Placement Services Newsletter

wesley family services

August-September 2026

The Resource Parent Association-Are You Talking to Me?

If you wonder if this applies to you, the answer is simple-YES! When you were certified as a resource parent, you automatically became a member of our Resource Parent Association. We meet every other month in the form of the Resource Parent Conference Call. These meetings are on your calendar, and Colleen Slebodnik sends you an email to remind you.

Life can be chaotic, and the kids keep you more than a little busy, so is it important to participate-YES! The association members help influence Wesley Family Services' practices to better serve you and the children in your home. You are the experts on what is happening in your home, whether it involves your children, the staff you work with, or your contact with the county. In pre-service training, you were made aware of the policies and procedures that are currently in place. If you are unhappy about something, or even if you see a way to improve what may be working, this is your opportunity to speak up. What you suggest may or may not be used (depending on existing policies or state regulations that may be non-negotiable), but it may inspire another form of change that could still improve things. It may bring to light that there is a need for clarification. Sometimes knowing why something has to be done makes it easier to follow, rather than just being told you have to do it.

These meetings are also a forum to voice what kind of training you want or need, as well as how that training is delivered to you. Resource parents are encouraged to help facilitate the training and act as mentors to newer resource parents. New resource parents can greatly benefit from resource parents who have experience, even if that experience has been rough. It's during the discussions within the training that the true learning occurs.

In being a part of the Resource Parent Association, you are the best source for finding new resource parents. By letting people know the reality of what foster parenting is about and, hopefully, the support you get from your agency, others will see that fostering children is doable. You are definitely a big part of our means to grow the program.

Annually, three outstanding resource families are recognized: Resource Family of the Year, Advocate Family of the Year, and Teen Family of the Year. All families who have been resource parents for one year and who have not been placed on a Support Plan in the prior year are eligible for these awards. They are chosen, depending on the award, based on their actions and commitment to serve children, their ability to secure permanency in the child's placement, their actions regarding being role models for other resource parents, their efforts to help the program grow, their advocacy efforts on behalf of their children or placement, their collaboration with the program, their efforts to work with the program to improve the overall quality of service delivery, their efforts to help the program grow, or their work with teens. The association helps to plan the recognition event.

You are also asked to participate in the fundraisers that help finance activities for the families and children in the program. You do not need to turn in big orders; if every family bought one unit of whatever is being sold, the fundraiser would be a huge success.

You may also be called upon to participate in quality assurance reviews hosted by our program, our agency, governing entities, and accrediting bodies. Your feedback is used to enhance program service delivery.

Are you expected to do all the above-YES! Like every other organization you join-when you are part of the club, you are expected to follow the expectations. We welcome your input and appreciate all that you do.

Upcoming Events

Resource Parent Support Group
October 1, 2026
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Resource Parent Support Group
October 20, 2026
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The Nest
October 31, 2026
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Daulight Savings
November 1, 2026
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Resource Parent Support Group
November 5, 2026
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Resource Parent Support Group
November 17, 2026
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Resource Parent Conference Call
November 19, 2026
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Thanksgiving
November 26, 2026
Office Closed
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November 27, 2026
Office Closed
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TRAINING INFORMATION

WFS Foster and Adoption Training

WFS in Wilkinsburg

Contact Whitney Kelly to register at 412-342-2339 or whitney.kelly@wfspa.org

November 2, 2026	**6:00 to 9:00 pm**
Orientation	
Who Are the Children?	
November 4, 2026	**6:00 to 9:00 pm**
Who Are the Parents?	
How the System Works	
November 9, 2026	**6:00 to 9:00 pm**
Child Development	
Grief and Loss	
November 11, 2026	**6:00 to 9:00 pm**
Abuse and Neglect	
Attachment	
November 16, 2026	**6:00 to 9:00 pm**
Reasonable and Prudent Parenting	
Parenting	
November 18, 2026	**6:00 to 9:00 pm**
Therapeutic Foster Care	
Resources	

See Page 11 for information on CPR/First Aid training on-line. It must be renewed every two years.

Training

Recertification Training Hours:

PA DHS regulations require six hours of annual training. Wesley Family Services recommends: *Primary caregiver-20 hrs. Secondary caregiver-12 hrs. Six of these hours need to include in person training. Resource parents (three years and more) who do not have the recommended training hours at the time of recertification will not earn their bonus.*

Please note: If you are newly certified, you need to begin earning training hours immediately. The hours earned for certification do not count toward your first recertification.

Resource Parent Association Conference Call

Our next conference call is scheduled for **November 19, 2026 at 6:00PM.**

Resource parents can join the call by dialing **857-232-0155** and entering the conference code **269736** when prompted. We hope more resource families will join in!

Our agenda will include:

- Upcoming trainings
- Holiday Social
- Holiday plans
- Your cares and concerns

Please remember to use your mute button until you are ready to talk if you have kids or critters running around while you are on the call.

Resource Parent Support Group



The Resource Parent Support Group will meet via ZOOM. Connect with other resource parents to receive support as well as lend support. You do not have to feel as though you are on an island alone in this process- other resource parents have been where you are. And, you never know what you know that could help someone else. See the date and times below. Links will be sent prior to the meeting.

October 1, 2026 from Noon to 1:00PM

October 20, 2026 from 6:30PM to 7:30PM

Theme: The Masks We Wear

November 5, 2026 from Noon to 1:00PM

November 17, 2026 from 6:30PM to 7:30PM

Theme: Setting the Holiday Table

Resource Parent Association Updates



The Wesley Family Services' Resource Parent Association met for a conference call on September 16, 2026. One resource parent attended.

Upcoming trainings were discussed. War Stories will be presented on September 22, 2026. The next training series will occur November 5, November 12, and November 19, 2026. This series will focus on cultural diversity. The segments will be Diversity, Alignment, and Competence. They will be offered in the morning and in the evening via ZOOM. Invitations will be sent prior to the beginning class.

The next Resource Parent Support Group is on September 22, 2026 from 6:30PM to 7:30PM. Coming in October , the first group will be from noon to 1:00PM on October 1, 2026 and then again on October 20, 2026 from 6:30PM to 7:30PM. Discussion was had concerning the support groups, and it was agreed that they were helpful. The Nest was also discussed as a resource. During the discussion, the updated WFS website became a topic. The participant remarked about how helpful it was.

The Holiday Social will take place December 5, 2026 from 11:00AM to 1:00PM at Hosanna House in Wilkinsburg. Save the date.

Bundt cakes was the latest fundraiser. Discussion centered around how often and through what means reminders should be sent. It was suggested that more reminders be sent out by email.

There were no other cares or concerns to add. The next Resource Parent Association conference call will take place November 19, 2026 at 6:00PM.



Save the Date!

Now that the weather is changing and warm cider seems to be a good idea, why not sip it happily while getting in some training hours?

There will be a three-part series on Cultural Diversity beginning November 5, 2026. The other classes will be November 12 and November 19. Cultural awareness goes beyond race and religion. Come find out how far-reaching it is.

Classes will be held via ZOOM in the morning from 10:30AM to Noon and in the evening from 6:00PM to 7:30PM. All are welcome!

Invitations will be sent out the week before the scheduled class.

QUICK QUIZ TIME!

How many hours of training are needed annually for you to be recertified? According to DHS regulations, you must have 6. However, WFS recommends 20 hours for the primary caregiver and 12 hours for the secondary caregiver, which includes 6 hours of face-to-face training.

What if you only get 6 hours? You will be certified, but, after three years of being a resource parent you are eligible for an annual bonus. This happens if you have the training hours recommended by WFS.

How many hours of training do you have? ??? Please ***do not wait*** until the last minute to accrue training hours. There are many opportunities throughout the year!

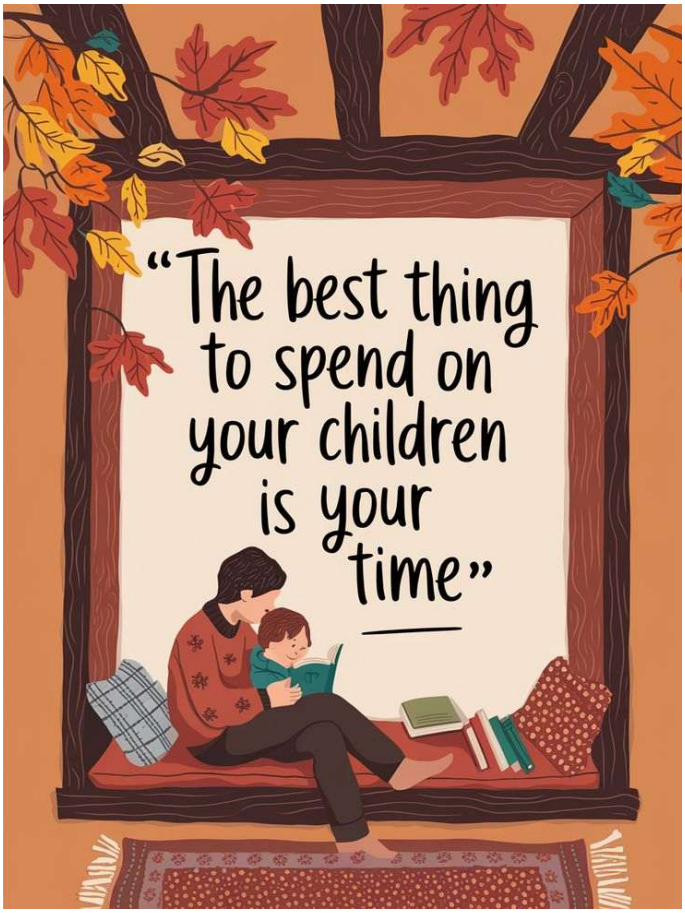
AFFIRM Training

AFFIRM training is **a requirement** for all resource parents who are open to taking children of any age from Allegheny County Children, Youth, and Families, as children recognize their sexual and gender identity at different ages. All classes are via ZOOM. To register, go to www.tinyurl.com/AFFIRMcaregiver

Session Date	Time
October 5, 12, and 19	6:00PM to 8:00PM
October 3 and 10	10:00 AM to 1:00PM
November 9, 16, and 23	6:00PM to 8:00PM
November 14 and 21	10:00 AM to 1:00PM
December 8, 15, 22	6:00PM to 8:00PM
December 9, 16, and 23	Noon to 2:00PM



Be aware that if you do not have AFFIRM training, you may not be able to take a placement from Allegheny County Children, Youth, and Families. Your will continue to be eligible for placements from other counties. AFFIRM classes have limited enrollment, and the classes fill up quickly. **Please register early.**



Recruiting

PLEASE send us any upcoming activities in your neighborhood. We can get in touch, and we may be able to set up a table to recruit families just like you! If the recruiting event occurs, you will receive a $50 bonus!

Remember, referring a person who becomes a resource parent will earn you $100! You can also earn $50 if you attend an event as a WFS representative for every four hours you man a table. If anyone you speak to becomes a resource parent, you also get the $100 bonus!

WE ARE FAMILY!



Congratulations to Danica, Amaryo, and Jayceon! Danica Zinz is now a proud mom following the adoptions that occurred August 28, 2026. Amaryo and Jayceon have been with her for a while, and it is wonderful that their adoptions could occur on the same day!



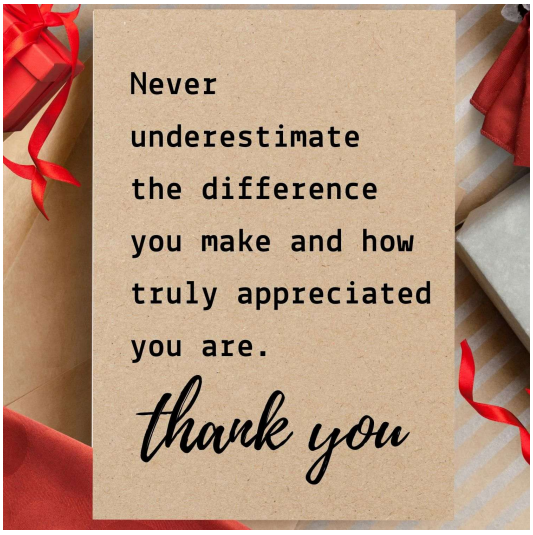
Staff News



LaFayette and Holly began their relationship eleven years ago. They became engaged on August 8, 2025. After a one-year engagement, they became man and wife on August 1, 2026. LaFayette said they are now happily known as "The Jones'."



While November is National Adoption Month and we celebrate our adoptive parents, we should also take a moment to thank all the WFS people who helped make adoptions happen-the case aides, coordinators, supervisors, and the director. Your time, skills, and patience are much appreciated!



Birthdays!

October	*November*	*November*
Belinda G. 10/1	Bob A. 11/2	Hannah C. 11/19
Jon S. 10/2	Belinda M. 11/7	David A. 11/20
Jeremy B 10/3	Jameson D. 11/7	Joshua G. 11/25
Marsha C. 10/19	Skylar M. 11/10	Jordan G. 11/29
Caylee V. 10/20	Theresa W. 11/12	Jazmine S. 1/30
	Kristina T. 11/16	







New Resource Families!

Openings are available!
Talk to your friends-we want people like you!





Set your clocks back one hour on November 1, 2026-enjoy that extra hour of sleep!

There is a saying:
"It's not the words before 'parent' that defines... bio, adoptive, foster, step, but rather the love and dedication in the parent's heart. All parents who care make a difference!"

Heather Herchler



Thank you to all who have opened your heart and home to a child for a lifetime. Parenting is one of the toughest jobs you will ever do. You become a genius when it comes to coming up with creative solutions to difficult problems. You solve them with love, patience, and understanding, even though there can be major frustrations. You take on the aftermath of their trauma, and you persevere to try to stabilize their world. Even with all the challenges, they have enriched your life as much as you have enriched theirs!

Save the Date!

The annual **Holiday Social** will take place **December 5, 2026** at **Hosanna House** in Wilkinsburg!
The time will be from **11:00AM to 1:00PM**.
We will enjoy brunch together as well as playing games and winning prizes.
More details will follow!



Condolences





Condolences are extended to Annette Gross and her family over the loss of her father, Ralph Corvino, who passed away August 19, 2026 at the age of 83. In addition to being an Army veteran, an avid hunter, and good provider, Ralph will be most missed by WFS because, for many years, he was the man behind the beard at our Holiday Socials, playing a loving and jolly Santa. With so many memories, he will forever be in ou hearts.

Fun Page

Apples and fall go together hand in hand. How much fun can you have with apples? Here are some thoughts!



Oreo & White Chocolate Coated Apples

Ingredients:
4-6 ounces white chocolate (can use Ghiradelli white chocolate bars)
2 Apples (whatever kind you prefer)
1 Cup Crushed Oreos
(Grab a large Ziploc bag and have fun pounding away at the cookies to create fun bits of crumbs)
1/4-1/2 Cup Milk
Supplies:
2 Popsicle Sticks
Wax Paper
Directions:
Rinse and dry the apples, remove the stem, and insert a Popsicle stick.
In a medium size sauce pot melt chocolate bars over medium heat. Stir 1/8-1/4 cup milk in gradually. Only add enough milk to encourage melting. You may not need to use the entire amount.

When the white chocolate is melted, hold onto the Popsicle stick and dip apples into the chocolate. Place dipped apples on the wax paper. Use enough wax paper to accommodate two apples.

While the chocolate is still soft, sprinkle crushed Oreos all over apples. Place apples into a refrigerator to cool for about 10 – 15 minutes.



Field Trip!

Take a ride in the country and pick apples on an apple farm. With any luck you can sneak in climbing a tree!



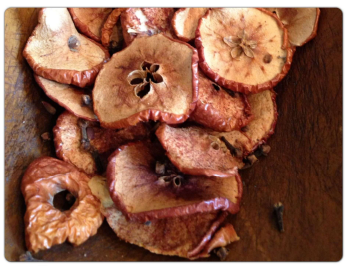
Apple spice scented sachets.

Wash and dry your apple; remove stem. Cut it into one-inch-thick slices.

Place the slices directly onto the oven rack and bake at 275˚ for one hour or until dry. Remove and allow to cool.

Cut them into smaller pieces and mix in a bowl with some cinnamon, nutmeg, cinnamon sticks, dried cloves, and a few drops of vanilla oil. Mix well and place the mixture in some burlap and tie with string.

It makes the perfect fall scented sachet. Discard at the end of the season.



THANKSGIVING

M	Y	L	P	U	M	P	K	I	N	I	F	O	O	T	B	S	G
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NOVEMBER
PILGRIMS
PLYMOUTH ROCK
PUMPKIN
STUFFING
THANKFUL
THURSDAY
TURKEY
TURTLE ISLAND
WAMPANOAG
YAMS



Resources

- Financial Empowerment for Youth Who Have Aged Out of Foster Care - https://www.moneygeek.com/financial-planning/resources-for-foster-youth-aging-out/
- Families Like Ours is a Facebook group for LGBTQ parents. The group does camping, pot lucks, and gatherings. The children in the family can readily identify with families just like theirs. The woman who runs the group was involved in working with the ACLU to legalize same sex marriage in Pennsylvania.
- Caring Connections for YOUth is a website provides access to supports and services for any youth, up to age eighteen, living in Allegheny County, Pittsburgh, Pennsylvania as a diversion to the Juvenile Justice and Child Welfare Systems. Check out this resource at https://cc4youth.org/
- Alpha Iota Alpha Christian Sorority, Inc. is a non-denominational, non-collegiate sorority that has a vision to influence, empower, and support youth in education and spiritual development. If this fits into your beliefs, check them out at https://alphaiotaalpha.org/
- College in High School provides the opportunity for students to earn college credits from the University of Pittsburgh. Contact them at 412-624-6828 or email them at chspitt@pitt.edu .
- The 412 Youth Zone is operating virtually. Youth Zone staff continue to provide services to members throughout the community, and by phone, text, and social media. The clinic is currently open by appointment Tuesdays and Thursdays each week, and members can schedule appointments by calling 412-615-4038. Check out their Facebook page https://www.facebook.com/412YouthZone/ for updates to programming and important resources.
- AFN Foster Parent of Teens Support Group: This support group is held every other month from 6:00PM to 8:00PM. It is located at the Allegheny Family Network office on 425 North Craig Street in Pittsburgh. This is an open group who welcomes all foster and adoptive parent of teens. Dinner is provided. Please register by calling Linda Mitchell at 412-290-9190.
- The Allegheny Self Care Initiative offers free hair care, hair products, and training in hair care for children, youth, and resource families involved in the foster care system. The My Best Self program also offer activities to increase self-esteem and self-awareness. For more information, contact your coordinator for a referral.
- Don't forget that CPR/First Aid must be updated every two years. If you have been certified by an instructor, you are permitted to renew on line (as long as we have a copy of your initial cards in your file). One great resource is https://www.nationalcprfoundation.com . The normal price is $20.95. There are several options for training, so be sure to choose the one that includes both CPR and First Aid.
- Free diapers and pull-ups are available through Life Works of Western Pennsylvania, 1323 Forbes Avenue, Pittsburgh, PA 15219 on Mondays, Wednesdays, and Fridays from 10:00AM until 2:00PM. Contact Sheilah (412-606-1392); Florence (412-606-1652); or Deborah (412-609-3456). Additionally, The Western Pennsylvania Diaper Bank provides free diapers to income eligible families at more than 20 locations. For information, go to https://www.wpadiaperbank.org/
- If you have any students who need credit recovery, please reach out to Erin Frawley erin.frawley@alleghenycounty.us so she can reach out to caseworker and KIDSVOICE
- The Happy Child Parenting App offers free trainings that focus on developing relationships with children (birth, adopted, or foster), understanding emotions and improving communication. This app was recommended by americanspcc.org.

What's Appropriate Discipline?



No one would disagree with the statement that raising your children is not easy. Just when you think you have a handle on something, there is a change-in either them or you-and you are back to square one again. Then we put an extra spin on it, we ask you to take children who you have very little knowledge about and who have a difficult history. Now you question whether what you know is enough to stabilize this child without doing greater damage. Children in foster care need to be disciplined with patience, compassion, and consistency.

It is not unusual to find yourself parenting with some of the same techniques and phrases that your parents used. Then you attend the pre-service classes, and you start to wonder if those same techniques can or should be used. Any form of physical discipline is not permitted. The goal of discipline is to teach, not punish. It is not just about changing their behavior; discipline is about helping them to develop an internal means of regulation to manage their actions and emotions effectively. It is about learning how to communicate, solve problems, and explore the world in a way that is positive. Learning and accepting what a parent has to give starts with a trusting relationship. This is where it becomes tricky with children in care because, initially, they have absolutely no reason to trust you. Additionally, we do not want the discipline we use to trigger past trauma.

To begin, any discipline methods you use should be done with consideration to the child's age and stage of development. Children in care have experienced loss and trauma, which affects their levels of development. For example, children from birth to age three need constant supervision. They are just learning what the world is about. Without experiencing trauma, the world is exciting and stimulating. With trust, all you provide for them turns into learning experiences. So, a clear, firm voice or giving them distractions works to help them adjust behavior. However, having experienced trauma, either through neglect or abuse, the world is not a safe place, and excitement is replaced with fear. The desire to try new things is replaced with suspicion of what is going to happen next. Firm voices may be interpreted as the pre-cursor of pain. Redirection and distraction work if a child can trust that the person doing it is a safe person-and that takes time. It can be very helpful to understand what types of disciplinary measures the birth parents used. Some may have been appropriate and effective, and some may give you a good idea of where you need to start.

With any child placed with you, you need to go over the rules and expectations in your home. They can't be held responsible for breaking a rule if they don't know the rules, meaning that you cannot assume they should know whatever it is that works in your home. Be patient with explaining the expectations several times. You also need to remain clear and consistent about the consequences for not abiding by the house rules. Consistency builds trust.



Stress that there is a consequence for every decision they make, good or bad. Sometimes consequences are pleasant; completing homework results in an A. Sometimes consequences are not pleasant; having a tantrum results in spending time away from the group and the activity that is going on. Children need to know that they choose their consequences when they choose their behavior. Logical consequences work best when they are consistent, firm, and fair. This message is delivered calmly-after the situation has de-escalated.

Under that same consideration, keep the number of rules realistic. Too many rules can be overwhelming, so it is important to pick and choose which battles you feel are truly worth fighting.

Consequences for infants are simple-there are no consequences. They do not understand the relationship between action and consequences. The mission at this age is only to build trust. If they are crying, there is a reason and a need. By understanding the reason and satisfying the need, you are well on your way to establishing trust.

By the time the child is three, they are starting to put actions and consequences together. With them, changing your tone of voice may be enough to get their attention. Keep in mind, loud voices may be scary to them, and you may want to choose a soft, firm voice. You may want to employ a time out or time in. If they refuse to stay in one place, clear the room and ignore them. It is more important to break up the routine or pattern of behavior. Giving choices can also redirect behavior. For example, if they are refusing to leave an area, you can ask them if they want to put their coat on first or their shoes. Having choices gives them a sense of control, something they have very little of. From this point on, help them name their feelings so that they have a better understanding on how to manage them.



For preschoolers, ages four to five, you continue with the suggestions above, but you can add to your toolbox of ideas. Rather than putting the child in time out for fighting over a toy, place the toy in time out for a while. This age does well with imaginative things. This age also responds to counting-either up to three or to ten. The 1-2-3 Magic method is based on the child knowing the rules, and when they choose not to, they are given the count of three to make an adjustment. If they are kicking a wall, the parent responds calmly, "That's one." If they continue, "That's two." If they still continue, "That's three, let's take a time out." Because the use of "time out" may sound negative to a child, you may want to change it to, "That's three, take some time to reflect." Of course, if they are hitting another child, the parent's response goes immediately to three. At this age it is important to have the consequences follow the behavior as quickly as possible so they can begin to understand the cause and effect relationship. Use natural consequences when possible. For example, if a child breaks a toy, do not replace it. If they break a friend's toy, they need to replace it with one of theirs.

Once they are school age, the length of time used for consequences likely needs to be extended. Loss of privilege tends to be most effective at this time, particularly if electronics are involved. Because loss affects children in care more, remind them that they will get the privilege back the next day. Also be mindful that children or youth in care have a harder time parting with things. Be mindful of how long the item or privilege needs to be removed. Natural consequences can also be more effective. If they refuse to eat their dinner, they can wait until breakfast to eat. Keep their dinner in the refrigerator in case they change their mind.



By the teen years, you and they are struggling with multiple issues, most of which relate to puberty and a growing desire for friends and independence. Again, removal of privileges is effective. They are also at the age where they can be a part of the discipline process. When you are talking things out after an incident, get their feedback on what is going on and what needs to be done. What if you feel they are simply not listening to you? It is extremely frustrating to correct the same behavior over, and over, and over… The first thing to ask yourself is do they really hear you or are they distracted with some other issue? This is an important consideration for youth who have ADHD or who have a history of trauma. If you are correcting the same thing many times, it is past the time for discussion of how much they truly know about what you expect. Each child or youth has an individual way to process your expectations and their emotions; and you were not the person responsible for how that originally happened. You are picking this up mid-stream so to speak. The second question is to ask yourself how much time do you spend listening to them? Although it may not look like it, mutual respect is a big thing at this age. That respect has to start with you. Spend some time listening to what they have to say, even if it is not particularly important to you. If you want them to hear what is important to you, you need to hear what is important to them.

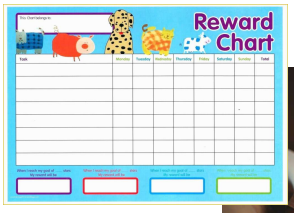


Regardless of age, talk things out after any incident happens, based on their age and ability to communicate. Try to recognize the things they tried to do right and look at options for what they could have done differently.

Keep the discipline in your home fair and consistent. If you respond differently to similar situations, it can be confusing.

If you have more than one child in the family, you will need to explain why the discipline may be different for different children, whether it is based on age, diagnosis, or degree of understanding. Be very mindful how "fair" is perceived when there is a combination of birth children, foster children, and even adoptive children in the home.

It cannot be a good discipline training if focusing on the good the child does is not emphasized. If you really believe that discipline is a teaching tool, then it makes perfect sense that reinforcing good behavior makes the job much easier. It is the consequence for good behavior. Interestingly, if you only pay attention to the negative behaviors, those are the ones you will reinforce. Make the praise specific to what is going on, but do not sabotage it. For example, saying, "You cleaned the living room without me asking-that's fantastic and it looks great! Why can't you do this more often?" If you think about it, stopping before asking the question will leave them with a much better feeling. The question kind of deflates the happy balloon.





Rewards for good behavior can inspire motivation. This can start at a young age and follow through to the teenage years. It all depends on what they want to work toward. Do not get stuck on finding material things for all rewards. For example, young children may work for extra story time-added bonus for you is that it helps them with their reading; the added bonus for them is staying up a little longer; and the added bonus for both of you is increased bonding. Rewards for good behavior can inspire motivation. This can start at a young age and follow through to the teenage years.

What if your child is very sensitive, the type of child who is fearful of failure? They may be more emotional or react more extremely to the prospect or the reality of not doing something right. This is often found in children in care because failure may have led to pain, either emotional or physical. And, unfortunately, failure can spiral feelings of depression and inadequacy. Highly sensitive children are also more prone to express rage. As a parent, you need to take a deep breath and think before you speak. Do not rush to either give in or become defensive. Instead, express empathy ("So it looks like you are very angry at me. Say to me exactly what you want to say." Or, "I know you want to go out with your friends tonight and it hurts not to do that. It's hard to remain calm when you want something this much.") Let them know that it is difficult for you, as a parent, to have to set the boundaries you are working with. Keep the directive gentle and firm, keep the communication open. You need to provide the framework that they need to understand that your job is to keep them safe and help them to make good decisions. The tone of voice that you use needs to be warm, sincere, calm, and sensitive. By far, this is the most difficult part of the process, just due to your own frustration. However, children react to our actions, reactions, words, tone, and affect. Keep in mind that you are the model and also keep in mind what it is that you are trying to achieve.

Parenting a child is hard work, and it does not always come naturally. Just like with your child, forgive yourself when you do not do the job as well as you would like. Just like with your child, most mistakes are just that, mistakes. Think about what you need to do differently, take a deep breath, and go at it again the next day.

Have faith in yourself; you can do this!

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What is Appropriate Discipline?

Complete and return this form to Whitney Kelly for 2 hours of training credit

Name: _____ Date: _____

1. The goal of discipline is to _____ not _____.

2. _____T _____F Any discipline methods you use should be done with consideration to the child's age and stage of development.

3. _____T _____F If you know what kind of discipline the birth parents used, you should always avoid it at all costs.

4. Too many rules can be _____, so pick and choose which battles you choose to fight.

5. Your infant reaches up and scratches your face, leaving marks. You meant to clip their fingernails. How do you correct this behavior?

_____
_____
_____
_____

6. While in the store, your four-year-old insists on taking their favorite cereal from the shelf. They scream when you put it back, and don't stop. What do you do?

_____
_____
_____
_____

7. Your ten-year-old will complete homework at home but refuses to turn it in when he gets to school. What is your strategy?

_____
_____
_____
_____

8. Your fifteen-year-old has ADHD. He has become a part of the football team, but he feels the coach is not being fair. He becomes disrespectful with the coach, and he repeats that behavior at home. What is your strategy?

_____
_____
_____
_____

9. If you only pay attention to the child's negative behavior, those are the ones you will _____.

10. _____T _____F There's no need to think about how you will discipline a child; when the time comes, it will come to you naturally.

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