Sibling Rivalry Test

1. Sibling conflicts, according to the author,

 a.) Are signs of deeper pathology

 b.) Are normal

 c.) Represent opportunities to teach valuable people skills

 d.) Both b & c

2. Loving and attentive parents

 a.) Have less sibling rivalry

 b.) May have more jealousy and sibling rivalry

 c.) Parenting style is unrelated to frequency and intensity of sibling rivalry

 d.) Cause sibling rivalry by spoiling their children

3. Sibling rivalry presents an opportunity to teach these skills:

 a.) Emotional Control

 b.) Respect for boundaries

 c.) Problem solving

 d.) All of the above

4. In dealing with feelings,

 a.) Reflect and downshift

 b.) Tell them not to be so upset

 c.) Use logic to ehlp them see their error

 d.) ignore and withdraw

5. In teaching respect for boundaries,

 a.) Always make yourself available to the children

 b.) Tell them they should share

 c.) Don’t allow the older one to have his/her own space

d.) Model healthy boundaries by communicating times when you are not fully available to them and when you will be

6. What is a way to teach emotional control in the video?

 a.) Teach self-talk

 b.) Develop an emotional vocabulary

 c.) Develop awareness of how your body signals an emotional response

 d.) All of the above

7. The pre-emptive strike means

 a.) Get them before they get you.

b.) Catch them being upset before it escalates into unwanted behavior and notice they are being mad without hurting.

c.) Warn them of punishment if they hit.

d.) Spank them the moment they hurt their sibling.

8. How do you deal with a toddler who takes things from an older sibling or messes up their work/play?

 a.) Put them in time-out.

 b.) Explain the rules about respecting property.

c.) Re-direct the toddler and explain to the older one that the toddler is not ready to understand about all the rules of property and sharing yet.

d.) Tell the older one to just accept the violations because they are older.

9. What can you do when they quarrel?

 a.) Let them work it out on their own so they can learn as long as they aren’t seriously hurting.

 b.) Step in and solve the problem.

 c.) Try to figure out who started it and give them a consequence.

 d.) Give them both a consequence so they will learn to avoid conflicts.

10. Which is the position taken in the video?

 a.) Let the older ones correct the younger ones so you don’t have to.

 b.) Encourage them to MYOB and use their energy to make their sibling feel good.

 c.) The best way to teach better behavior is to levy consequences when they misbehave.

 d.) Sibling rivalry is mostly the product of poor parenting.

11.) Punishment:

 a.) Is how you discipline.

 b.) Teaches respect for authority.

 c.) Models hurting for the rule violations and may teach siblings to punish one another.

 d.) Teaches skills.