

### Beyond F.A.T. City: A Look Ahead

1. The video asserts that we should never do to a child, something we would not do to an adult. Do you agree? Why or why not?
2. How can you incorporate his idea of what “fairness” is into your home?
3. What is learned helplessness? Describe a situation you have observed of a child demonstrating learned helplessness.
4. What is the difference between lack of attention span and distractibility?
5. Dr. Levine discusses the idea that when kids have “good days” they are punished for it. Have you ever found yourself doing this, and how might you handle this differently?

Would you recommend this film to other foster parents?

Not at all  
1

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Very much so  
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I have viewed the video and am requesting two hours of training credit toward required foster parent in service training.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date