

# TeachME Professional Development

## Developing Infant-Toddler School Readiness

**1. According to the Office of Head Start, in order to exhibit the school readiness to succeed in school, infants and toddlers must possess adequate:**

- A. Skills, knowledge, and attitudes
  - B. Emotional regulation, maturity, and autonomy
  - C. Attentiveness, interest, foundations
  - D. Creativity, initiative, cooperation
- 

**2. What does school readiness mean specifically for teachers of infants and toddlers?**

- A. Teaching children early routines
  - B. Supporting life skill development
  - C. Supporting the developing brain
  - D. Focusing on early childhood best practices
- 

**3. Which of the following is NOT one of the school readiness domains?**

- A. Cognition
  - B. Approaches to Learning
  - C. Social and Emotional Development
  - D. Temperament
- 

**4. Which choice identifies the five domains of school readiness?**

- A. Cognition; reading skills; scientific exploration; social and emotional development; approaches to learning
  - B. Approaches to learning; functional skills; social and emotional development; cognition; learning style
  - C. Emotional regulation; approaches to learning; gross motor skills; cognition; approaches to learning
  - D. Perceptual, motor, and physical development; social and emotional development; approaches to learning; cognition; language and literacy
- 

**5. This domain focuses on the development of receptive, expressive, and written language.**

- A. Social and Emotional Development
  - B. Language and Literacy
  - C. Approaches to Learning
  - D. Cognition
-

**6. This domain focuses on the skills and behaviors children use to engage in learning.**

- A. Approaches to learning
  - B. Cognition
  - C. Language and Literacy
  - D. Perceptual, motor, and physical development
- 

**7. The subdomains of this central domain include memory, problem solving and exploration and discovery**

- A. Language and Literacy
  - B. Approaches to Learning
  - C. Cognition
  - D. Social and Emotional Development
- 

**8. Which of the following is NOT one of the focuses of The Social and Emotional Development domain?**

- A. Ability to manage emotions
  - B. Relationships with adults and other children
  - C. Ability to take initiative
  - D. Having a sense of identity and belonging
- 

**9. Using the senses to explore and gain information about the world is known as:**

- A. Awareness
  - B. Perception
  - C. Recognition
  - D. Observation
- 

**10. Which of the following is NOT an effect of responsive interpersonal experiences on early brain development?**

- A. Release of cortisol
  - B. Forming secure attachment
  - C. Synapses that respond to nurturing behavior grow
  - D. The brain perceives the world as a safe place
- 

**11. Secure attachment promotes the feelings of safety and security for babies, which are important foundations for building**

- A. Confidence
- B. Independence
- C. Relationships

D. Self-regulation

---

**12. Insecure attachment occurs when a caregiver is \_\_\_\_\_.**

- A. Loving
  - B. Consistent
  - C. Unreliable
  - D. Both A & B
- 

**13. In addition to providing a safe, structured and nurturing environment, caregivers can help toddlers co-regulate by teaching and modeling skills, using simple words to communicate needs, and:**

- A. Encouraging creativity
  - B. Sticking with routines
  - C. Establishing expectations
  - D. Talking about emotions and use emotion words
- 

**14. When children experience nurturing relationships in the first three years of life, they are more likely to:**

- A. Feel confident to explore their environment
  - B. Enjoy school
  - C. Experience strong emotions
  - D. Exhibit age-appropriate behaviors
- 

**15. Some of the benefits of high quality early learning programs include lasting gains in**

- A. IQ
  - B. Higher order thinking skills
  - C. Social-emotional skills
  - D. Both A & C
- 

**16. Which of the following is NOT a risk factor for school readiness deficits?**

- A. Poverty
  - B. Special Needs
  - C. Premature Birth
  - D. Unstable home life
- 

**17. Which of the following is NOT a result of serve and return interactions?**

- A. Increased memory capacity
- B. Neural connections are strengthened

- C. The brain experiences positive growth
  - D. Communication and social skills are developed
- 

**18. Toxic stress causes**

- A. Excessive release of cortisol
  - B. A constant state of hyperarousal
  - C. Unhealthy changes to brain development
  - D. Expansion of the prefrontal cortex
- 

**19. Toxic stress can be buffered by**

- A. Quality learning materials
  - B. Nurturing relationships
  - C. Extracurricular activities
  - D. Flexibility in the classroom
- 

**20. Positive early interpersonal experiences do which of the following?**

- A. Supports self-regulation skills
  - B. Prepares a child for positive relationships
  - C. Tells the brain that the world is a safe place
  - D. Guarantee academic success
-