

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
-

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**
-

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**
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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**
-

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**
-

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 expectaions**
 - 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 in 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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