

ABS KIDS COMPETENCY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is one key element evaluated in developmental assessments for children?**
 - A. Language proficiency
 - B. Emotional stability
 - C. Physical milestones
 - D. All of the above
- 2. In visual prompting, what kind of stimuli are typically used?**
 - A. Small, detailed images
 - B. Large and brightly colored stimuli
 - C. Dim and neutral colors
 - D. Complex patterns or designs
- 3. What outcome is likely when a child feels comfortable in therapy?**
 - A. Less willingness to share
 - B. More effective communication
 - C. More distractions during sessions
 - D. Lower therapeutic goals
- 4. In an emergency with a patient, what is the first step to take?**
 - A. Call 911 immediately
 - B. Know the program book
 - C. Contact the patients' family
 - D. Try to calm the patient down first
- 5. Why might a child engage more in therapy if rapport is established?**
 - A. Because they feel pressured to perform
 - B. Because they have lower expectations
 - C. Because they don't trust the therapist
 - D. Because they feel more comfortable
- 6. Which of the following is a sensory integration therapy technique?**
 - A. Deep pressure therapy
 - B. The use of brushing techniques
 - C. Therapeutic use of animals
 - D. Auditory training exercises

- 7. What type of observation is critical during assessments?**
- A. Structured observation of tasks
 - B. Naturalistic observation of a child's interactions in their environment
 - C. Peer-reviewed observational studies
 - D. Standardized test observations
- 8. What is a primary benefit of social skills groups for children with Autism?**
- A. Promotion of individual play styles
 - B. Improved social interaction and communication
 - C. Reduction of therapy costs
 - D. Increased screen time opportunities
- 9. What practice enhances the efficacy of therapeutic techniques with children?**
- A. Ignoring the child's feelings
 - B. Fostering a trusting relationship
 - C. Maintaining a professional barrier
 - D. Delaying interaction until trust is built
- 10. What is one benefit of early intervention for children with developmental delays?**
- A. It decreases the need for further assessment
 - B. It ensures better outcomes in education and development
 - C. It guarantees immediate recovery
 - D. It allows children to skip therapy sessions

Answers

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1. D
2. B
3. B
4. B
5. D
6. B
7. B
8. B
9. B
10. B

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Explanations

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1. What is one key element evaluated in developmental assessments for children?

- A. Language proficiency
- B. Emotional stability
- C. Physical milestones
- D. All of the above**

Developmental assessments for children aim to evaluate various aspects of a child's growth and functioning to determine their developmental progress and identify any potential areas of concern. One key element of these assessments is that they are comprehensive and consider multiple domains of development, including language, emotional, and physical aspects. Language proficiency is crucial because it reflects a child's ability to communicate effectively, understand and use language, and can indicate cognitive and social development. Emotional stability, on the other hand, relates to a child's ability to manage emotions, form relationships, and navigate social interactions, which is essential for overall psychological health. Physical milestones involve assessing a child's gross and fine motor skills, which are critical for daily functioning and physical health. Thus, by including language proficiency, emotional stability, and physical milestones, the developmental assessments provide a holistic view of a child's capabilities, making it essential to consider all these dimensions together for a thorough evaluation. This comprehensive approach ensures that any intervention or support provided is well-rounded and addresses the child's overall development rather than focusing on a single area.

2. In visual prompting, what kind of stimuli are typically used?

- A. Small, detailed images
- B. Large and brightly colored stimuli**
- C. Dim and neutral colors
- D. Complex patterns or designs

In visual prompting, large and brightly colored stimuli are effective because they capture attention more readily and are easier for individuals to perceive and process. Bright colors tend to stand out against most backgrounds, making it more likely that individuals will notice and engage with the visual cues provided. Utilizing large stimuli ensures that the prompts are visible from a distance and can accommodate different viewing angles, which is beneficial in various environments such as classrooms or therapy sessions. Bright colors can also enhance memory retention by creating a more memorable and engaging experience, aiding in the learning or behavioral modification process. While other options may have their uses in specific contexts, they could potentially be less effective in achieving the primary goal of visual prompting, which is to facilitate understanding and guide appropriate responses.

3. What outcome is likely when a child feels comfortable in therapy?

- A. Less willingness to share
- B. More effective communication**
- C. More distractions during sessions
- D. Lower therapeutic goals

When a child feels comfortable in therapy, it typically leads to more effective communication. This comfort allows the child to express their thoughts, feelings, and experiences openly, fostering a trusting environment. In such an atmosphere, children are more likely to articulate their emotions, ask questions, and engage in dialogue with the therapist, which can significantly enhance the overall therapeutic process. This open exchange is crucial for building rapport, understanding the child's perspective, and making progress toward therapeutic goals. A child who is at ease is less likely to hold back or withhold important information, thereby improving the efficacy of the therapy sessions.

4. In an emergency with a patient, what is the first step to take?

- A. Call 911 immediately
- B. Know the program book**
- C. Contact the patients' family
- D. Try to calm the patient down first

In an emergency situation involving a patient, having a thorough understanding of the program book is crucial because it provides essential protocols and guidelines for managing various scenarios, including emergencies. Knowing the procedures outlined in this resource helps ensure that you take appropriate and effective actions tailored to the specific needs of the situation and the patient. The program book often contains information on emergency contacts, procedures for giving first aid, and procedures for communicating with emergency services. This structured knowledge allows you to act quickly, confidently, and with the correct methods in place. While calling 911, contacting family members, and calming the patient are important actions, they should ideally follow the initial step of understanding the guidelines set forth in the program book. This foundational knowledge equips you to handle the emergency in a safe and systematic manner.

5. Why might a child engage more in therapy if rapport is established?

- A. Because they feel pressured to perform
- B. Because they have lower expectations
- C. Because they don't trust the therapist
- D. Because they feel more comfortable**

When rapport is established between a child and a therapist, the child is more likely to feel comfortable and safe within the therapeutic environment. This comfort allows the child to express themselves more freely, engage openly with the therapist, and explore their thoughts and feelings without fear of judgment. Building rapport includes creating a trusting relationship, where the child feels understood and valued. When children believe their therapist is a supportive figure, they become more willing to share their experiences and participate actively in the therapeutic process. This can lead to more productive sessions and ultimately more significant therapeutic outcomes. In contrast, feeling pressured to perform, having lower expectations, or lacking trust can inhibit a child's willingness to engage. These factors can create barriers that prevent effective communication and openness, which are essential for growth in therapy.

6. Which of the following is a sensory integration therapy technique?

- A. Deep pressure therapy
- B. The use of brushing techniques**
- C. Therapeutic use of animals
- D. Auditory training exercises

The choice of brushing techniques is recognized as a sensory integration therapy technique primarily because it specifically targets the sensory processing systems. This technique involves the application of a soft brush to the skin in a specific manner, which can help individuals with sensory processing challenges by providing proprioceptive and tactile input. This input can help desensitize the nervous system to tactile stimuli and enhance a person's awareness of their body in space, ultimately helping to improve their overall sensory integration. Brushing is often part of a broader framework of occupational therapy practices designed to help individuals, particularly children with sensory processing disorders, to manage their sensory experiences more effectively. By using this technique in a controlled and systematic way, therapists can assist clients in developing better responses to tactile sensations, which can mitigate anxiety around touch and improve overall functioning in daily activities. Deep pressure therapy, while beneficial for calming responses, and therapeutic use of animals, which supports emotional and social skills but is less direct in addressing sensory processing, do not specifically focus on integrating sensory input like brushing does. Auditory training exercises target auditory processing skills but do not encompass the tactile aspect that brushing techniques do. Thus, brushing techniques stand out as a prominent and effective method within sensory integration therapy.

7. What type of observation is critical during assessments?

- A. Structured observation of tasks
- B. Naturalistic observation of a child's interactions in their environment**
- C. Peer-reviewed observational studies
- D. Standardized test observations

Naturalistic observation of a child's interactions in their environment is essential during assessments because it allows for a comprehensive understanding of the child's behavior and development in real-life contexts. This type of observation captures spontaneous behaviors and interactions that are not influenced by testing conditions or observer expectations, providing genuine insights into how a child interacts with peers, caregivers, and their surroundings. Observing children in their natural environments helps assess their social skills, emotional responses, and overall engagement in various activities. It reveals how they apply skills learned in structured settings to everyday situations, which is crucial for creating tailored support and interventions that promote their growth and learning. Other types of observation, while valuable in their own right, may not provide the same depth of understanding of a child's typical behaviors and interactions outside of controlled or artificial environments. For instance, structured observations focus on specific tasks and may not capture the full range of a child's social behaviors. Peer-reviewed observational studies, while rigorous and informative, are not hands-on assessments of individual children. Similarly, standardized test observations may be limited and not reflect a child's natural behaviors or skills in everyday life. Thus, naturalistic observation is particularly critical in assessments aimed at understanding and supporting children's development holistically.

8. What is a primary benefit of social skills groups for children with Autism?

- A. Promotion of individual play styles
- B. Improved social interaction and communication**
- C. Reduction of therapy costs
- D. Increased screen time opportunities

The primary benefit of social skills groups for children with Autism is the improvement of social interaction and communication. These groups provide a structured setting where children can practice and develop their social skills in real-time with peers. By participating in guided activities and engaging with others, children learn how to initiate conversations, respond appropriately, take turns, and understand non-verbal cues, which are often challenging for those on the autism spectrum. Through these interactions, children not only gain confidence in their social abilities but also have the opportunity to form friendships, which is crucial for their emotional and social development. Developing communication skills in a supportive group can significantly enhance a child's ability to relate to others and navigate social situations outside the therapy setting, leading to a more positive and enriching social experience in their daily lives.

9. What practice enhances the efficacy of therapeutic techniques with children?

- A. Ignoring the child's feelings
- B. Fostering a trusting relationship**
- C. Maintaining a professional barrier
- D. Delaying interaction until trust is built

Fostering a trusting relationship is fundamental to enhancing the efficacy of therapeutic techniques with children. When children feel safe and secure with their therapist, they are more likely to express themselves openly, share their thoughts and feelings, and engage actively in the therapeutic process. Trust creates an environment where children are willing to take risks, explore their emotions, and work through challenges. In therapy, children might feel vulnerable discussing sensitive issues or addressing difficult emotions. A trusting relationship helps to mitigate anxiety and fear, allowing for more productive sessions. It nurtures collaboration, ensuring that children feel heard, respected, and understood, which is critical for an effective therapeutic experience. In contrast, ignoring the child's feelings can lead to disengagement and a breakdown in communication, while maintaining a professional barrier can inhibit rapport and connection, which are essential for effective therapy. Delaying interaction until trust is built runs the risk of missing valuable therapeutic opportunities during early sessions when initial impressions can set the tone for ongoing work. Overall, the establishment of trust is a cornerstone of successful therapeutic outcomes when working with children.

10. What is one benefit of early intervention for children with developmental delays?

- A. It decreases the need for further assessment
- B. It ensures better outcomes in education and development**
- C. It guarantees immediate recovery
- D. It allows children to skip therapy sessions

One significant benefit of early intervention for children with developmental delays is that it ensures better outcomes in education and development. Early intervention refers to the various services and supports provided to young children who are at risk or experiencing developmental challenges. Research consistently shows that when children receive appropriate interventions early in life, they are more likely to achieve developmental milestones, improve their cognitive and physical skills, and succeed in educational settings. This is particularly important because early brain development is critical; the first few years of life are a time of rapid growth and change. Intervening during this period can capitalize on the brain's natural plasticity, making it more receptive to learning and skill acquisition. As a result, these children often show significant improvements in areas such as language, social skills, and emotional regulation, which can lead to long-term benefits throughout their educational journey and beyond. Other choices may reflect certain aspects of early intervention but do not capture the overarching impact on long-term development and educational success that early intervention provides.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://abskidscompetency.examzify.com>

We wish you the very best on your exam journey. You've got this!

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