

The Happiest Toddler on the Block  
Viewer Worksheet (Use back if needed)

Note: Please watch the movie as well as the Question and Answer session.

1. Think of a recent time when you have seen a toddler throw a tantrum. Using the fast food rule, how could you have handled that in a way that would calm the situation?

2. What do you think of Dr. Karp's recommendation in using "toddlereze." What would make you comfortable using this technique?

3. Thinking of the same tantrum you discussed in Question 1, how could you increase the likelihood of avoiding the tantrum, using Dr. Karp's techniques?

4. What are a couple things you learned from other parents' experiences and Dr. Karp's recommendations in the Question and Answer portion of the film?

Would you recommend this film to other foster parents?

Not at all

1

2

3

4

Very much so

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I have viewed the video and am requesting one hour of training credit toward required foster parent in service training.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date