

# Anticipatory Guidance Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 should parents do if they notice signs of stress in their children?**
  - A. Minimize communication about their feelings**
  - B. Seek information on effective coping strategies**
  - C. Assume it is just a phase**
  - D. Focus only on academic performance**
  
- 2. Which position is recommended for infants as part of the 5 S's?**
  - A. Standing**
  - B. Side or stomach position**
  - C. Upside down**
  - D. On their back only**
  
- 3. How can parents ensure a safe environment regarding blinds around infants?**
  - A. Keep strings at a reachable height**
  - B. Use heavy curtains instead of blinds**
  - C. Secure strings high out of reach**
  - D. Remove blinds completely from homes**
  
- 4. When is frustration typically worse in toddlers?**
  - A. When they are engaged in play**
  - B. When they are tired, ill, or hungry**
  - C. When they are with other children**
  - D. When they are receiving attention**
  
- 5. What is a fundamental principle in anticipatory guidance regarding physical discipline?**
  - A. Promote non-violent discipline strategies that foster learning**
  - B. Encourage physical punishment for misbehavior**
  - C. Ignore disciplinary issues until they become severe**
  - D. Focus on verbal reprimands only**

- 6. Which of the following is NOT a characteristic of problem tantrums?**
- A. Persistent negative mood between tantrums**
  - B. Tantrums lasting longer than 5 minutes**
  - C. More than 5 tantrums per day**
  - D. Tantrums occurring only at home**
- 7. At what age should a child receive their first dental visit according to anticipatory guidance?**
- A. By age 3 or when all teeth have erupted**
  - B. By age 1 or when the first tooth erupts**
  - C. By age 5 or when the child starts school**
  - D. By age 2 or when they start eating solids**
- 8. What is a crucial element in anticipatory guidance for handling conflicts between siblings?**
- A. Teaching conflict resolution and communication skills**
  - B. Encouraging separation from each other**
  - C. Ignoring the conflicts until they escalate**
  - D. Only addressing the conflicts when they affect parents**
- 9. How can anticipatory guidance support parents in fostering literacy skills in preschoolers?**
- A. By discouraging reading at an early age**
  - B. By suggesting reading together daily and providing access to books**
  - C. By focusing solely on math skills**
  - D. By limiting all forms of media**
- 10. True or False: Prone sleeping is especially dangerous for a child who is not accustomed to that sleep position.**
- A. True**
  - B. False**
  - C. Only if they are over 6 months old**
  - D. Only if they are premature**

## Answers

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

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## **Explanations**

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**1. What should parents do if they notice signs of stress in their children?**

- A. Minimize communication about their feelings**
- B. Seek information on effective coping strategies**
- C. Assume it is just a phase**
- D. Focus only on academic performance**

When parents notice signs of stress in their children, seeking information on effective coping strategies is crucial for several reasons. Understanding how to manage stress can foster resilience in children, helping them navigate challenges related to stress in a healthy manner. Knowledge about coping strategies can guide parents in providing appropriate support, enabling them to teach their children these skills and encouraging open communication about their feelings. Coping strategies may include relaxation techniques, problem-solving skills, or engaging in physical activities, all of which can significantly alleviate stress and improve emotional well-being. The other choices don't support effective stress management in children. Minimizing communication about feelings can prevent children from expressing themselves, potentially worsening their stress. Assuming that stress is just a phase can lead to neglecting a child's emotional needs, possibly allowing the stress to escalate. Focusing only on academic performance can further increase pressure and anxiety for children, detracting from their overall mental health and well-being. Therefore, actively seeking out information on how to manage stress is the most constructive and supportive approach.

**2. Which position is recommended for infants as part of the 5 S's?**

- A. Standing**
- B. Side or stomach position**
- C. Upside down**
- D. On their back only**

The recommended position for infants as part of the 5 S's is the side or stomach position. The 5 S's refer to a set of calming techniques designed to soothe infants, particularly when they are fussy or crying. Among these techniques, swaddling, side or stomach position, shushing, swinging, and sucking are included. Using the side or stomach position can provide comfort to the baby, mimicking the environment they experienced in the womb. This position can help alleviate discomfort and promote relaxation, making it easier for the infant to settle down. However, it is crucial to note that while the side position can be comforting during awake time, the safest sleep position for infants to reduce the risk of sudden infant death syndrome (SIDS) is on their backs. Therefore, the recommendation of side or stomach position primarily applies to calming techniques and not to sleep safety practices. This option reflects how parents and caregivers can effectively utilize positional strategies to help infants during the day, while it's important to reinforce that sleep positions should adhere to safety guidelines, promoting back sleeping during nap and nighttime.

### **3. How can parents ensure a safe environment regarding blinds around infants?**

- A. Keep strings at a reachable height**
- B. Use heavy curtains instead of blinds**
- C. Secure strings high out of reach**
- D. Remove blinds completely from homes**

To ensure a safe environment regarding blinds around infants, securing the strings high out of reach is a crucial strategy. This effectively minimizes the risk of strangulation or injury. Infants may become curious and attempt to grab or pull on any accessible cords, which can lead to accidents. By keeping these strings out of their reach, parents can significantly reduce the likelihood of such dangers. While using heavy curtains may seem safer, they may not be a comprehensive solution, as they can also pose risks or become hazardous in other ways. Removing blinds completely is not always practical, as parents often want window coverings for privacy and light control. Additionally, keeping strings at a reachable height would directly invite the risks associated with strangulation, contrary to creating a safe environment for infants. Therefore, securing the strings high out of reach is the most effective method among the options to ensure infants' safety around window coverings.

### **4. When is frustration typically worse in toddlers?**

- A. When they are engaged in play**
- B. When they are tired, ill, or hungry**
- C. When they are with other children**
- D. When they are receiving attention**

Frustration in toddlers is typically worse when they are tired, ill, or hungry because these states directly impact their mood and behavior. Toddlers often lack the ability to articulate their feelings or needs effectively, making them more vulnerable to frustration when they are not feeling well physically or emotionally. For instance, being tired can result in irritability and a diminished capacity to cope with challenges, while hunger can lead to low energy and increased sensitivity to frustration. Illness can also affect a toddler's overall disposition, as discomfort and malaise can bring about frustration over situations they would normally manage better. In contrast, when engaged in play, children are usually focused and in a more positive emotional state, which can reduce frustration. Similarly, being with other children can provide social interaction that helps distract from minor frustrations. Lastly, receiving attention often serves to soothe a toddler's feelings and can alleviate frustration since it reinforces a sense of security and support. Thus, the context of being tired, ill, or hungry creates a perfect storm for increased frustration in toddlers, making it the most significant contributing factor.

**5. What is a fundamental principle in anticipatory guidance regarding physical discipline?**

- A. Promote non-violent discipline strategies that foster learning**
- B. Encourage physical punishment for misbehavior**
- C. Ignore disciplinary issues until they become severe**
- D. Focus on verbal reprimands only**

The fundamental principle in anticipatory guidance regarding physical discipline is to promote non-violent discipline strategies that foster learning. This approach emphasizes the importance of teaching children appropriate behavior through constructive methods rather than punitive measures that may cause harm. By advocating for non-violent discipline, caregivers can help children understand the consequences of their actions and encourage positive behavioral changes. This principle aligns with current understandings of child development, which suggest that children benefit more from guidance that fosters their emotional and social skills rather than fear or pain from physical punishment. Non-violent strategies are more effective in the long term, as they facilitate a secure parent-child relationship and better emotional regulation in children. Encouraging awareness of different discipline methods also helps caregivers navigate challenging situations with a focus on the child's overall development.

**6. Which of the following is NOT a characteristic of problem tantrums?**

- A. Persistent negative mood between tantrums**
- B. Tantrums lasting longer than 5 minutes**
- C. More than 5 tantrums per day**
- D. Tantrums occurring only at home**

Problem tantrums are characterized by specific behaviors and patterns that distinguish them from typical tantrums. The key aspect of tantrums that are considered problematic often includes their frequency, duration, and the emotional state of the child around the episodes. The reason that the characteristic related to tantrums occurring only at home does not align with the definition of problem tantrums is that these tantrums can occur in various environments, such as school or social settings, rather than being limited to the home context. When tantrums are only observed in a particular setting, like at home, it may indicate a different underlying issue, such as challenges in that specific environment or the child's comfort level. In contrast, persistent negative mood between tantrums is indicative of a broader emotional difficulty, and tantrums lasting longer than 5 minutes or occurring multiple times in a day demonstrate a level of intensity and frequency that surpasses typical developmental behavior, all of which categorize tantrums as problematic. Understanding these distinguishing factors helps caregivers and professionals to intervene appropriately to support the child's behavioral and emotional development.

**7. At what age should a child receive their first dental visit according to anticipatory guidance?**

- A. By age 3 or when all teeth have erupted**
- B. By age 1 or when the first tooth erupts**
- C. By age 5 or when the child starts school**
- D. By age 2 or when they start eating solids**

The recommendation for a child's first dental visit is based on the idea that establishing a dental home early can promote good oral health practices and address any potential issues before they become serious. The guideline suggests that a child should have their first dental visit by age 1 or when the first tooth erupts. This early visit allows for the evaluation of the child's oral health, education for parents on oral hygiene, and discussion about diet and oral hygiene practices tailored to the child's developmental stage. Beginning dental visits at an early age helps in identifying any developmental concerns, providing preventive advice, and establishing a positive relationship between the child and the dentist. This proactive approach can lead to better oral health outcomes as the child grows. In contrast, waiting until age 2, 3, or even 5, as suggested by the other options, may delay the opportunity for early intervention and education, which are crucial for developing healthy habits and preventing dental issues from worsening over time.

**8. What is a crucial element in anticipatory guidance for handling conflicts between siblings?**

- A. Teaching conflict resolution and communication skills**
- B. Encouraging separation from each other**
- C. Ignoring the conflicts until they escalate**
- D. Only addressing the conflicts when they affect parents**

Teaching conflict resolution and communication skills is a crucial element in anticipatory guidance for handling conflicts between siblings because it empowers children to manage disagreements constructively. When children learn how to express their feelings, negotiate solutions, and use active listening, they are equipped with tools that can help them navigate conflicts independently. This skill set not only strengthens their relationship with each other but also fosters emotional intelligence and problem-solving abilities that are beneficial in various aspects of life. In contrast, encouraging separation from each other does not promote the development of interpersonal skills and may lead to avoidance rather than resolution of conflicts. Ignoring the conflicts until they escalate can result in greater tensions between siblings and might hinder their ability to resolve issues on their own. Only addressing conflicts when they affect parents reinforces a reactive approach rather than providing siblings with the proactive tools they need to handle conflicts healthily and effectively. Thus, focusing on teaching resolution and communication promotes long-term positive outcomes in sibling relationships.

**9. How can anticipatory guidance support parents in fostering literacy skills in preschoolers?**

**A. By discouraging reading at an early age**

**B. By suggesting reading together daily and providing access to books**

**C. By focusing solely on math skills**

**D. By limiting all forms of media**

Anticipatory guidance plays a crucial role in supporting parents by providing them with strategies to promote literacy skills in preschoolers. The recommendation to suggest reading together daily and providing access to books directly addresses the development of early literacy skills. Engaging in shared reading activities helps children develop vocabulary, comprehension, and a love for reading. Additionally, having access to a variety of books encourages exploration and learning, which are fundamental to literacy development. By incorporating daily reading rituals, parents can create an enriching environment that nurtures their child's literacy journey. This approach not only enhances cognitive skills but also strengthens the parent-child bond, making reading a joyful and interactive experience. Establishing such practices early on can set the stage for future academic success and foster a lifelong love of learning.

**10. True or False: Prone sleeping is especially dangerous for a child who is not accustomed to that sleep position.**

**A. True**

**B. False**

**C. Only if they are over 6 months old**

**D. Only if they are premature**

Prone sleeping, which refers to a child sleeping on their stomach, is indeed particularly associated with increased risks for infants, especially those who are not accustomed to this position. The primary concern with prone sleeping is the heightened risk of Sudden Infant Death Syndrome (SIDS). Infants who usually sleep on their backs may not have developed the necessary motor control to adjust their position if they become obstructed or face down, increasing the risk of suffocation or re-breathing of exhaled gases. For infants, those less than one year old are especially vulnerable, as their respiratory and neurological systems are still developing. Guidelines recommend that babies be placed on their backs to sleep as the safest sleep position. Children who are not familiar with sleeping on their stomachs lack the ability to right themselves effectively, further elevating the danger associated with this sleep position. Therefore, stating that prone sleeping is particularly dangerous for a child not accustomed to it is accurate.

# 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](mailto:hello@examzify.com).**

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

**<https://anticipatoryguidance.examzify.com>**

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

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