

Full Name:  
Email:  
Phone Number:  
Provider:



## IdahoSTARS Training Quiz

### Healthy Sleep: Birth to 12 Years

#### Multiple Choice

1. The amount of time a child needs to sleep varies depending on
  - a. Nothing, all children require 12 hours of sleep.
  - b. Age, individual needs, and stages of development.
  - c. Heredity; if their parents need more or less sleep, children also will.
  - d. Gender; boys and girls require different amounts of sleep.
  
2. Recommendations for ensuring children get the sleep they need while in child care include
  - a. Enforcing a strict naptime schedule.
  - b. Requiring that all children take a nap.
  - c. Providing an opportunity for all children to rest, but not require sleep. This can include quiet play.
  - d. Not allowing children over the age of 3 to nap so that they sleep well at night.
  
3. Sleeping infants
  - a. Should be placed fully on their back to sleep in a crib upon arrival.
  - b. May be left to sleep in their car seat until they wake up on their own.
  - c. Should be placed in their crib or in their car seat if they arrive asleep.
  - d. May sleep in any device parents' request (swing, bouncer seat, etc.).
  
4. During nap time, at least one adult is present and within sight and sound of sleeping or resting children
  - a. Unless the children are over 3 years old.
  - b. At all times.
  - c. Until they are all asleep.
  - d. If there is enough staff.

5. Consistent naptime routines may include
  - a. Music, books, storytelling, rocking, etc.
  - b. Watching a movie or TV or playing on a smartphone or tablet.
  - c. Rigorous exercise to wear them out.
  - d. None; children will fall asleep when they are tired.
  
6. The “culture of sleep” refers to:
  - a. Always following parents’ requests for sleep practices.
  - b. Strictly following safety standards of sleep practices.
  - c. Knowing correct and wrong practices for sleeping.
  - d. Variations in the practice of where, what, who, and when of sleep.
  
7. A child’s sleep habits are influenced by
  - a. Their temperament, the environment, culture, and biological factors.
  - b. Media.
  - c. Their parents discipline strategies.
  - d. Nothing; they are biologically predetermined.
  
8. Sleep issues such as bedwetting, sleepwalking, nightmares, and night terrors
  - a. Indicate the need for a specialist.
  - b. Are only an issue for parents.
  - c. Are typical and not cause for concern. However, persistent (not occasional) snoring may be worth a discussion with a pediatrician.
  - d. Almost always requires medical intervention.
  
9. Children should have their own sleeping space and equipment
  - a. If the family provides it.
  - b. If they spend more than four hours in a day in child care.
  - c. No matter what.
  - d. Until they enter Kindergarten.
  
10. The primary source for health and safety standards, including sleep practices for children of all ages in child care, is
  - a. The director or owner of a center.
  - b. Parents.
  - c. Caring for Our Children.
  - d. An accrediting organization such as NAEYC or NAFCC.