

Name:

Date:

Parenting in a Pandemic Workshop Post Test

1. Some signs of stress we may see in our children:
 - a. Talk back
 - b. More tantrums
 - c. Stomachaches
 - d. All of the above
 - e. None of the above
2. Some activities that can help calm children are:
 - a. Humor
 - b. Playing outside
 - c. Homework
 - d. A and B
 - e. All of the above
3. Self-Care is the same thing for everyone-True or False
 - a. True
 - b. False