

Sibling Rivalry Test

1. Sibling conflicts, according to the author,
 - a.) Are signs of deeper pathology
 - b.) Are normal
 - c.) Represent opportunities to teach valuable people skills
 - d.) Both b & c
2. Loving and attentive parents
 - a.) Have less sibling rivalry
 - b.) May have more jealousy and sibling rivalry
 - c.) Parenting style is unrelated to frequency and intensity of sibling rivalry
 - d.) Cause sibling rivalry by spoiling their children
3. Sibling rivalry presents an opportunity to teach these skills:
 - a.) Emotional Control
 - b.) Respect for boundaries
 - c.) Problem solving
 - d.) All of the above
4. In dealing with feelings,
 - a.) Reflect and downshift
 - b.) Tell them not to be so upset
 - c.) Use logic to help them see their error
 - d.) ignore and withdraw
5. In teaching respect for boundaries,
 - a.) Always make yourself available to the children
 - b.) Tell them they should share
 - c.) Don't allow the older one to have his/her own space



d.) Model healthy boundaries by communicating times when you are not fully available to them and when you will be

6. What is a way to teach emotional control in the video?

- a.) Teach self-talk
- b.) Develop an emotional vocabulary
- c.) Develop awareness of how your body signals an emotional response
- d.) All of the above

7. The pre-emptive strike means

- a.) Get them before they get you.
- b.) Catch them being upset before it escalates into unwanted behavior and notice they are being mad without hurting.
- c.) Warn them of punishment if they hit.
- d.) Spank them the moment they hurt their sibling.

8. How do you deal with a toddler who takes things from an older sibling or messes up their work/play?

- a.) Put them in time-out.
- b.) Explain the rules about respecting property.
- c.) Re-direct the toddler and explain to the older one that the toddler is not ready to understand about all the rules of property and sharing yet.
- d.) Tell the older one to just accept the violations because they are older.

9. What can you do when they quarrel?

- a.) Let them work it out on their own so they can learn as long as they aren't seriously hurting.
- b.) Step in and solve the problem.
- c.) Try to figure out who started it and give them a consequence.
- d.) Give them both a consequence so they will learn to avoid conflicts.

10. Which is the position taken in the video?

- a.) Let the older ones correct the younger ones so you don't have to.



- b.) Encourage them to MYOB and use their energy to make their sibling feel good.
- c.) The best way to teach better behavior is to levy consequences when they misbehave.
- d.) Sibling rivalry is mostly the product of poor parenting.

11.) Punishment:

- a.) Is how you discipline.
- b.) Teaches respect for authority.
- c.) Models hurting for the rule violations and may teach siblings to punish one another.
- d.) Teaches skills.

