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## Child Development Overview

### QUIZ

1. Developmental Milestones
  - a. Should be reached at the exact same time by all children.
  - b. Do not need to be tracked during infancy.
  - c. Are a set of skills or behaviors that most children can do within a certain age range.
  - d. Can only be monitored by a pediatrician.
  
2. Children's ability to use and control their bodies, physical development, is usually referred to and divided into:
  - a. Large and small muscles.
  - b. Fine motor and gross motor skills.
  - c. Milestones and concerns.
  - d. Reflexes and skills
  
3. Cognitive skills
  - a. Are defined as the mental skills or behaviors that help children access information, solve problems, reason, and draw conclusions.
  - b. Measure IQ, or intelligence quotient.
  - c. Are not related to other domains of development.
  - d. Determine later academic achievement.
  
4. When babies explore items with their mouth
  - a. They should be discouraged because it's not safe and bad manners.
  - b. It's a possible red flag for sensory issues.
  - c. It means they are hungry.
  - d. They are exercising cognitive skills and using their senses to learn about their environment.

5. Approximate age babies are first able to sit without support.
  - a. Newborn
  - b. 6 months
  - c. 18 months
  - d. 1 year
  
6. Developmental monitoring, screening, and evaluation are the same thing.
  - a. True
  - b. False
  
7. Quality environments
  - a. Look the same for all stages of development.
  - b. Incorporate developmentally and culturally appropriate materials, routines, and schedules.
  - c. Focus on separate domains of development.
  - d. Are not observable.
  
8. Quality indoor and outdoor environments share many of the same characteristics, however, one key difference between the two is
  - a. Large open areas are encouraged outdoors and discouraged indoors.
  - b. There are no differences.
  - c. Unobstructed views of children.
  - d. Equipment is in good repair.
  
9. Providing what is needed means making accommodations
  - a. To anticipate the needs of all people.
  - b. Which will only be helpful to the person for whom they are designed.
  - c. For indoor environments.
  - d. By adapting or expanding elements of the environments to meet the specific needs of an individual child.
  
10. Recommendations for screen time in child care
  - a. Do not include television.
  - b. Follows parent requests.
  - c. States that children under 2 not use screens at all; preschoolers are limited to no more than 30 minutes per week; and homework related for school age children.
  - d. Is the same amount of time for children of all ages.