



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 and appears to be a nursery or classroom.

Child development: Birth to 5 years



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NDNA Quiz: Child Development

1. What is child development?

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

2. What are the key areas of child development? Select all that apply

- a. Physical development
- b. Cognitive development (developing thinking and intellect)
- c. Communication and language
- d. Social and emotional development
- e. All of the above.

3. Which factors influence child development? Select all that apply

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

4. True or false? All children develop in the same linear way and at the same pace

- a. True
- b. False.

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

- a. True
- b. False.

6. How much physical activity do you think babies need each day?

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

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.

- a. True
- b. False.

8. What is cognitive development?

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

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

- a. True
- b. False.

10. Which of the following might affect a child's physical development? Select all that apply

- a. Amount of physical activity
- b. The child's gender
- c. Family lifestyle
- d. Nutrition.

Answers – yellow marks the correct answer(s)

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Answer – all apply

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

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

- a. Amount of physical activity
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- c. Family lifestyle
- d. Nutrition.

To learn more, try our online Child Development course, by visiting <https://ndna.org.uk/early-years-online-training/>

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