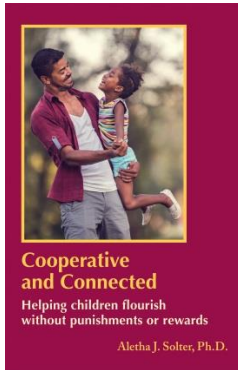


Study guide for *Cooperative and Connected* (2018) by Aletha Solter

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Cooperative and Connected is a sequel to *The Aware Baby*, covering the age range from two to eight years. Based on research in the fields of child development and neurophysiology, it describes how to respond to children's strong emotions, help children conquer fears, provide a stimulating learning environment, connect with children through play, avoid punishments, rewards, and power struggles, deal creatively with sibling rivalry, and avoid conflicts over food. For more information, please visit the Aware Parenting Institute website at www.awareparenting.com.

This study guide highlights the key concepts in *Cooperative and Connected*. There is approximately one question for each section in the book. For each question, there is only one correct answer, which is easy to find by reading the book.

Chapter 1: Tears and Tantrums

1. What does it mean when a child cries after she has learned how to talk?

- a) It means that she is spoiled.
- b) It means that she is immature.
- c) It means that she is trying to release stress.

2. What was the main conclusion from a study comparing crying during a psychotherapy session to a control group of people who exercised for the same amount of time?

- a) People who cried had reduced tension compared to the control group.
- b) People who cried had increased tension compared to the control group.
- c) There was no difference in measures of tension between the two groups.

3. Which of the following statements is correct?

- a) Traumatic experiences before the age of two have no later impact, because children cannot remember them.
- b) Children may need to cry about a traumatic birth even if they can't express it in words.
- c) Parents are the cause of all trauma for children.

4. Which of the following statements is best to say to a crying child?

- a) It's okay to cry.
- b) Why are you crying?
- c) There's no need to get so upset.

- 5. Which of the following statements about temper tantrums is correct?**
- a) Destructive behavior is part of a healthy temper tantrum.
 - b) It's important to stay with a child during a temper tantrum.
 - c) Temper tantrums are a form of manipulation.
- 6. What is the most likely explanation for a child who cries about an insignificant event (the "broken cookie phenomenon")?**
- a) The child needs a pretext to release accumulated, stressful feelings.
 - b) The child is overtired.
 - c) The child has learned to get his way by manipulating his parents.
- 7. What is most likely to happen when parents begin to accept their children's tantrums?**
- a) The children will begin to have more tantrums just to get attention.
 - b) The children's tantrums may increase temporarily until the children have caught up on releasing pent-up emotions.
 - c) The children's tantrums will disappear very quickly.
- 8. What should parents do when a child has a tantrum in public, and it is disturbing other people?**
- a) Ignore the child.
 - b) Accept the tantrum, even if it disturbs other people.
 - c) Use distractions, if necessary, but realize that you are only postponing the tantrum.
- 9. Which of these statements is CORRECT about children who suck their thumb a lot?**
- a) They have acquired a healthy self-soothing behavior.
 - b) They may be in a chronic state of mild dissociation.
 - c) They are still at the oral stage of development.
- 10. What is the FIRST thing parents should do if a child has learned to suppress her crying?**
- a) Change the words they use when the child begins to cry.
 - b) Tell the child that he needs to cry.
 - c) Remove the child's control patterns (repressing mechanisms).
- 11. According to the book, what is the MOST LIKELY reason why some parents find it difficult to accept a child's crying?**
- a) The parents don't like loud noises.
 - b) The parents were not allowed to cry as children.
 - c) The parents have read books claiming that crying is "misbehavior."
- 12. Is it okay for parents to cry in front of their children?**
- a) Yes, so the children can learn to listen to other people crying.
 - b) Yes, so the children will feel guilty for upsetting the parents.
 - c) Yes, but only if the children are not expected to listen or made to feel responsible.

Chapter 2: Fears and Frights

1. What are developmental fears?

- a) Fears that result from immaturity and which children usually outgrow.
- b) Fears that develop after three years of age.
- c) Fears caused by distressing events.

2. Which of these statements is MOST CORRECT?

- a) Early childhood fears are common and normal.
- b) Early childhood fears indicate overprotective parents.
- c) Early childhood fears predict anxiety disorders later in life.

3. What is the FIRST helpful thing that parents should do when a child expresses a fear?

- a) Tell the child that there's nothing to be afraid of.
- b) Acknowledge the fear and offer empathy.
- c) Force the child to confront the thing that she is afraid of.

4. What does research tell us about helping children overcome fears?

- a) Children should be protected from the things that they are afraid of.
- b) Parents should not try to do therapy with their own children.
- c) Children can become desensitized to fears through exposure therapy.

5. Which of the following statements is MOST CORRECT?

- a) Crying is the best way to overcome most fears.
- b) Laughter is the best way to overcome most fears.
- c) Crying and laughter can both be helpful for overcoming fears.

6. What is the most helpful thing to do if a child has a fear of monsters at bedtime?

- a) Look for a playful way to trigger the fear and get the child to laugh.
- b) Tell the child that monsters don't exist and show him that there are no monsters.
- c) Insist that the child stay in his room and go to sleep.

7. Which of the following statements is MOST CORRECT?

- a) Night terrors usually indicate neurological problems.
- b) Night terrors could be children's attempts to work through stressful or traumatic events.
- c) Night terrors and nightmares are the same thing.

8. Two of the following statements are possible causes for strong separation anxiety past the age of two (when the child is left with a familiar caretaker). Which one is NOT a possible cause?

- a) The child senses the parent's separation anxiety.
- b) The child needs to cry for unrelated reasons.
- c) The parents have given too much attention to the child.

Chapter 3: Living and Learning

- 1. Which statement best completes this sentence: “During early childhood, children learn best through.....”**
 - a) Formal teaching.
 - b) Asking questions.
 - c) Exploration and real-life experiences.
- 2. Which of the following statements is CORRECT about media violence?**
 - a) Media violence can help children learn to defend themselves in a violent world.
 - b) Media violence does not frighten children.
 - c) Media violence oversimplifies the reasons for violence.
- 3. At what age do children typically begin to ask questions about death?**
 - a) Around the age of 3.
 - b) Around the age of 6.
 - c) Around the age of 8.
- 4. At what age do children typically begin to ask questions about genital differences and reproduction?**
 - a) Around the age of 3.
 - b) Around the age of 6.
 - c) Around the age of 8.
- 5. What have researchers learned about the differences in behavior between boys and girls (gender-typical behaviors)?**
 - a) Genetic factors have a greater influence than environmental factors.
 - b) Environmental factors have a greater influence than genetic factors
 - c) Genetic and environmental factors have an equal influence.
- 6. Two of the following factors can help children become competent learners. Which one is NOT recommended?**
 - a) Age-appropriate expectations.
 - b) Plenty of praise.
 - c) Non-punitive discipline.
- 7. All of the things below can help children learn to read. Which is MOST IMPORTANT?**
 - a) Sing songs and play word games.
 - b) Read to children.
 - c) Place written labels on drawers and toy containers.
- 8. What kind of school is best for young children (up to age 8)?**
 - a) A school with structured teaching of basic math, reading, and computer skills.
 - b) A school with daily homework assignments.
 - c) A school with plenty of hands-on experiences with concrete materials.
- 9. What is the recommendation in the book about screen-based activities?**
 - a) Allow only educational screen-based activities.
 - b) Avoid all screen-based activities for children under 3 years of age.
 - c) Avoid all screen-based activities for children under 7 or 8 years of age.

Chapter 4: Playing and Pretending

- 1. Which statement best describes the relationship between play and learning during early childhood?**
 - a) Play has no educational value. It is primarily a form of relaxation and entertainment.
 - b) Play can help children acquire physical, social, and cognitive skills.
 - c) Play can help children acquire physical and social skills, but not cognitive skills.

- 2. Which of the following statements is MOST CORRECT?**
 - a) Parents cannot be effective play therapists for their children.
 - b) Solitary symbolic play is just as effective as symbolic play with an attentive observer.
 - c) Parents can be effective play therapists for their children.

- 3. At what ages do children typically create imaginary playmates?**
 - a) At ages 2 to 3
 - b) At ages 4 to 5
 - c) At ages 6 to 7

- 4. Which of the following statements is MOST CORRECT about play that appears to be senseless and foolish (nonsense play)?**
 - a) Nonsense play at bedtime usually means that the child needs to cry.
 - b) Nonsense play can help children release stress caused by adult expectations.
 - c) Nonsense play usually implies that the parents have been too permissive.

- 5. What kinds of toys are best for young children (2 to 8 years of age)?**
 - a) Toys that inspire children imagine, build, create, move, and think.
 - b) Realistic-looking toys such as dolls with detailed facial features.
 - c) Automated and electronic toys.

- 6. What is the most helpful response when a child pretends to shoot and kill the parent?**
 - a) Tell the child that it's not okay to do that.
 - b) Pretend to die as dramatically as possible.
 - c) Ignore the child.

- 7. Researchers have found that a half hour per week of a certain kind of parent/child play can reduce behavior problems in children. For which kind of play is this true?**
 - a) Nondirective, child centered play.
 - b) Separation games.
 - c) Power-reversal games.

- 8. What is the most helpful response when a child cheats during a game?**
 - a) Tell the child that you won't continue the game if she continues to cheat.
 - b) Talk to the child about the importance of playing games fairly and honestly.
 - c) Turn the game into a power-reversal game and pretend to be upset that you are losing.

Chapter 5: Conflicts and challenges

1. **Which of the following statements is MOST CORRECT about research on spanking?**
 - a) Spanking makes children more cooperative, but can cause lifelong problems.
 - b) Spanking does *not* make children more cooperative, and can cause lifelong problems.
 - c) Spanking makes children more cooperative, and does *not* cause lifelong problems.

2. **What did the study find about children who received a reward for doing an activity?**
 - a) They later lost interest in the activity when the reward was removed.
 - b) They later had increased interest in the activity, even though the reward was removed.
 - c) Children who were never rewarded in the first place, lost interest in the activity.

3. **Which of the following is NOT one of the three basic reasons for behavior problems?**
 - a) The child has a legitimate need.
 - b) The child has a difficult temperament.
 - c) The child suffers from unhealed trauma.

4. **Which of the following advice is NOT one of the tips for preventing behavior problems?**
 - a) Change the environment.
 - b) Provide preparation and training.
 - c) Give simple commands instead of choices.

5. **Which of the following is NOT one of the three components of an I-message?**
 - a) Describe the behavior that bothers you.
 - b) Describe your feelings.
 - c) Tell the child what you want him to do.

6. **At what age can children learn simple household rules?**
 - a) By 10 months of age
 - b) By 24 months of age.
 - c) By 7 or 8 years of age.

7. **What are the two main ways to deal with aggressive or disruptive behavior?**
 - a) Loving limits and play with laughter.
 - b) Loving limits and giving information.
 - c) I-messages and play with laughter.

8. **What should parents do if they have hit their child in anger?**
 - a) Offer the child a special treat to make her feel better.
 - b) Explain to the child that your anger was caused by her behavior.
 - c) Apologize and give the child a chance to cry.

9. **Which of the following is NOT a good way to encourage children to help with chores?**
 - a) Assign daily chores and set up a reward system.
 - b) Do chores together.
 - c) Be playful and make the chores fun.

10. **What is one of the main factors that can cause bedtime problems?**
 - a) The parents waited too long, and the child is overtired.
 - b) The child has an accumulation of stress and needs to cry.
 - c) The child's usual bedtime routine has been disrupted.

Chapter 6: Friends and foes

- 1. What is the best information to give a child before the birth of a sibling?**
 - a) Tell him that he will soon have a new playmate.
 - b) Tell him that the baby will be very helpless.
 - c) Tell him that he will love the baby.

- 2. What is the best response if a child says that she hates her baby brother and tries to harm him?**
 - a) Tell her that she should love him and be gentle.
 - b) Protect the baby, but encourage her to express her feelings.
 - c) Send her to her room until she is ready to be more gentle.

- 3. Many factors contribute to sibling rivalry. Which of the following is NOT one of them?**
 - a) Overly permissive home environment.
 - b) Overly competitive home environment.
 - c) Overly punitive home environment.

- 4. What is a recommended way to intervene when two children want the same toy?**
 - a) Establish a rule that the first child who had it gets to keep it as long as desired.
 - b) Do mediation with the children and help them find their own solution.
 - c) Take the toy away and send each child to a separate room.

- 5. Which statement MOST CORRECTLY completes the following sentence?**
“Aggressive behavior is usually an indication of”
 - a) Over-permissiveness
 - b) Over-tiredness
 - c) Painful emotions

- 6. Which of the following statements is MOST CORRECT about protecting children from sexual abuse?**
 - a) Parents should not force children to hug their grandparents.
 - b) Parents should teach children to be frightened of all strangers.
 - c) Parents should not talk about sexual abuse with children until they are teenagers.

- 7. What is the best response to children’s sex play?**
 - a) Forbid all forms of sex play.
 - b) Pretend that you don’t notice it.
 - c) Don’t forbid it, but set limits for safety and hygiene.

- 8. What can a woman do to gain a stepchild’s love?**
 - a) Allow the child to express anger at the woman.
 - b) Give lots of presents to the child.
 - c) Tell the child that she (the woman) is his new mother.

Chapter 7: Eating and ailments

- 1. According to research studies, what is likely to happen when parents restrict their children's access to certain foods?**
 - a) Children's desire for those foods *decreases*.
 - b) Children's desire for those foods *increases*.
 - c) Food restrictions have no effect on children's food preferences.

- 2. How can parents help children develop healthy eating habits?**
 - a) By making sure the children eat three balanced meals each day.
 - b) By restricting sweet foods until the child has eaten other foods.
 - c) By letting children decide, what, when, and how much to eat.

- 3. What is the most helpful way to help a child who eats sweet foods in order to numb painful emotions?**
 - a) Help the child express the underlying painful emotions.
 - b) Limit what the child eats.
 - c) Reward the child for eating more healthy foods.

- 4. Which statement is MOST CORRECT about children's behavior during family mealtimes?**
 - a) Children should stay at the table until everybody has finished eating.
 - b) Children should finish everything on their plate.
 - c) Parents can teach some basic table manners to children as young as three.

- 5. Which of the following statements is MOST CORRECT about research on ADHD?**
 - a) The status of ADHD as a medical disorder has not been established.
 - b) ADHD is usually a medical disorder with a biological cause.
 - c) Sugar consumption can cause ADHD.

- 6. What is the recommended guideline for preparing children for simple medical procedures (such as an injection)?**
 - a) Don't tell them about it in advance.
 - b) Tell them about it at least two weeks in advance.
 - c) Tell them about it one or two days in advance.

- 7. What is the best way to help a child cope with pain from a minor injury (such as a scraped knee)?**
 - a) Pay attention to the child and allow her to cry.
 - b) Numb the area immediately with ice and give pain medication if necessary.
 - c) Distract the child from the pain with a funny story.

- 8. There are several guidelines for helping a child during a trip to the emergency room or a stay in a hospital. Which is the MOST IMPORTANT guideline?**
 - a) Warn the child ahead of time.
 - b) Give the child information about procedures and treatments.
 - c) Stay with the child as much as possible.