

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

- A. Awareness
 - B. Perception
 - C. Recognition
 - D. Observation
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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
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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
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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
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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
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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
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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
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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
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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
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19. Toxic stress can be buffered by

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