



## **SOS Help For Parents Quizzes – Form B**

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Answer Sheet for Quizzes

Scoring Key for Quizzes

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It is most convenient to staple all four quizzes together into sets. Then ask participants to respond to only one quiz in the set (e. g., Quiz Two).

SOS *Help For Parents* Quizzes Form A are printed in the back of the book, *SOS Help For Parents* in Chapter 24. The Form B Quizzes (these quizzes) are available for download at <[www.sosprograms.com/freeresources](http://www.sosprograms.com/freeresources)>.

These quizzes provide helpful feedback to educators, clinicians, parents, and child care providers. The brief quizzes also motivate the learner to actually study the SOS chapters and videos. Another test over basic SOS behavioral interventions is Child Management Skills Test (CMST). This test may be downloaded at <[www.sosprograms.com/freeresources](http://www.sosprograms.com/freeresources)>.

Participants also can self-score their own Answer Sheets. Scoring their own answer sheets can help to reduce test taking anxiety.

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**Answer Sheet – SOS Help For Parents Quizzes – Form B**  
(See other sheet for Scoring Key)



Circle the correct answers for each of the four quizzes.

**Quiz One over Chapters 1 & 2**

Date \_\_\_\_\_

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

Name: \_\_\_\_\_

**Answer Sheet**

This Answer Sheet may be self-scored.

**Quiz Two over Chapters 3 & 5**

Date \_\_\_\_\_

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

**Quiz Three over Chapters 4 and 6 to 12**

Date \_\_\_\_\_

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

**Quiz Four over Chapters 13 to 18**

Date \_\_\_\_\_

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

SOS Help For Parents Quizzes Form A appear at the back of the book *SOS Help For Parents*. The Form B Quizzes (these quizzes) are also available for download at [www.sosprograms.com/freeresources](http://www.sosprograms.com/freeresources)

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**Scoring Key – SOS Help For Parents Quizzes – Form B**  
(See other sheet for Answer Sheet)



The following are the correct answers for each of the four quizzes.

**Quiz One over Chapters 1 & 2**

1. B
2. C
3. A
4. C
5. D
6. B
7. D
8. B
9. B
10. D

**Scoring Key**

**Scoring Key**

The Answer Sheet may be self-scored.

**Quiz Two over Chapters 3 & 5**

1. A
2. C
3. B
4. C
5. D
6. A
7. B
8. D
9. B
10. C

**Quiz Three over Chapters 4 and 6 to 12**

1. D
2. B
3. C
4. D
5. D
6. A
7. C
8. D
9. B
10. D

**Quiz Four over Chapters 13 to 18**

1. B
2. C
3. D
4. C
5. C
6. A
7. A
8. C
9. C
10. C

SOS Help For Parents Quizzes Form A appear at the back of the book *SOS Help For Parents*. The Form B Quizzes (these quizzes) are also available for download at [www.sosprograms.com/freeresources](http://www.sosprograms.com/freeresources)

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## SOS Help For Parents Quizzes Form B



### Quiz One over

**Chapter 1.** "Why Kids Behave And Misbehave"

**Chapter 2.** "Clear Communication Promotes Effective Parenting"

Select the best answer to each question. Circle your answers on the Quiz Answer Sheet. If no answer sheet is provided, mark your answers on this sheet.

- When you correct (punish) any behavior, that behavior will:
  - occur more in the future.
  - occur less in the future.
  - not change at all.
  - stop occurring immediately.
- Social rewards, which are easy to give and very effective, include:
  - going to a movie.
  - ice cream, cookies.
  - hugs, smiles, and attention.
  - all of the above.
- When Tony set the table, his dad's only comment was, "You forgot the napkins!" Tony's dad made which error or mistake?
  - accidentally correct (punish) good behavior.
  - accidentally reward bad behavior.
  - rewarding good behavior.
  - all of the above.
- Teresa's crying at bedtime earns her several bedtime stories and her parents' attention. In the future, we guess:
  - Teresa will cry less at bedtime.
  - her parents will send her to bed on time.
  - Teresa will cry more at bedtime.
  - her parents will cry at bedtime!
- Correcting (punishing) a child's behavior is good when:
  - the correction (punishment) is severe.
  - the behavior is good.
  - the parents need to let off steam.
  - the child's behavior is dangerous to his or her safety.

Quiz is continued on next page

SOS Help For Parents Quizzes Form A appear at the back of the book *SOS Help For Parents*. The Form B Quizzes (these quizzes) are also available for download at [www.sosprograms.com/freeresources](http://www.sosprograms.com/freeresources)

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**Quiz One** (Continued) over  
Chapter 1  
Chapter 2

6. Once a “house rule” has been set:
- A. the parents should be able to repeat it.
  - B. the child should be able to repeat it.
  - C. the rule should never change.
  - D. the rule doesn’t need to be reinforced.
7. When giving a command, parents should do all of the following, except one. They should not:
- A. have a stern facial expression.
  - B. say the child’s name.
  - C. use a forceful tone of voice.
  - D. look away from the child.
8. Which of the following is a rule which parents should follow?
- A. Don’t reward good behavior.
  - B. Don’t accidentally reward bad behavior.
  - C. Accidentally correct (punish) good behavior.
  - D. Accidentally reward bad behavior.
9. Discipline can be a problem for many “single parents” working outside the home or parents with two jobs due to:
- A. other people interfering with child rearing.
  - B. low energy of the parent.
  - C. angry feelings of the parent.
  - D. too much advice from others
10. Parents discipline their children:
- A. to show how powerful parents are.
  - B. because their parents disciplined them.
  - C. to mold children to fit the parents’ ideas.
  - D. to help children to be responsible for their behavior.

End of Quiz One

PLEASE DO NOT TURN THIS PAGE UNTIL ASKED TO DO SO.

## **SOS Help For Parents Quizzes**

### **Form B**



#### **Quiz Two over**

**Chapter 3.** "Ways Of Increasing Good Behavior"

**Chapter 5.** "Major Methods For Stopping Bad Behavior:

Select the best answer to each question. Circle your answers on the Quiz Answer sheet. If no answer sheet is provided, mark your answers on this sheet.

1. When you actively ignore a misbehavior, you're:
  - A. removing the reward of getting attention.
  - B. showing your anger.
  - C. arguing with the child.
  - D. giving the child a material reward.
  
2. Scolding a child sometimes doesn't always help to decrease bad behavior because:
  - A. Children get too nervous when scolded.
  - B. Some children feel too guilty.
  - C. Some children like the attention that comes with a scolding.
  - D. Some children pay attention when scolded.
  
3. Jack's parents constantly interrupt each other! Although they punish Jack for interrupting, his behavior hasn't decreased. Why not?
  - A. correction (punishment) does not reduce behavior.
  - B. his parents model or demonstrate the misbehavior themselves.
  - C. his parents should use Grandma's Rule.
  - D. his parents reward the misbehavior.
  
4. A common example of Grandma's Rule is:
  - A. making children do chores by using time-out.
  - B. nagging a child to clean his room.
  - C. dessert only after you eat your meal.
  - D. watch TV before you do your homework.
  
5. When a parent helps a child to practice good behavior, that parents is also:
  - A. demonstrating good behavior.
  - B. rewarding an alternative to the bad behavior.
  - C. using attention as a reward.
  - D. all of the above.

Quiz is continued on next page

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**Quiz Two** (Continued) over  
Chapter 3  
Chapter 5

6. When a child misbehaves, it's best to:
  - A. disapprove of the specific misbehavior.
  - B. make threats like, "You're going to get the worst spanking you ever had!"
  - C. use spankings a lot.
  - D. all of the above.
  
7. John left his winter cap at school yesterday. Today he got cold ears walking to school. This is an example of:
  - A. logical consequence.
  - B. natural consequence.
  - C. behavior penalty.
  - D. time-out for his ears!
  
8. Michael teases his pet cat. Mother forbids him to play with the cat for the rest of day. Mother is using:
  - A. Grandma's Rule.
  - B. scolding and disapproval.
  - C. natural consequence.
  - D. logical consequence.
  
9. Because the correction (punishment) is not delivered by parents, children get less angry at parents with:
  - A. logical consequence.
  - B. natural consequence.
  - C. behavior penalty.
  - D. Grandma's Rule because Grandma does the scolding!
  
10. Before giving a behavior penalty to a child:
  - A. try a more severe punishment first.
  - B. give the child many long lectures.
  - C. warn the child of the misbehavior and penalty.
  - D. make sure the child is under five years of age.

End of Quiz Two

PLEASE DO NOT TURN THIS PAGE UNTIL ASKED TO DO SO.

## SOS Help For Parents Quizzes Form B



### Quiz Three over

#### Chapter 4.

“What is Time-Out? When Do Parents Use It?”

#### Chapters 6 through 12.

“Basic Skills Of The Time-Out Method”

Select the best answer to each question. Circle your answers on the Quiz Answer Sheet. If no answer sheet is provided, mark your answers on this sheet.

1. To effectively use time-out, parents must:
  - A. not give the child attention during time-out.
  - B. use time-out repeatedly, if necessary.
  - C. quickly get the child to the time-out place.
  - D. all of the above are correct.
  
2. Five-year-old Susan has been put in time-out for repeated name calling:
  - A. for three minutes.
  - B. for five minutes.
  - C. for ten minutes.
  - D. parents shouldn't use time-out for name calling.
  
3. Time-out is effective for reducing many behavior problems because the child:
  - A. is usually spanked before being placed in time-out.
  - B. gets a stern lecture along with time-out.
  - C. is briefly removed from rewards and attention.
  - D. is usually frightened while in time-out.
  
4. “Alice, throwing food means time-out! (Alice then throws another sandwich at brother.) All right, you'll get a spanking when Dad comes home!” Which mistake did Alice's mother make?
  - A. using Grandma's Rule.
  - B. talking to a child while in time-out.
  - C. not using a timer.
  - D. only threatening to use time-out.
  
5. Children often rebel against time-out for the first week or two so they can:
  - A. show their anger.
  - B. punish their parents.
  - C. stop their parents from using time-out.
  - D. all of the above.

Quiz is continued on next page

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**Quiz Three** (Continued) over  
Chapter 4  
Chapters 6 through 12

6. If a child messes up or damages the time-out room, he should:
  - A. clean up the room or help pay for the damage.
  - B. not be placed in time-out anymore.
  - C. be spanked.
  - D. be rewarded for staying in the time-out room.
  
7. Time-out is effective in reducing:
  - A. overactive behavior.
  - B. forgetting to do chores.
  - C. back-talk to parents.
  - D. misbehavior not seen by parents.
  
8. Mother uses time-out with her seven-year-old son. She would be making an SOS mistake if she:
  - A. sends him to the bathroom for time-out.
  - B. sends him to time-out within 10 seconds flat and with 10 words or less.
  - C. keeps him in time-out for a full seven minutes.
  - D. talks to him if he becomes unhappy while in time-out.
  
9. Parents should use a time-out chair for children two to four. With older children, use a room that is:
  - A. hard to get to.
  - B. boring, dull, and safe.
  - C. dark and scary although safe.
  - D. the child's bedroom.
  
10. Little Emily says, "Mom, is the time up yet? How much longer? Can I leave time-out now?" Which error did mom probably make?
  - A. made time-out last too long.
  - B. trying to scare Emily with time-out.
  - C. arguing with Emily.
  - D. not using a timer.

End of Quiz Three

PLEASE DO NOT TURN THIS PAGE UNTIL ASKED TO DO SO.

## SOS Help For Parents Quizzes Form B



### Quiz Four over Chapters 13 through 18. "Further Applications Of Your Parenting Skills"

Select the best answer to each question. Circle your answers on the Quiz Answer Sheet. If no answer sheet is provided, mark your answers on this sheet.

1. A point-reward calendar allows a child to earn points. The child earns points for:
  - A. bad behaviors.
  - B. good behaviors.
  - C. good and bad behaviors.
  - D. having a good attitude toward others.
  
2. There is a good rule to remember before leaving the house with children. The rule is:
  - A. Let children know that you won't correct (punish) them while away from home.
  - B. Try to "scare" the children into being good.
  - C. Let the children know how you expect them to behave and consequences for misbehaving.
  - D. You will leave for home early if they behave badly.
  
3. Timing-out two children is useful when the children:
  - A. are hitting each other.
  - B. get into trouble together.
  - C. are arguing and teasing each other.
  - D. all of the above are correct.
  
4. When a noisy six-year-old misbehaves at a friend's house, you could use immediate time-out. A good place for immediate time-out would be:
  - A. your lap.
  - B. standing in the corner of a room full of noisy adults.
  - C. a quiet room in your friend's house.
  - D. all of the above.
  
5. Use time-out immediately for aggressive and violent behavior. When talking with your child after time-out is over, you should do the following:
  - A. Threaten him with a spanking if it happens again.
  - B. Make him promise to be good in the future.
  - C. Help him think of other ways to cope with his anger.
  - D. Tell him how angry you are.

Quiz is continued on next page

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**Quiz Four** (Continued) over  
Chapter 4  
Chapters 13 through 18

6. Delayed time-out should be done:
  - A. as soon as the child gets home.
  - B. only if the child continues to misbehave on the way home.
  - C. within a week of the misbehavior.
  - D. immediately while in public and again at home.
  
7. Parent-child contracts work best when:
  - A. solutions are jointly agreed on between parent and child.
  - B. the contracts include only the child's duties.
  - C. it's not necessary to write down the agreement.
  - D. many difference behaviors are included in the contract.
  
8. The best and simplest way to improve children's behavior is to:
  - A. ignore bad behavior.
  - B. use natural consequences.
  - C. reward good behavior.
  - D. to become emotionally upset if they keep misbehaving!
  
9. To reduce aggressive and dangerous behaviors, parents can:
  - A. lecture the child.
  - B. become aggressive toward the child so the child knows how it feels.
  - C. use time-out and a behavior penalty.
  - D. ignore the misbehavior.
  
10. Children sometimes express irritation toward their parents but aren't abusive. The parents should:
  - A. place the child in time-out.
  - B. express irritation toward the child.
  - C. listen to the child express her feeling.
  - D. not use reflective listening anymore because it's making the situation worse.

End of Quiz Four