

## **Children in Care During the Holidays**

### **Quiz Questions**

1. True or False: Children in care usually feel only excitement and joy during the holidays.
2. True or False: Behavioral changes during the holidays may be a sign of emotional distress rather than misbehavior.
3. True or False: It's important to avoid mentioning a child's past traditions to help them adjust faster.
4. True or False: Incorporating a child's old traditions can help them feel valued.
5. True or False: Foster parents should ignore their own needs during the holidays to focus fully on the child.
6. Which statement best describes how foster parents can support children emotionally during the holidays?
  - a. Ignore their sadness and focus on fun activities.
  - b. Allow space for feelings and validate emotions.
  - c. Avoid discussing biological family connections.
7. What is a healthy way to maintain family connections during the holidays?
  - a. Cancel all visits.
  - b. Encourage children to write a letter or make a card.
  - c. Pretend the biological family doesn't exist.
8. Why might a child act out more during the holidays?
  - a. They're excited about gifts.
  - b. They're overwhelmed by emotions or memories.
  - c. They want to ruin the holiday for others.
9. Which of the following helps a foster child feel included during the holidays?
  - a. Forcing them to participate in all family traditions.
  - b. Giving them time and choice about involvement.
  - c. Avoiding them so they don't feel pressure.
10. What's the most important focus for foster parents during the holidays?
  - a. Having a picture-perfect celebration.
  - b. Ensuring emotional safety and belonging for the child.
  - c. Buying the most gifts.

### **Answer Key**

1. Children in care usually feel only excitement and joy during the holidays.  
T/F
2. Behavioral changes during the holidays may be a sign of emotional distress rather than misbehavior.  
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