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Essential Training 1: Physical, Cognitive, Social Emotional

Quiz

Infants

Infant's Physical Development

1. Hours in a day most newborns sleep.
 - a. 8
 - b. 13
 - c. 16
 - d. 20
2. Approximate age babies first raise their heads while on their stomach.
 - a. One year
 - b. Newborn
 - c. 3 months
 - d. 6 months
3. Infants turn their head toward something that touches their cheek.
 - a. Hungry
 - b. Rooting reflex
 - c. Moro reflex
 - d. Survival reflex
4. Infants kick their legs and paddle their arms when laid on their stomach.
 - a. Swimming reflex
 - b. Moro reflex
 - c. Standing reflex
 - d. 6 months
5. Ability to grasp an object with the thumb and forefinger.
 - a. 2 years
 - b. Grab
 - c. Pincer
 - d. Raking

6. Approximate age babies are first able to sit without support.
 - a. Newborn
 - b. 6 months
 - c. 18 months
 - d. 1 year
7. Infants thrust their arms out when head and neck support is removed.
 - a. Pincer
 - b. Walking reflex
 - c. Startle reflex
 - d. Moro reflex
8. Approximate age when babies pull themselves to stand with support.
 - a. 6 months
 - b. 1 year
 - c. Newborn
 - d. 9 months

Infant's Cognitive Development

9. Implicit memories are those which we are not consciously aware of, but affect our behavior.
 - a. True
 - b. False
10. Infants understand and respond to what others are saying.
 - a. Instinct
 - b. Receptive speech
 - c. Cognitive development
 - d. Infant directed speech
11. Infants develop the understanding that objects and people exist when they cannot be seen.
 - a. Object permanence
 - b. Memory
 - c. Brain development
 - d. Attachment
12. Neurons are the basic nerve cells in our brains.
 - a. True
 - b. False

Infant's Social Emotional Development

13. Infant distress when their caregiver departs.
 - a. Trust vs. Mistrust
 - b. Stranger anxiety
 - c. Attachment
 - d. Separation anxiety
14. Erik Erikson's psychosocial theory of emotional development identifies infants' stage of development.
 - a. Trust vs. Mistrust
 - b. Initiative vs. Guilt
 - c. Personality vs. Temperament
 - d. Goodness of Fit
15. Patterns of emotions that are consistent and enduring characteristics of an individual.
 - a. Personality
 - b. Temperament
 - c. Goodness of Fit
 - d. Anxiety
16. Personality is identified as the sum total of characteristics that differentiate one person from another.
 - a. True
 - b. False

Use the following words/phrases to answer the next four questions:

- A) Attachment B) Receptive Speech C) Goodness of Fit D) Reflexes

17. _____ describes the relationship or match between a baby or child's temperament and the environment.
18. _____ are unlearned, involuntary responses to the outside world.
19. _____ is the two-way process through which infant and children form emotional bonds with another person.
20. Infants understand what others are saying is known as _____.

Toddlers

Toddler's Physical Development

1. Any meal presented to a toddler should include
 - a. Protein, whole grains, fruit/vegetable, milk.
 - b. All five food groups.
 - c. Chocolate milk.
 - d. Breastmilk or formula.
2. A _____ is defined as when a child can perform a task at a certain age.
 - a. Gross motor development
 - b. Toddler's brain development
 - c. Developmental Delay
 - d. Developmental Milestone
3. Skills that require the large muscles in the arms and legs, as well as strength and stamina are known as
 - a. Gross motor abilities.
 - b. Fine motor abilities.
 - c. Walking.
 - d. Developmental Milestones.
4. Non-REM (Rapid Eye Movement) sleep is the stage of sleep when
 - a. Nutrients are absorbed.
 - b. Tissues grow and repair.
 - c. The brain becomes active and dreams occur.
 - d. Toddlers fall asleep independently.
5. Therapy and support for children with developmental concerns and their families is provided by
 - a. Pediatricians.
 - b. Government agencies.
 - c. Private practices only.
 - d. Early Intervention Services.
6. Average age toddlers walk alone.
 - a. 12 months
 - b. 10 months
 - c. 15 months
 - d. 18 months

7. Skills that require the ability to coordinate small muscle groups in the arms, hands, and fingers are known as
 - a. Developmental Milestones.
 - b. Feeding skills.
 - c. Fine motor abilities.
 - d. Gross motor abilities.
8. Signs of toilet training readiness include
 - a. A toddler's ability to control their bladder and bowels and their willingness to participate.
 - b. Parents' decision that it's time.
 - c. Taking the child to the toilet every 15 minutes.
 - d. When the child is 2 and a half years old.

Toddler's Cognitive Development

9. Jean Piaget is considered a leading
 - a. Child nutritionist.
 - b. Early Interventionist.
 - c. Cognitive development theorist.
 - d. Pediatrician.
10. Neurological connections are created in the brain by a toddler's
 - a. Everyday actions.
 - b. Parents.
 - c. Early childhood program.
 - d. Health.
11. There are two types of long-term memory:
 - a. Permanent and temporary
 - b. Implicit and explicit memories
 - c. Happy and sad
 - d. Critical and superfluous
12. The brain _____ during the first two years of a child's life.
 - a. Does not change
 - b. Doubles in mass
 - c. Grows very slowly
 - d. Triples in weight

13. Toddlers typically leave out words which are not critical, this typical characteristic of speech development is referred to as
- Telegraphic speech.
 - Not using full sentences.
 - Language delay.
 - Symbolic thought.

Toddler's Social Emotional Development

14. The ability to identify with and understand another's feelings is beginning to develop during the toddler years. This is referred to as
- Egocentrism.
 - Attachment.
 - Empathy.
 - Sympathy.
15. _____ is characterized by a child who, upon reuniting with their parent, seeks their parent and is easily comforted.
- Secure attachment
 - Insecure attachment
 - Dysfunction
 - Empathy
16. Characteristics of temperament include
- Personality, Goodness of Fit, and Sleeping and Eating patterns.
 - Activity level, emotional intensity, frustration tolerance, reaction to new people, and reaction to change.
 - Attachment, Empathy, Autonomy, Personality.
 - Easy, Difficult, Slow to Warm.
17. Parallel play among toddlers is a form of play
- Requiring intervention so that the children interact with each other directly.
 - For measuring the development of empathy.
 - To promote sharing.
 - To establish peer relationships.
18. Toddler's Stage of Development from age 18 months to 3 years according to Erik Erikson's Psychosocial Development:
- Trust versus Mistrust
 - Autonomy versus Shame and Doubt
 - Initiative versus Guilt
 - Industry versus Inferiority

19. Temper tantrums are emotional outbursts that are the result of
 - a. Overwhelming frustration which the child cannot otherwise cope with.
 - b. Bad behavior.
 - c. Poor parenting.
 - d. Developmentally Appropriate Practice
20. Babies and toddlers' first and most important relationships is with their parent(s) or guardians.
 - a. True
 - b. False

Preschoolers

Preschooler's Physical Development

1. During the Rapid Eye Movement (REM) stage of sleep
 - a. Nutrients are absorbed.
 - b. Tissues grow and repair.
 - c. The brain becomes active and dreams occur.
 - d. Children learn best.
2. Poverty dramatically effects nutrition, which in turn effects
 - a. Physical and cognitive development.
 - b. Gross motor skills.
 - c. The USDA food guide.
 - d. Attachment.
3. The United States Department of Agriculture (USDA) developed a food guide for preschoolers, which highlights
 - a. The importance of finishing their plate.
 - b. The importance of variety in food choices and active, physical play.
 - c. Correct portions for all children.
 - d. The Food Pyramid.
4. Running and walking; throwing and catching; climbing, jumping and balancing; and rough and tumble play are examples of
 - a. Gross motor skills.
 - b. Fine motor skills.
 - c. Outdoor play.
 - d. Inappropriate activities in an early childhood setting.

5. Viktor Lowenfeld studied children's art and developed a framework of stages:
 - a. Scribbling, Pre-schematic, Schematic, and Drawing Realism
 - b. Scribbling, Staying in the Lines, Following Instructions
 - c. Scribbling, Drawing, Writing
 - d. Symbolic Thought, Emergent Literacy, Following Instructions
6. An environment where children with special needs are welcomed into the classroom to learn alongside typically developing peers is defined as
 - a. Common sense.
 - b. Mainstreaming.
 - c. Individuals with Disabilities Education Act (IDEA).
 - d. Inclusive Education.
7. The recommended amount of sleep for 3 – 5 year olds is
 - a. 6 – 8 hours.
 - b. 12 – 14 hours.
 - c. 10 – 12 hours.
 - d. 8 – 10 hours.

Preschooler's Cognitive Development

8. Conservation of Continuous Quantity is from Jean Piaget's cognitive development theory in which a child understands
 - a. The amounts of liquid or other substances stay the same even when they are placed in different containers.
 - b. Liquids change quantity, whereas solids remain constant.
 - c. The amounts of liquid or other substances change when they are placed in different containers.
 - d. An object in motion stays in motion unless acted upon by an outside force.
9. Adult interaction and conversation to guide children's thought process, offering indirect hints and questions to prompt the child to think on their own is known as
 - a. Playing.
 - b. Scaffolding.
 - c. Intruding.
 - d. Teaching.
10. Jean Piaget identifies preschoolers' thought process as characterized by the reliance on physical cues and perception in order to solve problems and learn as
 - a. Sensorimotor.
 - b. Preoperational.
 - c. Concrete operational.
 - d. Formal operational.

11. Sociodramatic Play involves children interacting with one another to create complex dramatizations that have intricate themes and storylines.
 - a. True
 - b. False
12. Egocentrism is defined as
 - a. Inappropriate
 - b. Selfish
 - c. The belief that the world is flat.
 - d. The inability to take on the perspective of another person.

Preschoolers Social Emotional Development

13. Preschooler's social emotional skill set does not include the ability to:
 - a. Identify feelings of self and others
 - b. Feel empathy
 - c. Establish relationships
 - d. Sit still and pay attention for more than 15 minutes
 - e. Manage and express emotions
 - f. Take initiative
14. Gender stereotyped behaviors are
 - a. Behaviors in which boys and girls adopt the gender expectations of their culture.
 - b. The same for all cultures.
 - c. Developmentally appropriate.
 - d. Important to enforce.
15. Erik Erikson's psychosocial theory of emotional development identifies Preschooler's stage of development:
 - a. Trust vs. Mistrust
 - b. Initiative vs. Guilt
 - c. Personality vs. Temperament
 - d. Goodness of Fit
16. _____ is a behavior intended to harm or threaten another person.
 - a. Initiative
 - b. Assertion
 - c. Egocentrism
 - d. Aggression

17. An emotional state in which preschoolers become assertive, take social and creative risks, and try to do things on their own:
 - a. Initiative
 - b. Aggression
 - c. Empathy
 - d. Gender stereotyped behaviors
18. Self-Concept is the overall opinion a person has about their
 - a. Abilities, strengths, weaknesses, and status.
 - b. Identity, age, and gender.
 - c. Personality and Temperament.
 - d. Friends
19. _____ is defined as the ability to be aware of and share another person's feelings.
 - a. Sympathy
 - b. Irreversibility
 - c. Empathy
 - d. Friendship
20. One method which can be used to support children with special needs is
 - a. Empathy
 - b. Sociodramatic play
 - c. Gender stereotyped behaviors
 - d. Intentionally teaching social skills.