

Behavior Challenges in Foster Care

Viewing Guide for

Washington State Department of Social and Human Services Presentation

This viewing guide should be followed, completed, and submitted to SVSS in order to earn in-service training credit. (1.5 hours of credit)

Note: the presentation is a recording of a web-cast conducted by Washington DSHS. During the actual presentation, Foster Parents could email/call in with questions. Those options are not available as you watch the presentation on YouTube.

Review the questions listed below to get an idea of the key points you should listen / look for in the presentation. Navigate to <http://www.youtube.com/watch?v=EG14nLqW1kA> with your internet browser. (Or search for behavior challenges foster parent training in YouTube) Expand the video to “full screen” size and click on “play”. Refer to the viewing guide frequently during the presentation, pausing or even re-playing a section as needed to select the answer or fill in the blanks. When complete, submit the form to SVSS.

1. What are the four basic psychological needs addressed by the presentation? _____, _____, _____, and _____.
2. This is the most important of the four psychological needs (as evidenced by about 90% of adult males in prisons being “unattached”)
 - a. Belonging
 - b. Power
 - c. Freedom
 - d. Fun
3. When you feel you have influence in a group, your opinion counts, and your voice is heard, you have met the psychological needs for
 - a. Belonging
 - b. Power
 - c. Freedom
 - d. Fun
4. Giving children choices is a wise course of action because
 - a. They learn how to make good decisions from having experience making choices
 - b. It meets the psychological need for freedom
 - c. It is good practice for problem solving
 - d. All of the above
5. Having fun (laughing, blowing off steam, relaxing, sharing light moments, delighting in situations/people) is a fundamental need for all humans (True or False)

6. List two ways to increase the sense of belonging (at a time of initial connecting or re-connecting)
- _____ , and
 - _____
7. What are the 8 most important minutes of the day, according to the presentation?
- _____ , and
 - _____
8. List two ways to increase a child's sense of power (when a child is speaking to you)
- _____ , and
 - _____
9. How would you phrase a statement to let a child know that their actions had a personal impact on you?
- _____
10. Children may not "guess" or "decode" our feelings, especially when they are stressed, so it can be a good idea to "state" or "name" the feelings for them. (True or False)
11. "Creativity" means to think of
- 15 flawless new ideas
 - Not stopping at the first idea
 - One more idea
 - The next step
 - B, C, and D
12. The essence of self control is the ability to say _____, so give children a chance to say it.
13. Fun is
- Family defined
 - Built in to normal activities in a healthy family
 - Good in short bursts of activities
 - All of the above
14. If fun is missing in a family, they should focus on building up Belonging, Power and Freedom for family members. (True or False)
15. Self care is important for all of us, because if we don't take proper care of ourselves, we are less able to give proper care to others. Mark all of the following areas of self care that should be in balance in our lives
- Physical
 - Psychological
 - Social
 - Spiritual
 - Intellectual
16. Print your name:
Sign your name:
Date: