



National Day Nurseries Association

**\*Brighter thinking  
for early years**

# Quiz

A photograph of a woman with long dark hair, smiling warmly at two young children. The children are looking at something on a table in front of them. The scene is brightly lit, suggesting a classroom or nursery environment. A large blue circular graphic is overlaid on the bottom right of the image.

## Child development: Birth to 5 years



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## **NDNA Quiz: Child Development**

### **Question 1: What is child development?**

- The changes that occur in a child from birth to the beginning of adulthood
- How a child grows in their first five years
- It's what we teach children.

### **Question 2: What are the key areas of child development? Select all that apply**

- Physical development
- Cognitive development (developing thinking and intellect)
- Communication and language
- Social and emotional development
- All of the above.

### **Question 3: Which factors influence child development? Select all that apply**

- Pre-natal events (things that happen before birth)
- Genetic or hereditary factors (passed on from their parents)
- Life events
- Environmental factors
- The child's own learning capacity.

### **Question 4: True or false? All children develop in the same linear way and at the same pace**

- True
- False.

### **Question 5: True or false? Talking to parents about developmental concerns is the job of health professionals not early years practitioners**

- True
- False.

### **Question 6: How much physical activity do you think babies need each day?**

- No particular amount
- At least 10 minutes per day
- Several amounts throughout the day, including tummy time.

**Question 7: True or false? If a child doesn't practise fine motor skills for a period of time, they can just pick up where they left off.**

- True
- False.

**Question 8: What is cognitive development?**

- How children learn, think, explore and figure things out
- How children explore someone or something from previous encounters or knowledge
- How children see, hear, or become aware of something through senses.

**Question 9: True or false? Children are born with all the neurons they need in their brain. Therefore, their cognitive development cannot be changed.**

- True
- False

**Question 10: Which of the following might affect a child's physical development (tick all that apply)**

- Amount of physical activity
- The child's gender
- Family lifestyle
- Nutrition.

## Answers

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Answer – all apply

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To learn more, try our online course, Child Development via [www.ndna.org.uk/onlinetraining](http://www.ndna.org.uk/onlinetraining).

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#### National Day Nurseries Association

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