

# The Connected Child

## Trust-Based Parenting Discussion

Adapted from TCU's Trust-Based Parenting Discussion 7/23/15



*After reading The Connected Child, use the book to answer the following questions. For two-parent households, both parents should read the book and work through the questions below together. You can complete this online at [crossroadsnola.org/ccdq](http://crossroadsnola.org/ccdq) or write answers below. If utilizing the online form, be prepared to complete the questions all at once. This should be completed prior to your last home study visit.*

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

### CHAPTER 1 – HOPE AND HEALING

1. What healing elements must be combined to reduce the multiple effects of harm, whether caused by prenatal or postnatal environment, malnutrition, poverty, caretaking, or abuse? (p4) \_\_\_\_\_

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2. What are the child-rearing obstacles that have been established in the American culture that undermine strong parent-child connections and secure attachment? (p13) \_\_\_\_\_

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3. When a parent achieves a balance of nurture and structure what is experienced by the child? (p16) \_\_\_\_\_

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CHAPTER 2 – WHERE YOUR CHILD BEGAN

1. In your own words, describe the phenomenon of matching. (p25) \_\_\_\_\_

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2. Cite several of the symptoms children who are neglected and mistreated early in life often display. (p26) \_\_\_\_\_

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3. Describe what a child from “hard places” will need to develop attachment skills in the future. (p30) \_\_\_\_\_

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CHAPTER 3 – SOLVING THE PUZZLE OF DIFFICULT BEHAVIOR

1. What physical and mental impairments do children from “hard places” carry with them? (p 34)

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### CHAPTER 3 – SOLVING THE PUZZLE OF DIFFICULT BEHAVIOR

2. By tuning into a child, what can be learned about the child's behavior? Please list five of the specific responses to look for in a child. (p45) \_\_\_\_\_

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3. Behavior provides a clue to a child's history. A child who experienced severe trauma or abuse lacks five connections. Please list the five connections the child lacks. (p46) \_\_\_\_\_

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### CHAPTER 4

1. In your own words, describe the meaning of felt safety. For application: Name two specific strategies a parent can use to reduce a child's chronic fear and give an example of each. \_\_\_\_\_

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### CHAPTER 5 – TEACHING LIFE VALUES

1. Name at least 4 life values and for each give an example of how this could be conveyed appropriately on the child's level. \_\_\_\_\_

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### CHAPTER 6 – YOU ARE THE BOSS

1. Name the elements of the IDEAL Response model, describing the purpose and importance of each. \_\_\_\_\_

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2. Why is it important for you to become comfortable with choices and compromises, especially if you are accustomed to “laying down the law”? \_\_\_\_\_

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### CHAPTER 7 – DEALING WITH DEFIANCE

1. What are three key but basic strategies caregivers must remember when dealing with defiance? \_\_\_\_\_

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2. Describe how you can detect if you are achieving the right balance of connecting and correcting? \_\_\_\_\_

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3. In your own words, list the rules of Connected Families. \_\_\_\_\_

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CHAPTER 8 – NURTURING AT EVERY OPPORTUNITY

1. In your own words, state why you think poor self-esteem is linked to a variety of behavioral and health problems in adolescence. \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. In this chapter there are several different nurturing strategies discussed. Pick 5 different nurturing strategies your family could benefit from. Describe how you could incorporate them into your daily life. \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Take the parenting quiz on page 169. Think about how your parents/caretakers nurtured you. In your own words, state the “mistaken assumption” many parents struggle with. \_\_\_\_\_  
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CHAPTER 9 – PROACTIVE STRATEGIES TO MAKE LIFE EASIER

1. In your own words, list and describe 4 proactive strategies you can use. \_\_\_\_\_  
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2. What challenges do you anticipate in becoming proactive with managing your child’s behavior? \_\_\_\_\_  
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CHAPTER 9 – PROACTIVE STRATEGIES TO MAKE LIFE EASIER

3. How can a daily schedule help families become more proactive? \_\_\_\_\_

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CHAPTER 10 – SUPPORTING HEALTHY BRAIN CHEMISTRY

1. We live in a “drive thru” way of life for meals. How can you make changes to your lifestyle to support healthy brain chemistry for your child? \_\_\_\_\_

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2. What nutrition tips do you feel are most important? \_\_\_\_\_

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3. Research suggests it's possible to improve children's brain chemistry by using behavior interventions. What interventions can you use to help improve your child's brain chemistry? \_\_\_\_\_

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CHAPTER 11 – HANDLING SETBACKS

1. What can prevent parents from recognizing progress in their child? \_\_\_\_\_

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CHAPTER 11 – HANDLING SETBACKS

2. When parents feel that family connections have been derailed, what should they do to get refocused? \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

CHAPTER 12 – HEALING YOURSELF TO HEAL YOUR CHILD

1. Name at least two ways your attachment style might influence your ability to be actively involved in your child's healing? \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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2. What steps can you take to have healing in your own personal life? \_\_\_\_\_
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