TeachME Professional Development

Developing Infant-Toddler School Readiness

1. According to the Office of Head Start, in order to exhibit the school readiness to suceed 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

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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 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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