

Promoting Mental Health in Early Child Care and Education (ECCE)

1. Mental health begins at birth.
 - a. True
 - b. False
2. Mentally healthy children generally have what characteristics?
 - a. Have the ability to form warm, trusting relationships with other children and adults.
 - b. Exhibit positive self-esteem; belief in themselves and their abilities.
 - c. Display developmentally appropriate control of impulses and behavior.
 - d. Have increasing ability to communicate feelings, needs, and ideas with words.
 - e. All the above
3. All babies need consistency. Consistency and routine is generally most important for babies with what type of temperament?
 - a. Easy temperament
 - b. Slow-to-warm-up temperament
 - c. Difficult temperament
4. Let a child cry. Otherwise, you will spoil him.
 - a. True
 - b. False
5. Early infant attachment lays the foundation for healthy relationships with others.
 - a. True
 - b. False
6. If a child seems upset when the parent leaves, then you should distract the child and encourage the parent to sneak out.
 - a. True
 - b. False
7. Social skills, such as waiting turns, sharing, and coping with frustration, begins to develop during the preschool years.
 - a. True
 - b. False
8. If a child fears something that is real, such as thunder or loud noises, then you can help calm the child by explaining the event.
 - a. True
 - b. False
9. Children need guidance. Limit the number of rules (only 2-3 rules), and keep rules simple.
 - a. True
 - b. False
10. Consider which of the following characteristics when observing children's behavior:
 - a. Frequency of the behavior
 - b. Intensity of the behavior
 - c. Duration of the behavior
 - d. All the above

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ANSWER SHEET**

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Training Evaluation

Why did you attend this training session?

List three things you learned during this training.

What did you enjoy most about the training?

What did you enjoy least about the training?

Because of what you learned during this training, what is one thing you will do to improve your ECCE program?

Please include any comments or ideas that you think would make this training more effective.

Are there any subjects that you would like to learn more about?

