

Parent-Child Relations: An Introduction to Parenting, 10e (Bigner)
Chapter 2 Parenting Approaches

2.1 Multiple Choice Questions

1) Which of the following is TRUE of the parent-child relationship?

- A) It is constantly evolving as both partners develop and change
- B) Psychology has yet to explain any of the patterns of interaction between parents and children
- C) Recently, the parent-child relationship has become stricter and more punitive overall
- D) The power differential between children and parents is static

Answer: A

2) Which of the following is an example of a skill parents can teach their children that is impermeable to changes in society?

- A) How to change a tire
- B) Farming and the ability to produce food
- C) Learning a second language
- D) Self efficacy and interpersonal skills

Answer: D

3) Which of the following is TRUE about the role of parents as their child's primary teacher?

- A) This role is focused largely on formal education and vocational training
- B) The challenges that parents face in this role have remained the same for the past several decades
- C) Parents are responsible for teaching their children skills that will help them become effectively functioning adults
- D) Modeling does not play a role in how parents educate their children

Answer: C

4) Mark and Kevin offer their children the choice of broccoli or green beans as their vegetable at dinner, and they respect the choices that their children make. This choice is an example of:

- A) The process of parenting
- B) Positive reinforcement
- C) Consistency in parenting
- D) The content of parenting

Answer: D

5) Which of the following is an element of appropriate discipline?

- A) Encouraging the externalization of rules and beliefs
- B) A focus on nurture over structure
- C) Linking a child's inappropriate behavior to their character
- D) Positive messages that work to guide behavior

Answer: D

6) The aspect of discipline that requires a parent to notice and listen to their child's cues and tend appropriately to their needs is referred to as:

- A) Explaining and Reasoning
- B) Responsive Care
- C) Nurturing
- D) Active Parenting

Answer: B

7) Which of the following is TRUE about negotiable and non-negotiable rules within a family system?

- A) For children to learn, most rules should be non-negotiable
- B) Negotiable rules usually pertain to the child's safety
- C) All families have the same non-negotiable rules
- D) Well-functioning families have negotiable rules

Answer: D

8) Which of the following is TRUE of positive reinforcement for children?

- A) Frequently telling children that they did a "good job" will raise their self-esteem
- B) Positive reinforcement is generally not effective for shaping desirable behaviors
- C) This form of discipline usually comes naturally to parents
- D) Sincere and specific praise is the most powerful in guiding behavior

Answer: D

9) Each morning, 5-year-old Stephanie picks out which outfit she wants to wear to school and what cereal she eats for breakfast. However, her parents still make sure that she brushes her teeth and takes a vitamin before she leaves. Stephanie's parents are working to:

- A) Facilitate developmentally appropriate autonomy
- B) Show empathy and understand Stephanie's motivations
- C) Foster developmentally appropriate individuality
- D) Give positive reinforcement for their child's decisions

Answer: A

10) Researchers have found which of the following to be related to spanking?

- A) Adults who spank were usually not spanked as children
- B) Children who are spanked display more aggressive behaviors than other children
- C) Spanking has primarily short-term negative effects
- D) Females are more likely than males to identify spanking as an appropriate form of discipline

Answer: B

- 11) Which of the following statements describes parents who utilize corporal punishment?
- A) Parents may be experiencing temporary lessened emotional control, increasing the risk of harm to the child
 - B) Parents from more traditional contexts are more likely to understand they should not have full discretion in discipline practices
 - C) Parents who use physical punishment are less likely to make unilateral decisions about discipline that discount the child
 - D) Parental aggression in discipline also communicates to the child that violence and aggression are unacceptable forms of problem-solving

Answer: A

- 12) The Constructive Parenting Zone illustrates parenting practices that provide balanced structure for children. Which of the following patterns of parenting are associated with the most negative outcomes for children?

- A) Criticism and Rigidity
- B) Nonnegotiable Rules and Negotiable Rules
- C) Rigidity and Abandonment
- D) Permissiveness and Criticism

Answer: C

- 13) Baumrind's parenting approaches have been critiqued in which of the following ways?

- A) They are tied too closely with the Great Depression era and are a result of the prevailing ideas of authority during this time period
- B) They characterize parenting approaches with too much fluidity and adaptability
- C) They do not include an additional parenting approach, "evidence-based parenting," which many scholars consider superior
- D) They do not emphasize shifts in parenting approach according to context and the child's developmental stage

Answer: D

- 14) Which of Baumrind's parenting approaches is associated with the best outcomes for children?

- A) Authoritarian
- B) Permissive
- C) Uninvolved
- D) Authoritative

Answer: D

- 15) Which of the following is an outcome associated with children of authoritative parents?

- A) Children are typically followers rather than leaders
- B) Children typically display low-self esteem
- C) Children are typically autonomous and curious about learning
- D) Children typically do not want a relationship with their parents later in life

Answer: C

16) Laura and Brian work to model appropriate behaviors for their children, and explain their reasoning in developmentally appropriate ways when disciplining. Laura and Brian most likely take which approach to parenting?

- A) Authoritative
- B) Permissive
- C) Authoritarian
- D) Uninvolved

Answer: A

17) Strict scheduling of infants, including the practice of letting them cry while adjusting to this schedule, is associated with which parenting approach?

- A) Permissive-Neglectful
- B) Authoritative
- C) Authoritarian
- D) Uninvolved

Answer: C

18) Jason's father enforces a strict curfew of 10:00 pm, regardless of the circumstances, and often punishes Jason without explanation or reason. Jason often faces criticism from his father regarding his athletic performance and feels as though he is never good enough. His father's behavior is most closely associated with which parenting approach?

- A) Authoritative
- B) Permissive
- C) Uninvolved
- D) Authoritarian

Answer: D

19) Melissa considers herself to be her daughter's best friend. Though Anna is only 11, Melissa allows her to schedule her own activities with friends and make unilateral decisions about where she goes and how she dresses. Melissa most closely mirrors which parenting approach?

- A) Uninvolved
- B) Permissive
- C) Authoritative
- D) Authoritarian

Answer: B

20) Which of the following is TRUE of the permissive parenting approach?

- A) It fosters extreme autonomy and respects individuality
- B) Parents following this approach typically do not include children in the discussion of discipline
- C) It maintains a clear power differential between parent and child
- D) The anti-establishment movement of the 1960s condemned this parenting approach

Answer: A

21) Uninvolved parenting style is also identified as:

- A) Permissive
- B) Abusive
- C) Nurturing
- D) Neglectful

Answer: D

22) Cynthia's mother does not attend her school plays or parent nights, but instead drops Cynthia off and goes to meet her boyfriend. When Cynthia is hurt, her mother gives her a bandage, but offers no words of comfort or assistance. Generally, 8-year-old Cynthia feels that she must take care of herself. Cynthia's mother's behavior aligns with the patterns of which parenting approach?

- A) Uninvolved
- B) Permissive-Neglectful
- C) Authoritative
- D) Permissive-Indulgent

Answer: A

23) Negotiable rules are associated with _____ self-esteem in children, and non-negotiable rules are associated with _____ self-esteem in children.

- A) Low; High
- B) High; Low
- C) Low; Low
- D) High; High

Answer: B

24) Permissive parenting is characterized by:

- A) High levels of nurture and low levels of structure
- B) High levels of both nurture and structure
- C) Low levels of nurture and high levels of structure
- D) Low levels of both nurture and structure

Answer: A

25) Which of the following parenting approaches is characterized by both high levels of nurture/warmth and high levels of structure/control?

- A) Authoritarian
- B) Permissive
- C) Uninvolved
- D) Authoritative

Answer: D

26) Based on the ideas of family systems theory, the _____ depicts the variations of parenting approaches that are used in different contexts based on levels of structure and nurture.

- A) The ABC-X Model
- B) The Parenting Circumplex Model
- C) The Baumrind Parenting Model
- D) The Context-Based Model of Parenting

Answer: B

27) On a visual depiction of the Parenting Circumplex Model, the farther the parent-child relationship is placed from the center:

- A) The more balanced the interactions are between parent and child
- B) The healthier the relationship is overall
- C) The more extreme the representation of behaviors within the relationship
- D) The more authoritarian the parenting approach that is being utilized

Answer: C

28) Ryan and Amy keep a strict 8:30 bedtime for their two children. However, 8-year-old Emily has been having trouble falling asleep this early, and usually spends an hour tossing and turning in bed. Ryan and Amy find themselves needing to adjust their rule and become more flexible to accommodate Emily's physical development. This illustrates the importance of _____ in parenting practices.

- A) Permissiveness
- B) Non-negotiable Rules
- C) Personality and Temperament
- D) Context and Development

Answer: D

29) Which of the following is TRUE of Cognitive Behavioral Approaches in parenting programs?

- A) They posit that behavior cannot be changed, only the thoughts driving the behavior
- B) They target both undesirable behavior and the thoughts or attitudes accompanying the behavior
- C) They utilize cognitive modification through concepts such as extinction and reinforcement
- D) They deemphasize the importance of context when understanding certain behaviors

Answer: B

30) Jacob claps his hands and praises his 3-year-old, Amanda, when she shares her toys with her little brother, Jack, saying, "Thank you for sharing, Amanda. That makes Jack so happy!" Jacob is utilizing which tool for behavior modification?

- A) Extinction
- B) Reinforcement Schedule
- C) Positive Reinforcement
- D) Reciprocal Feedback

Answer: C

31) After watching a movie about a boxer, Katherine begins punching her stuffed animals excessively, displaying more aggression than normal. Most likely, Katherine's increased aggression is a result of:

- A) Modeling
- B) Positive Reinforcement
- C) Active Listening
- D) Critical Parents

Answer: A

32) Brandon's mother always asks the cashier at the grocery store how they are doing and wishes them a nice day when she leaves. One day, she is in a hurry and forgets, but Brandon shouts back, "Have a nice day!" as they leave. Brandon's behavior is *best* explained by:

- A) Family Systems Theory
- B) Social Learning Theory
- C) Cognitive Behavioral Theory
- D) Circumplex Theory

Answer: B

33) Parents can use _____ to communicate a message about behavior to a child directly without damaging their self-esteem.

- A) Active Listening
- B) Natural Consequences
- C) Reinforcement Schedules
- D) "I" Messages

Answer: D

34) Using negotiation skills to resolve a conflict with a compromise is primarily included in parenting programs using which approach?

- A) Cognitive Behavioral
- B) Relationship Based
- C) Social Learning
- D) Multimodal

Answer: B

35) Which of the following correctly states the difference between encouragement and reward?

- A) Reward is given before an act, while encouragement is given after
- B) Encouragement is given only if the child succeeds in a task
- C) Encouragement is given for an attempt, regardless of failure
- D) Reward is given for a failure or a success, before or after an attempt

Answer: C

36) Which of the following will make a family meeting most effective?

- A) Having family meetings only at times of crisis or to make big decisions
- B) Keeping family meetings formal, allowing only the parents to do most of the talking
- C) Having family meetings on a regular basis, with everyone involved
- D) Having family meetings in a neutral setting so that power differentials are dismantled

Answer: C

37) Though she had been asked to twice, Nicole chose not to clean up the blocks she was

playing with one afternoon. As a result, her mother told her that she could not play with the blocks the next day. This is an example of:

- A) A Natural Consequence
- B) Negative Reinforcement
- C) A Logical Consequence
- D) Positive Reinforcement

Answer: C

38) Which of the following is TRUE of exclusively positive parenting?

- A) It is the best approach to use for teenagers who are displaying dangerous behaviors
- B) It is feasible in every situation, some parents just choose not to use it
- C) Context will determine whether or not a situation allows for exclusively positive parenting
- D) The child's previous experiences are unimportant when assessing the feasibility of exclusively positive parenting

Answer: C

39) Samantha's parents control virtually every aspect of her life. They constantly assert that she and her siblings cannot make wise decisions on their own, and thus her parents tell them what to watch on TV, what to wear, who to be friends with, and when and where they can go out. Which model of toxic parenting is most similar to Samantha's parents?

- A) Overfunctioning Parents
- B) Critical Parents
- C) Ineffective Parents
- D) Abusive Parents

Answer: A

40) The toxic parenting model of _____ is characterized by parents who express little emotion to their children, seem uninvolved, and may be suffering from a chronic illness such as depression.

- A) Disengaged parents
- B) Ineffective parents
- C) Neglectful parents
- D) Critical parents

Answer: A

41) Which of the following is an example of constructive nurturance of children?

- A) Utilizing spanking to correct misbehavior
- B) Showing and telling a child of our unconditional love in many ways
- C) Giving children whatever they want, whenever they want it
- D) Pointing out each of a child's flaws so they can correct them

Answer: B

42) Which of the following represents a natural consequence to a rule?

- A) "If you touch the stove, you can get seriously burned."
- B) "If you don't put your clothes in the hamper, they won't get washed."
- C) "If you don't clean up your toys, you have to eat dinner alone."
- D) "If you don't finish your homework, you can't watch the TV show."

Answer: A

43) The structure in parenting relationships ranges from the least strict: _____ to the most strict: _____.

- A) Criticism; Permissiveness
- B) Abandonment; Rigidity
- C) Permissiveness; Criticism
- D) Abandonment; Enmeshment

Answer: B

44) Which of the following is TRUE regarding the nature of reinforcement?

- A) Reinforcement is always positive
- B) Reinforcement is always negative
- C) Continuous reinforcement of a particular behavior is most desirable
- D) The reinforcement should occur immediately following a particular act to be effective

Answer: D

45) This style of parenting emphasizes the development of autonomy in a child with reasonable limits:

- A) Uninvolved
- B) Permissive
- C) Authoritative
- D) Authoritarian

Answer: C

46) "Discipline" comes from the root word "discere," which means:

- A) To learn
- B) To punish
- C) To grow
- D) To change

Answer: A

47) Which type of parenting approaches focus most on listening and communication skills?

- A) Cognitive behavioral approaches
- B) Social learning approaches
- C) Relationship-based approaches
- D) Multimodal approaches

Answer: C

48) Structure in child rearing refers to:

- A) Creating a caring atmosphere for children
- B) Teaching children about family rules and boundaries
- C) Meeting children's needs for unconditional love and acceptance
- D) Making sure children have a house to live in

Answer: B

49) Parental competency may be characterized by:

- A) Knowledge of a variety of strategies for guiding children's growth and development
- B) Passing a parenting course that utilizes a multimodal approach
- C) Following a recipe approach to child rearing
- D) Employing an authoritarian parenting style for a child's entire life

Answer: A

50) Which of the following parenting conditions and styles reflect healthy or positive approaches to children's discipline?

- A) Rigid parenting
- B) Critical parenting
- C) Authoritative parenting
- D) Uninvolved parenting

Answer: C

51) _____ is expressed when a parent determines what a child needs and responds to those needs in loving ways that generate a sense of trust within the child.

- A) Responsive, assertive, and supportive care
- B) Reasonable and uninvolved care
- C) Responsible and controlling care
- D) Supportive, demanding, and loving care

Answer: A

52) Which of the following applies to research regarding the effects of spanking?

- A) It is frequently used by parents to replace positive communication
- B) Children who are spanked exhibit more aggressive behaviors
- C) Adults who spank children do this in the best interests of children
- D) Spanking is not linked to aggressive behavior in adults

Answer: B

53) Optimal parenting relationships require that the child can develop:

- A) Flexibility by being exposed to many constantly changing caregivers
- B) Their own age appropriate personal attitudes, values, and opinions
- C) A critical attitude and to be able to be distrustful of others
- D) Feelings of being predominantly valued by peers during adolescence

Answer: B

54) Spanking or corporal punishment:
A) Is more frequently used on older children
B) Is strongly ingrained in all cultural groups
C) Is performed more by grandparents than by parents
D) Is not legally sanctioned in most developed countries
Answer: D

55) Appropriate discipline is necessary for children because:
A) It is consistent and never flexible
B) The methods do not change as a child grows older
C) It guides children to internalize values
D) It eliminates all the child's desires to behave badly
Answer: C

56) Effective parental disciplinary methods include:
A) Behaviors that are inconsistent
B) Child focused, responsive, and responsible behaviors
C) Utilizing time-out taking place in a child's bedroom
D) Low parental supervision
Answer: B

57) Which best describes the two cornerstones of good parenting?
A) Love and stability
B) Authoritative and supportive
C) Structure and nurture
D) Attachment and autonomy
Answer: C

58) Which type of parent wishes to be seen as a resource that the child can use for learning about the world?
A) Neglectful
B) Authoritative
C) Authoritarian
D) Permissive
Answer: B

2.2 True/False Questions

1) The parent-child relationship requires dignity, respect, and effective communication, just as other relationships do.
Answer: TRUE

2) What parents must teach their children in order for them to flourish in society is affected by technological advances.
Answer: TRUE

3) It is best for parents to take one approach to teaching their children and remain consistent throughout their children's life.

Answer: FALSE

4) Discipline, at its core, is about shaping children's behavior through punitive actions and negative repercussions.

Answer: FALSE

5) When disciplining children, the timing of explanation and reasoning is as important as the content of the explanation.

Answer: TRUE

6) Evidence indicates that corporal punishment is an appropriate method of discipline and produces few negative effects.

Answer: FALSE

7) Levels of nurture (or warmth) and structure (or control) should shift throughout the parenting process according to context.

Answer: TRUE

8) Parents should follow evidence-based theories and models for parenting unwaveringly and exactly as presented.

Answer: FALSE

9) Relationship based approaches in parenting programs are focused on communication and borrow many ideas from counseling.

Answer: TRUE

10) Threats are an effective way to elicit certain behaviors from children, especially children who do not typically listen to their parents.

Answer: FALSE

11) A child's bedroom is the best place for a time-out.

Answer: FALSE

12) The concept of equifinality is illustrated by the different methods of discipline used by different family systems to meet parenting goals.

Answer: TRUE

13) In providing a healthy program of discipline for children, it is appropriate for parents to teach structure through rules that are both negotiable and nonnegotiable.

Answer: TRUE

14) Strict, strong discipline has been found to be the most effective with children.

Answer: FALSE

15) There is no such thing as a normal behavior problem, as all behavior problems indicate that there is something developmentally wrong for a child.

Answer: FALSE

16) Structure refers to the internalized controls children acquire through the socialization experiences provided by parents.

Answer: TRUE

17) For reinforcement to be effective, rewards should be delayed in time following a particular act.

Answer: FALSE

18) Intermittent or irregular administration of reinforcement is likely to achieve the most effective results.

Answer: TRUE

19) Active listening requires a parent to "own" a problem involving a child's behavior, rather than labeling it as the child's problem.

Answer: FALSE

20) Children are thought to learn social roles, attitudes, and values by observing and imitating the behavior of others.

Answer: TRUE