - b. Rewards:
20. Name at least 3 problems with bribes and other external motivators.
 - a.
 - b.
 - c.
21. To tell if you are bribing or motivating a child what 3 things do you consider?
 - a.
 - b.
 - c.
22. **5-star tool #2 of 5:** What is the best tool for preventing and stopping power struggles?
23. What is a “bottom line” limit?
24. **5-star tool #3 of 5:** Instead of saying “don’t,” “stop” or “quit,” what do you want to say instead?
25. To avoid power struggles that start from parents using “no,” name the 5 ways to deny requests without saying “no.”
 - a.
 - b.
 - c.
 - d.
 - e.

Chapter 6: Independence Toolset

26. What's the difference between being responsible *for* someone and being responsible *to* them?
27. **5-star tool #4 of 5:** Complete the sentence. "To teach children independence and responsibility, parents want to _____, then give children enough freedom to practice them safely."
28. How do you use the "Openly Model Behavior" skill? What do you use it for?

CHILD PROBLEM TOOLBOX

Chapter 7:

29. Complete the sentence: "In Child Problems, keep the ball _____."
30. What are the 5 steps in the "Cycle of Dependency on Advice"?
 - a.
 - b.
 - c.
 - d.
 - e.
31. Problems are like _____. What does this mean?
32. **5-star tool #5 of 5:** What does F-A-X stand for?
F
A
X-
33. Whenever you are tempted to give advice or lecture, _____ instead.
34. What are the 3 B-E-D- steps of problem-solving?
B
E
D

Chapter 8: Sibling (and Peers) Toolset

35. Whether conflicts turn into rivalry depends on three things:
- a.
 - b.
 - c.
36. What are the 5 best tools for *preventing* sibling rivalry?
- a.
 - b.
 - c.
 - d.
 - e.
37. How do you know *when* to intervene in childrens' conflict?
- a.
 - b.
 - c.
38. What are the 5 stages of fighting and briefly what to do for each?
- a.
 - b.
 - c.
 - d.
 - e.
39. What are the 3 key steps of mediation?
- a.
 - b.
 - c.
40. What are the 3 stages of children learning how to resolve conflicts independently and respectfully?
- a.
 - b.
 - c.

PARENT PROBLEM TOOLBOX

Chapter 9: Keep Your Cool Toolset

41. Name and briefly describe the 4 states of stress. (Each starts with the letter “F”)
- F
- F
- F
- F
42. Complete the sentence: “Anger is a _____ emotion. It comes _____ another feeling.”
43. What *really* causes anger? (Hint: Dominoes)
44. List the 2 types of anger eruptions.
- a.
- b.
45. What purpose do trigger buttons serve? (Hint: buttons)
46. When you are angry, how do you decide *where* to go and *what* to do?
- a. Name the 1 types of recharge styles. (Hint: *where* people want to go when they are angry.)
- i.
- ii.
- b. Name the 3 types of anger energy (Hint: *what* to do to express anger)
- i.
- ii.
- iii.
47. Time-outs are actually a _____ _____ _____ tool, not a discipline tool.

Chapter 10: Clear Communication Toolset

48. One style of communication is Passive. Name the other 3 styles of communication.
 - a.
 - b.
 - c.
49. Instead of getting caught up in “the blame game,” focus on _____.
50. Instead of using “I messages,” use “I language.” When communicating concerns, name the 5 things you can describe.
 - a. What I
 - b. What I
 - c. What I
 - d. What I
 - e. What could
51. List 3 “quick reminders” you can use to communicate concerns.
 - a.
 - b.
 - c.

PROBLEM BEHAVIOR TOOLBOX

Chapter 11: PU Toolset (Problem behavior that’s Unintentional)

52. List the 5 causes of PU (unintentional) misbehavior.
 - a.
 - b.
 - c.
 - d.
 - e.
53. When in doubt if it’s PU, assume what?
54. Can one behavior be *both* PU *and* PO in the same second in time? (Yes or No) Why?
55. Which 5-star tool is best for preventing and redirecting PU behavior?

Chapter 12: PO Toolset (Problem behavior that's On purpose)

56. List the 4 “goals of misbehavior.”
 - a.
 - b.
 - c.
 - d.
57. Can one behavior serve more than one goal? (Yes or No)
58. List the 3 questions you ask to identify the goal of PO behavior.
 - a.
 - b.
 - c.
59. If the goal is attention:
 - a. How will you feel?
 - b. What will you be tempted to react?
 - c. How do you redirect it?
60. If the goal is power:
 - a. How will you feel?
 - b. What will you be tempted to react?
 - c. How do you redirect it?
61. If the goal is revenge:
 - a. How will you feel?
 - b. What will you be tempted to react?
 - c. How do you redirect it?
62. If the goal is giving up:
 - a. How will you feel?
 - b. What will you be tempted to react?
 - c. How do you redirect it?
63. What usually causes PU behavior to “mutate” into PO?
64. Can one behavior serve more than one purpose?

Chapter 13: Discipline Toolset

65. What's the difference between discipline and punishment?
- Punishment: For children to _____ their mistakes.
 - Discipline: For children to _____ their mistakes.
66. What are the "4 R's of Discipline"?
- R _____ R _____
- R _____ R _____
67. If any of the 4 R's of Discipline are missing, it can turn the discipline into punishment (or it can be misinterpreted as punishment) and bring on the 4 R's of Punishment, which are:
- R _____ R _____
- R _____ R _____
68. What are the 3 most overused and misused tools parents try use to discipline, usually unsuccessfully?
- -
 -
69. Restrictions are only logically related to _____.
70. What are progressive and regressive restrictions?
- Progressive restrictions:
 - Regressive restrictions:
71. Timeouts are really _____ tools. They are only logically related to behavior that involves _____.
72. In a time out, decide where the child will go based on _____ and decide what the child will do based on _____. It should last _____.
73. List the 5 most-effective discipline tools and match each one with the types of misbehavior it is best to use it. (i.e. "(Discipline tool name) is best for disciplining ____ misbehavior.")
- -
 -
 -
 -
74. To use a natural consequence, parents do _____.

MAINTENANCE TOOLBOX

Chapter 14: Family Council Toolset

75. How often is it ideal for families to have a family council?
76. Who can be involved in a family council?
77. Name the 2 types of family council formats and what age child each enjoys each best.
- a.
 - b.
78. List the 4 primary “roles” in family councils
- a.
 - b.
 - c.
 - d.
79. What topics can you discuss in a family council?
80. Is recommended to use voting? (Yes/No) _____
- a. If no, what kind of decisions are to be made instead? _____
 - b. What kind of decisions are those? (What does that mean?)
81. List at least 3 benefits of family councils
- a.
 - b.
 - c.

Chapter 15: The 3 C's

82. What is the myth of Consistency?
83. When you are in public, how should you parent/discipline your child?
84. List at least 3 things you can do to work as a team with inconsistent parenting partners.
- a.
 - b.
 - c.
85. Name the 6 reasons effective parenting skills might not work.
- a.
 - b.
 - c.
 - d.
 - e.
 - f.
86. When someone Criticizes your parenting what can you do?
87. When using the Universal Blueprint® in adult relationships:
- a. What is the extra question you now ask first?
 - b. What word changes in question 2? (From Child vs. Parent to...)
 - c. What are the PEWS issues? Which 2 are different from Child problems?
 - d. PASRR step _____ changes to _____
 - e. If someone isn't willing to solve the problem with you, what 3 options do you have?
C
A
R
88. What are some things you can do to maintain your Confidence?