

Child Development

Sample Assessment Questions

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25 Recall/ Reproduction Assessment Questions

1. Poor nutrition during pregnancy may result in the following:
 - miscarriage
 - stillbirth
 - poor health
 - low birth weight
 - mental retardation
 - a. True
 - b. False

2. What frequently happens during labor?
 - a. Lightening
 - b. Amniotic fluid ruptures
 - c. Slight cramps or contractions
 - d. b and c

3. All of the following are periods of prenatal development except:
 - a. germinal
 - b. embryonic
 - c. fetal
 - d. postpartum

4. Cardiopulmonary resuscitation (CPR) is a technique involving heart and lungs that is used when breathing stops.
 - a. True
 - b. False

5. A stage of labor and delivery includes:
 - a. dilation
 - b. expulsion of the infant
 - c. the expulsion of the placenta
 - d. all of the above

6. The preschool child has the following daily nutritional needs:
 - a. meat - 2-3 servings
 - b. fruits and vegetables - 5 or more servings
 - c. milk - 3 glasses
 - d. all of the above

7. An advantage to breastfeeding an infant is:
 - a. the uterus of a woman will return to its normal size sooner
 - b. it is easy and low in cost
 - c. it is easy for the infant to digest
 - d. all of the above

8. An Apgar test is given _____ minute after birth and again _____ minutes after birth.
- 1, 7
 - 1, 5
 - 3, 5
 - 3, 8
9. During the second year, toddlers are moving around more, and are aware of themselves and their surroundings. Their desire to explore new objects and people is also increasing.
- True
 - False
10. Physical development of a two month old includes:
- can hold head up and begins to push up when lying on tummy
 - begins to sit without support
 - makes smoother movements with arms and legs
 - a and c
11. Infants are not only intellectually demanding but also physically demanding. This is because:
- infants require a considerable amount of space
 - they demand a great deal of parents' and caregivers' time and energy
 - a and b
 - household chores remain the same after the arrival of the infant
12. An infant's nutritional needs are based on factors such as:
- their height and activity level
 - the number of siblings he or she might have
 - how their bodies burn calories
 - a and c
13. Neonatology is the medical specialty of taking care of:
- newborn babies, healthy babies, and premature babies
 - newborn babies, sick babies, and premature babies
 - newborn babies with brain disorders
 - premature babies with brain disorders
14. Legal responsibilities of parenting include those things that are required because of a law. One example of a legal responsibility is protecting children by placing them in appropriate seat restraints while traveling in a motor vehicle.
- True
 - False
15. _____ is a key part of a successful lasting relationship. Texas is a community property state, which essentially means that all earned income and purchased property during the marriage is owned jointly by both parties.
- Financial advisors
 - Good credit scores
 - Money management
 - Joint checking accounts

16. What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother at least one month before conception and during the early weeks of pregnancy?
- Calcium
 - Vitamin C
 - Zinc
 - Folic acid
17. Acts of violence and crime are caused by _____ and _____ or homelessness. Many acts of violence and crime affect children.
- lack of education, drug abuse
 - alcohol, medical problems
 - alcohol, drug abuse
 - drug abuse, medical problems
18. Pillows are not necessary for infants and may even be harmful, causing suffocation. Infants normally are placed on their stomachs or _____ to sleep.
- back
 - sides
 - car seats
 - none of the above
19. How many daily minutes of moderate exercise are recommended by the American College of Obstetricians and Gynecologists during pregnancy for women without medical complications?
- 20 minutes
 - 45 minutes
 - No exercise is recommended during pregnancy
 - 30 minutes
20. The school-age years in child development ranges from the ages of _____ to _____.
- five, twelve
 - eight, eleven
 - six, eleven
 - nine, thirteen
21. Schools can provide school-age children with:
- strategies to encourage reading
 - lessons using daily events to casually introduce new information
 - problem-solving activities and brainstorming opportunities
 - all of the above
22. The National Association for the Education of Young Children (NAEYC) defines:
- funds by the federal government to assist disadvantaged and lower income children
 - high-quality standards for foster parents
 - specific state laws mandating the methods of school regulations
 - high-quality standards and helps child-care facilities and early childhood education programs achieve these standards

23. Which occupation in human services is considered one of high demand?
- a. Child care worker
 - b. Chef
 - c. Apparel designer
 - d. Veterinarian
24. Lipids are one of the three large classes of substances in foods and living cells. Lipids contain more than three times the amount of energy (calories) per unit of weight as the other two (proteins and carbohydrates).
- a. True
 - b. False
25. A government agency that investigates reports of abuse and neglect of children is called:
- a. Child Protective System (CPS)
 - b. Child Protection Services (CPS)
 - c. Child Protective Services (CPS)
 - d. Children's Protective Services (CPS)

Recall/Reproduction Assessment Key

1. a. True
2. d
3. d
4. a. True
5. d
6. d
7. d
8. b
9. a. True
10. d
11. c
12. d
13. b
14. a. True
15. c
16. d
17. c
18. a
19. d
20. c
21. d
22. d
23. a
24. b. False
25. c

25 Skill/Concept Assessment Questions

1. In addition to providing an examination, the Apgar test scores the infant in the following areas:
 - a. infant's heart rate, respiration, reflexes, muscle strength, and color
 - b. infant's crying rate, respiration, reflexes, muscle tone, and color
 - c. infant's heart rate, respiration, reflexes, muscle tone, and color
 - d. infant's heart rate, respiration, muscle tone, and color
2. Which of the following describes motor skills of an infant?
 - a. On back, cannot lift head and shoulders off surface
 - b. Crawls awkwardly, combining movements of tummy and knees
 - c. Learns to drop an object on command
 - d. Holds an object steadily
3. What characteristics are normally seen in an infant?
 - a. Has three spaces called fontanelles which are present in the infant's skull
 - b. The infant has basic hygiene needs which includes diapering, clothing, and bathing
 - c. Requires pillows in the crib to support the neck and head
 - d. Will immediately follow the same normal sleeping patterns as the parents
4. Which of the following is true concerning the third stages of labor?
 - a. The placenta separates from the uterus as the infant is born due to contradictions
 - b. It is the most painful stage of labor
 - c. The placenta separates from the uterus as the infant is born due to contractions
 - d. It usually lasts two to three hours
5. Which of the following does **NOT** accurately describe breast-feeding?
 - a. Weight loss tends to occur more quickly when a woman breast-feeds
 - b. Formula does not have to be prepared and heated
 - c. Bottles do not have to be sterilized and cleaned
 - d. The mother can eat almost anything and can take medications more freely
6. Toddlers should be able to:
 - a. recognize the names of familiar people and objects
 - b. form simple phrases and sentences, and follow simple instructions and directions
 - c. do math such as addition and multiplication
 - d. a and b
7. The following characteristics are necessary for a person seeking a career that involves direct contact with children:
 - a. be able to provide appropriate guidance and discipline
 - b. possess leadership skills and have concern for children's welfare
 - c. understand child development and have good intrapersonal communication skills
 - d. a and b

8. According to the American Red Cross, first aid is:
 - a. "the temporary care given to a person who has been injured or who has suddenly become despondent."
 - b. administered in an emergency room only
 - c. "the immediate and temporary care given to a person who has been injured or who has suddenly become ill."
 - d. finding a comfortable place for the injured person and covering him or her with a blanket
9. The Juvenile Products Manufacturers Association (JPMA) is responsible for _____.
 - a. juvenile products manufactured outside of the United States
 - b. testing and certifying products for safety
 - c. testing only strollers, play pens and car seats
 - d. nutritional and feeding products for infants
10. Which of the following would be an example of the development of a school-age child?
 - a. In the beginning of this phase, children are often experiencing being away from their homes on a daily basis for the entire day for the first time and by the end they are self-competent
 - b. These changes range from only physical, emotional, and intellectual
 - c. Physically, they grow and develop into adults during these years
 - d. The level of self-competence is based on bad experiences
11. School-age children take winning and losing very seriously. What can parents or caregivers do to encourage a successful outcome when playing games?
 - a. Single out the losers of the game
 - b. Show children games and fun ways to play that call for cooperation instead of competition
 - c. Force children to play all games
 - d. Compare their skills, speed and knowledge of the games
12. Due to the fact that school-age children are learning so quickly:
 - a. activities should be well planned and organized so that the children will expand their knowledge and progress at an appropriate rate
 - b. any activity is appropriate
 - c. strategies should include focusing on more than one part
 - d. a and b
13. The Occupational Outlook Handbook provides information about:
 - a. nature of the work, job qualifications, and employment outlook
 - b. job growth, average salaries, and suggestions for conducting a job search
 - c. companies, available positions, and managers to contact
 - d. training, related job fields, and recruiters
14. The processes of taking in and utilizing food substances; food generates energy and supplies materials used in body tissues is known as:
 - a. nutritional values
 - b. nutrition
 - c. carbohydrates intakes
 - d. protein utilization

15. Local, state and international service organizations specific to human service needs that are available to assist individuals and families include all **EXCEPT**:
- Red Cross®
 - Rotary Club©
 - Volunteers of America®
 - U.S. National Parks Service©
16. One of the first groups organized to fight for children's rights was the Child Labor Committee, founded in 1901. Its focus was to help children who were subject to dangerous and/or unsanitary working conditions. This was important because:
- "Child labor", under international standards, means all work performed by a person below the age of 15. It also includes all work performed by a person under the age of 18
 - its mission was to promote "the rights, awareness, dignity, well-being and education of children and youth as they relate to work and working"
 - According to the 1900 U.S. Census, a total of 1,752,187 (about 1 in every 6) children between the ages of five and ten were engaged in "gainful occupations" in the United States
 - a and c
17. Short- and long-term career goals should align with opportunities based on _____ and _____. Goal setting is necessary because it allows you to plan for your short-term future as well as your long-term future.
- interests, bank balance
 - interests, work values
 - appearance, work values
 - appearance, bank balance
18. Developmental tasks are:
- a sequence of stages that can be predicted in both the physical and mental development of children
 - the progress of a child's mobility, thought processes, and sexual characteristics
 - tasks which children learn best and most easily at particular points in their development
 - the predictable patterns of growth and development in children
19. The U.S. government estimates that parents of infants born today will spend at least _____ to raise those children to age 18. This total does **NOT** factor in college tuition.
- \$262,000
 - \$242,000
 - \$142,000
 - \$342,000
20. AFP is protein made by the fetus' liver, in the fetal gastrointestinal (GI) tract and the yolk sac. During pregnancy, AFP crosses into the mother's blood. The level of AFP in the mother's blood can be measured to screen for disorders such as neural tube defects and Down syndrome. The mother's AFP levels tend to be high with neural tube defects such as anencephaly and spina bifida, and low with Down syndrome. AFP is the acronym for:
- Alpha-Fetoprocesses (AFP)
 - Alpha-Fetoprotein (AFP)
 - Altered-Fetoprotein (AFP)
 - Alpho-Fetoprotein (AFP)

21. Unplanned pregnancies are at _____ risk of preterm birth and low birth weight babies. Another reason for preterm birth and low birth weight babies is that, despite important advances in medicine and prenatal care, about 1 in 8 babies are simply born too early.
- lower
 - unknown
 - greater
 - unidentified
22. When young children are provided an environment rich in language and _____ and full of opportunities to listen to and use language constantly, they can begin to acquire the essential building blocks for learning how to read.
- literacy reactions
 - literacy interactions
 - talking
 - listening skills
23. Some additional steps a woman can take to get ready for a healthy pregnancy include:
- take a vitamin with 400 micrograms (mcg) folic acid every day
 - keep hands clean by washing them often with soap and water to prevent infections
 - see a health care professional regularly. Talk with the healthcare professional about any medical problems (such as obesity, diabetes, or seizures) and medicine use (both prescription and over-the-counter)
 - all of the above
24. Today, parents have a variety of options when considering how and where their children will be born. Some of the birthing practices parents can choose from today include all of the following **EXCEPT**:
- prepared childbirth
 - childbirth with medication
 - caesarean section
 - labor method
25. Children learn to cooperate with others through their play and come to understand social relationships through trial and error. As they grow older, children progress through four stages of play. These stages are:
- solitary, parallel, associative, and cooperative play
 - solid, parallel, associative, and cooperative play
 - solitary, parallel, association, and cooperative play
 - solitary, parameter, associative, and cooperative play

Skill/Concept Assessment Key

1. b
2. b
3. b
4. c
5. d
6. d
7. d
8. c
9. b
10. a
11. b
12. d
13. a
14. b
15. d
16. d
17. b
18. d
19. b
20. b
21. c
22. b
23. d
24. d
25. a

25 Strategic Thinking Assessment Questions

1. _____ is **NOT** a safety consideration related to the care of infants.
 - a. Using a car seat
 - b. Placing the baby to sleep on its back
 - c. Using an infant carrier
 - d. Placing the baby to sleep on its stomach
2. The three stages of labor and delivery include:
 - a. dilation, expulsion of the infant and an episiotomy
 - b. expulsion of the infant, an episiotomy, and the afterbirth
 - c. dilation, expulsion of the infant and the expulsion of the placenta
 - d. lightening, dilation, and the expulsion of the infant
3. In addition to providing offspring's characteristics, heredity determines how the fetus will:
 - a. develop and the gender of the fetus
 - b. features such as eye or hair color
 - c. receive either a dominant or recessive gene
 - d. all of the above
4. A special needs child is one who has:
 - a. physical, mental, or emotional abilities or needs that are the same as those of other children and does not require special attention
 - b. special musical talents
 - c. physical, mental, or emotional abilities or needs that are different from those of other children and requires special attention
 - d. none of the above
5. Which of the following is **NOT** an accurate statement about immunizations?
 - a. Prevention is the best way to fight disease
 - b. Haemophilus influenza type b bacterium causes meningitis and other diseases
 - c. Texas laws states that all children must be vaccinated against diseases by the time they are five
 - d. Rubella is also known as German measles
6. A major cognitive and physical change occurs as children become toddlers. They are most likely to:
 - a. explore their world and develop new skills rapidly and their appetite does not change or fluctuate during this phase
 - b. grow about two to three inches and gain approximately four pounds during the second year of life. All children come in different shapes and sizes and doctors often chart their growth to determine if there are any trends in the child's growth that may need attention
 - c. develop a sense of a self-concept. They are aware of other people's feelings and thoughts in addition to their likes or dislikes
 - d. think in specific, precise, and concrete ways

7. Which of the following is **NOT** an accurate statement about toddlers?
 - a. They are very mobile and physical
 - b. They can dress and feed themselves
 - c. They answer routine questions
 - d. They cannot learn to place things in categories (sort and classify)
8. The nutritional needs of infants are different for all babies. Which of the following statements is true?
 - a. Infants need certain caloric requirements, protein, lipids, minerals, and portion control
 - b. Infants need certain caloric requirements, protein, lipids, carbohydrates, and portion control
 - c. Infants need certain caloric adjustments, protein, lipids, carbohydrates, and portion control
 - d. Infants need certain caloric requirements, protein, lipids, carbohydrates, and a portion system
9. Which of the following is true concerning parental rights and responsibilities in Texas? A parent of a child has the following rights and duties:
 - a. the duty of care, control, protection, and not discipline the child
 - b. the duty to support the child, including providing the child with clothing, food, shelter, medical and dental care, and education
 - c. the right to make bad decisions concerning the child's education
 - d. the duty of a parent to support his or her child exists while the child is an emancipated minor and continues as long as the child is fully enrolled in school in a middle school program leading toward a high school diploma and complies with attendance requirements
10. Regarding couples' behaviors and knowledge, which of the following statements is true?
 - a. As the couple plans for marriage, they will need to create a life plan that includes strong communication and money management skills
 - b. Marriage preparation leads to a life of bills and working
 - c. As the couple plans for marriage, they do not need to create a life plan. Good communication and money management skills are all they need
 - d. Open communication allows for the couple to argue more and connect to their past relationships in a negative manner.
11. Which of the following is **NOT** characteristic of a child who has experienced physical abuse?
 - a. Children who have been exposed to violent and criminal acts may need professional counseling to help them overcome the lasting effects of these acts
 - b. Shows sudden changes in behavior or school performance
 - c. Is friendly with all adults and looks forward to going home
 - d. Is always watchful, as though preparing for something bad to happen
12. What changes have occurred over the last two decades to stop discrimination of disabled persons and allow more access to public areas?
 - a. health services
 - b. resources for disabled individuals
 - c. professional assistance
 - d. a private organization called Resources for Responsible Americans
13. An important skill for a human services employee working in the field of Child Development would be:
 - a. to enjoy working with children and be flexible
 - b. to be college educated
 - c. to be able to provide appropriate guidance and discipline
 - d. a and c

14. Appropriate development activities for school-age children should include several strategies. This age child is learning to see things from the viewpoint of others and use deductive and inductive reasoning. How do these methods of reasoning impact school-age children?
- Teachers are able to remodel and redesign areas of teaching to meet the needs of the children
 - Deductive reasoning happens by moving from specific observations to broader generalizations and theories.
 - With inductive reasoning, children move from the more general information to the more specific
 - None of the above
15. According to ChooseMyPlate.gov, parents are the most influential factor to help children develop healthy eating habits for life. This can be accomplished by:
- the parent and/or caregiver setting the example by eating vegetables, fruits, and whole grains with meals or as snacks
 - encouraging exercise by making physical activity fun for the whole family
 - being a “short-order cook” by making different dishes to please children
 - a and b
16. When considering career choices in child development, which of the following are desirable traits and characteristics?
- good manager of time and resources
 - match characteristics of your current or most recent occupation with similar occupations
 - find specific information such as the fastest growing jobs, levels of education and training requirements, and average salaries
 - all of the above
17. Ideally, child support is financial support which is paid by a parent to a child’s caregiver to help support a child or children from a previous relationship and of whom they do not have custody. It can also be described as:
- those factors caused by a person’s surroundings and upbringing
 - being entered into voluntarily or ordered by a court or a properly empowered administrative agency, depending on each state’s laws
 - resources parents use to meet adult-related costs that could have been used to meet other goals
 - none of the above
18. An amniocentesis, if necessary, is a test which is performed between 15 and 20 weeks of pregnancy and can indicate chromosomal abnormalities such as Down syndrome, or genetic disorders such as Tay-Sachs disease, sickle-cell disease and cystic fibrosis. It can also:
- detect the baby’s sex and risk of spina bifida (a condition in which the brain or spine do not develop properly)
 - determine the exact date of the birth of the baby
 - detect the baby’s sex and risk of spina bilateral condition (a condition in which the brain or spine do not develop properly)
 - distinguish the thick, yellowish fluid secreted from breast during pregnancy from a prenatal infection

19. What do experts agree that women need to be or do before becoming pregnant and what can doing these things lead to?
- Women need to be financially set and it can lead to financial success
 - Women need to be healthy and by reducing the risks before pregnancy they can prevent problems that might affect them or their baby later
 - Women need to be seen by their family doctor and by reducing the risks before pregnancy they can prevent problems that might affect them or their baby later
 - Women need to be healthy and by ignoring the risks before pregnancy they can avoid problems that might affect them or their baby later
20. What factor contributes to the literacy of children?
- An environment rich in language and literacy interactions
 - A child who enters school without these literacy skills runs a significant risk of starting their education behind and staying behind
 - Opportunities for children to listen to and use language constantly can help them to acquire the essential building blocks for learning how to read
 - a and c
21. Why is it recommended that after the age of two a child's diet be moderately low in fat?
- Diets lower in fat are easier to prepare and are more cost effective
 - Children who consume diets high in fat are at particular risk for calcium deficiency that can interfere with bone growth and development
 - Diets high in fat may contribute to heart disease, obesity, and other health problems later in life
 - None of the above
22. Which of the following best describes the responsibilities of the Texas Department of Protective and Regulatory Services?
- Regulates some of the child-care operations and child-placing agencies to protect the health, safety, and well-being of children in care, largely by reducing the risk of injury, abuse, and communicable disease
 - Establishes and monitors operations and agencies for compliance with licensing standards, rules, and law
 - Informs parents and the public about child care along with informing them about the histories of specific homes, child-care operations, as well as child-placing agencies in non-complying with minimum standards of care
 - Provides technology assistance to providers on meeting licensing standards, rules, and the law
23. Which of the following best describes the physical development of a preschool child?
- Physical development continues to slow during the preschool years
 - Most preschoolers will grow about 3 inches per year and on average, girls remain about ½" shorter than boys
 - Weight gain slows to 3-5 pounds per year, with most of that weight due to muscle development
 - All of the above
24. It is particularly important for preschool children to play with each other because:
- children learn to cooperate with others through their play and come to understand social relationships through trial and error
 - associative play occurs when children begin to participate in games or activities together
 - all of the above
 - none of the above

25. All of the following are true for preschool children **EXCEPT**:
- a. the attention span of a preschool child is long. They spend much time with one activity or toy
 - b. they lose interest quickly. Preschool children constantly explore things around them
 - c. they gradually become aware that others can cause actions to happen. Preschool children then begin to imitate the behavior of others in their play
 - d. they develop their own play habits as well as copying how others play

Strategic Thinking Assessment Key

1. b
2. c
3. d
4. c
5. c
6. b
7. d
8. b
9. b
10. a
11. c
12. b
13. d
14. a
15. d
16. d
17. b
18. a
19. b
20. d
21. c
22. b
23. d
24. c
25. a

25 Extended Thinking Assessment Questions/Tasks

1. Explain the importance of the social and emotional maturity of someone who is parenting.
2. Investigate how society influences parenting roles and responsibilities. Give specific examples in relation to the media, religion, education, families, and friends. Select one of the examples and explain why it has an effect on parenting roles and responsibilities.
3. Interview a couple who has recently had a baby. Ask them how the pregnancy affected their lives in the areas of their relationship, money management, communication, and marriage preparation.
4. What are genetic defects? Investigate community resources for genetic counseling in your community. Would you seek genetic counseling? What are reasons for and against genetic counseling?
5. Design a display to show the three stages of prenatal development; zygote, the period of the embryo, and the period of the fetus. Discuss the monthly developments and the effects on the mother.
6. State three essential physical changes a pregnant woman experiences. What physical aspects are affecting the mother's body? What are the signs of pregnancy? How much weight should she gain?
7. List and explain the physical discomforts that can accompany pregnancy. What is the most common physical discomfort of pregnancy? How can a pregnant woman help relieve some of the discomforts?
8. What are the nutritional requirements of the expectant mother during pregnancy? How many calories a day does a pregnant woman usually need? What are the effects of poor nutrition on the mother and the baby during pregnancy?
9. State and explain the stages of labor and delivery.
10. Compare and contrast bottle feeding with breast-feeding.
11. What tests can be performed to detect birth defects and complications with a pregnancy? What are the risk factors involved with each test? What are the limitations of each test?
12. What characteristics and abilities do most neonates have shortly after birth? What is an Apgar test? What typically occurs during the test?
13. Design a brochure to identify and discuss the importance of immunizations for children. (*You can use templates in Microsoft Publisher®, Microsoft WORD®, and other free software on the Internet, or make a poster depending on the resources of your school.*)
14. Explain how toddlers use their five senses to learn about the world around them.
15. Describe the physical, emotional, social, and intellectual needs of an infant.
16. Describe several ways an infant impacts the family in areas such as roles, finances, responsibilities, and relationships.
17. Identify and discuss the physical, emotional, social, and intellectual needs of the toddler.

18. Describe the nutritional needs for an infant's growth and development. Make a list of foods that should not be given to a baby and include the reasons they should be avoided.
19. Identify and discuss the contents of a basic first aid kit. Why are the items necessary? Why is it important to be knowledgeable in first aid techniques?
20. Scenario: You are writing a magazine article about the physical, emotional, social, and intellectual needs of the preschool child. Describe the sequence of these four developments for the child. Why are these important years for providing preschool children with these types of development?
21. List and explain appropriate licensing regulations for preschools.
22. Create and describe scenarios where a caregiver or teacher might need to address child abuse or guidance issues for school-age children.
23. Analyze the physical, emotional, social, and intellectual needs of the school-age child. List changes that commonly occur in a child during the school-age years. Describe ways that school-age children learn and how it impacts their future endeavors in education.
24. Investigate the last five years of child abuse in your county. Categorize the cases by the types of abuse and the sex and age of the child. What types of programs and treatment services are available to help family members prevent and stop abuse?
25. List and explain five occupational opportunities available to individuals who wish to work directly with children.

Extended Thinking Assessment Key

- 1 - 25. Student responses will vary