

Child Growth and Development Review (CGDR) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is the primary developmental task of adolescents according to Erikson?**
 - A. Identity versus role confusion**
 - B. Intimacy versus isolation**
 - C. Autonomy versus shame and doubt**
 - D. Generativity versus stagnation**
- 2. What does Attachment Theory emphasize is crucial for infants and young children?**
 - A. A network of playmates**
 - B. Responsive and attentive caregivers**
 - C. Independent exploration without guidance**
 - D. Frequent changes in caregivers**
- 3. Which statement best describes the progression of growth in children?**
 - A. Growth is inconsistent across different areas**
 - B. Growth is uniform across all individuals**
 - C. Children grow at varying rates but follow a general pattern**
 - D. Development is predictable for all children**
- 4. How does growth in children generally proceed?**
 - A. From left to right and from the periphery inward**
 - B. From head to toe and from the center of the body outwards**
 - C. Equally across all body parts**
 - D. From the feet upwards**
- 5. What is one aspect of child development that is continuous?**
 - A. Emotional development only**
 - B. Physical growth only**
 - C. The overall process of development**
 - D. Intellectual capabilities only**

- 6. At what developmental stage do children often engage in 'pretend' play as a way of understanding the world?**
- A. Ages 2 to 3**
 - B. Ages 3 to 5**
 - C. Ages 5 to 7**
 - D. Ages 7 to 9**
- 7. How can caregivers help foster social skills in young children?**
- A. By limiting peer interactions**
 - B. By encouraging cooperative play and providing opportunities for interaction**
 - C. By focusing solely on individual play**
 - D. By discouraging group activities**
- 8. What is a key aspect of motor development in children?**
- A. Ability to understand complex concepts**
 - B. Capacity to control body parts**
 - C. Emotional regulation**
 - D. Development of fine arts skills**
- 9. What skill is typically developed during the preschool years that is critical for school readiness?**
- A. Reading comprehension**
 - B. Fine motor skills, such as using scissors and writing**
 - C. Social negotiation skills**
 - D. Mathematical reasoning**
- 10. Which parenting style is characterized by high warmth and high control?**
- A. Permissive parenting**
 - B. Authoritative parenting**
 - C. Neglectful parenting**
 - D. Authoritarian parenting**

Answers

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

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Explanations

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1. What is the primary developmental task of adolescents according to Erikson?

- A. Identity versus role confusion**
- B. Intimacy versus isolation**
- C. Autonomy versus shame and doubt**
- D. Generativity versus stagnation**

Adolescence is a crucial stage in Erik Erikson's psychosocial development theory, and the primary developmental task during this period is "Identity versus role confusion." During adolescence, individuals are exploring their own identity, values, beliefs, and the roles they wish to adopt in society. This task is fundamental because it lays the groundwork for young adults to form a coherent self-concept, which will impact their behaviors and relationships as they transition into adulthood. Success in this stage results in a strong sense of self and a clear understanding of personal values and goals, while failure can lead to confusion about one's role in society and insecurity about one's identity. Navigating peer relationships, familial expectations, and societal pressures adds complexity to this process. Achieving a stable identity is key for adolescents to establish strong, healthy relationships and to make informed decisions later in life. In contrast, the other options focus on developmental tasks pertinent to different life stages. "Intimacy versus isolation" pertains to young adulthood, focusing on forming deep relationships. "Autonomy versus shame and doubt" is associated with early childhood, emphasizing the development of independence. "Generativity versus stagnation" relates to middle adulthood, highlighting contributions to society and the next generation. Each of these tasks is essential

2. What does Attachment Theory emphasize is crucial for infants and young children?

- A. A network of playmates**
- B. Responsive and attentive caregivers**
- C. Independent exploration without guidance**
- D. Frequent changes in caregivers**

Attachment Theory stresses the importance of responsive and attentive caregivers in the development of infants and young children. According to the theory, the emotional bond formed between a child and their primary caregiver significantly influences the child's social, emotional, and cognitive development. When caregivers respond consistently and sensitively to a child's needs, the child feels secure and develops a sense of trust and safety. This secure attachment fosters healthy relationships later in life and promotes emotional resilience. In contrast, having a network of playmates is beneficial for social development, but it does not have the same foundational impact as a secure attachment to a caregiver. Independent exploration is important for learning, but it requires a base of security provided by a responsive caregiver to be effective. Frequent changes in caregivers can lead to instability and insecurity for the child, undermining the formation of a strong attachment. Thus, the emphasis of Attachment Theory on the role of responsive and attentive caregivers is well-founded in the context of healthy child development.

3. Which statement best describes the progression of growth in children?

- A. Growth is inconsistent across different areas**
- B. Growth is uniform across all individuals**
- C. Children grow at varying rates but follow a general pattern**
- D. Development is predictable for all children**

The statement that children grow at varying rates but follow a general pattern accurately reflects the nature of growth and development in children. Growth is a complex process influenced by numerous factors, including genetics, nutrition, environment, and individual health. While children may experience different rates of growth due to these individual factors, research and observation have shown that there are typical patterns and stages that children generally follow. For instance, during infancy, there is rapid growth in height and weight, which may slow down during early childhood but then show another growth spurt during adolescence. This consistency in the general trajectory of growth patterns, despite individual variations, underscores the importance of recognizing both the uniqueness of each child and the overarching guidelines that inform developmental milestones. In contrast, the other statements either suggest uniformity that ignores normal variability or propose notions of predictability that do not account for the diverse experiences and timelines that characterize child development. Thus, acknowledging both the variability and the shared stages of growth provides a comprehensive understanding of how children develop over time.

4. How does growth in children generally proceed?

- A. From left to right and from the periphery inward**
- B. From head to toe and from the center of the body outwards**
- C. Equally across all body parts**
- D. From the feet upwards**

Growth in children generally proceeds in a specific pattern known as the cephalocaudal and proximodistal patterns. The correct answer reflects the cephalocaudal pattern, which means that growth typically occurs from head to toe. This is evident as infants first gain control of their head and neck before developing the ability to control their trunk and then their legs. Additionally, the proximodistal trend highlights that growth also occurs from the center of the body outward. This means that children gain control over their core muscles before developing fine motor skills with their fingers. The interrelationship of these patterns facilitates coordinated movement and development, showcasing how growth is not uniform across body parts but follows a predictable sequence. In contrast, the other options do not accurately describe this well-established growth pattern observed in human development. They lack alignment with the typical developmental milestones seen in children, which are crucial for understanding child growth and behavior.

5. What is one aspect of child development that is continuous?

- A. Emotional development only**
- B. Physical growth only**
- C. The overall process of development**
- D. Intellectual capabilities only**

The overall process of development is considered continuous because child development is a complex, lifelong journey that encompasses various domains, including physical, emotional, social, and cognitive growth. Unlike specific milestones that may occur at distinct stages, the development process is marked by steady changes and gradual improvements across all areas over time. Throughout a child's life, experiences and environments contribute to their development in an ongoing manner. For example, cognitive abilities can continue to evolve as children learn new skills and acquire knowledge, while emotional and social competencies also develop through interactions and experiences. This interconnectedness highlights that development is not isolated within one specific domain but rather a holistic process that steadily progresses. While emotional, physical, and intellectual developments each have crucial phases, they do not independently represent the continuous nature of development across different stages of growth. Assessing development as a continuous process allows us to appreciate the cumulative influences on a child's overall growth trajectory throughout their formative years and beyond.

6. At what developmental stage do children often engage in 'pretend' play as a way of understanding the world?

- A. Ages 2 to 3**
- B. Ages 3 to 5**
- C. Ages 5 to 7**
- D. Ages 7 to 9**

Children typically engage in 'pretend' play most significantly during the ages of 3 to 5 years. At this developmental stage, known as the preschool or early childhood stage, children begin to explore their environment and their understanding of the world through imaginative play. This form of play allows them to express their feelings, practice social roles, and explore various scenarios in a safe setting. During this age range, children are increasingly capable of using symbolic thinking, where they can represent objects and situations with other items or actions in their play. For instance, a child may use a banana as a phone or a cardboard box as a car, demonstrating their cognitive ability to transform their environment creatively. Engaging in pretend play helps children develop their problem-solving skills, emotional intelligence, and social skills by interacting with peers in meaningful ways. Though pretend play begins before age 3, it becomes more complex and sophisticated between ages 3 and 5, making this the key period for its development.

7. How can caregivers help foster social skills in young children?

- A. By limiting peer interactions**
- B. By encouraging cooperative play and providing opportunities for interaction**
- C. By focusing solely on individual play**
- D. By discouraging group activities**

Encouraging cooperative play and providing opportunities for interaction is essential for fostering social skills in young children. Engaging in cooperative play allows children to work together towards a common goal, helping them learn important skills such as sharing, taking turns, and resolving conflicts. These activities promote communication and collaboration, which are foundational for developing healthy relationships with peers. When caregivers facilitate environments where children can interact with one another—such as through group games, team activities, or partnered tasks—they are creating opportunities for children to practice and enhance their social skills. These experiences not only build confidence in social situations but also teach children how to navigate social norms and expectations. In contrast, limiting peer interactions or focusing solely on individual play can hinder the development of these critical social skills. Children need exposure to different social dynamics to learn how to communicate effectively, empathize with others, and develop friendships. Therefore, fostering an inclusive and interactive atmosphere is vital for optimal social development in young children.

8. What is a key aspect of motor development in children?

- A. Ability to understand complex concepts**
- B. Capacity to control body parts**
- C. Emotional regulation**
- D. Development of fine arts skills**

The capacity to control body parts is a crucial aspect of motor development in children. This development refers to the progress and ability of children to perform physical movements and actions. It encompasses both gross motor skills, which involve large muscle groups for activities like walking and running, and fine motor skills, which involve smaller muscle groups for tasks such as writing or manipulating small objects. As children grow, they gain greater control over their movements, allowing them to engage in more complex physical activities and interactions with their environment. This control is foundational for not only physical health but also for further cognitive and emotional development, as it enables children to explore their world and learn through movement and play. Other aspects mentioned, such as understanding complex concepts, emotional regulation, and the development of fine arts skills, while important in their own contexts, do not directly pertain to the fundamental physical capabilities associated with motor development. Hence, the ability to control body parts stands out as the core focus of motor development in children.

9. What skill is typically developed during the preschool years that is critical for school readiness?

A. Reading comprehension

B. Fine motor skills, such as using scissors and writing

C. Social negotiation skills

D. Mathematical reasoning

During the preschool years, children undergo significant development in various areas, and fine motor skills are crucial for school readiness. The ability to use scissors and write are fundamental skills that develop during this period. Activities such as cutting with scissors, drawing, and early writing exercises help children refine their hand-eye coordination and dexterity, which are necessary for tasks they will face in school, such as writing letters, drawing shapes, and managing classroom materials. Developing fine motor skills also contributes to a child's sense of independence and confidence, allowing them to participate actively in classroom activities. Mastery of these abilities can facilitate smoother transitions into more complex academic tasks as children reach school age. As they engage in hands-on activities, children not only enhance their fine motor abilities but also improve their focus and attention to detail, which are essential for successful learning experiences. While other skills like reading comprehension, social negotiation, and mathematical reasoning are also important, they often build upon the foundation that fine motor skills provide. Without the ability to manipulate writing tools or engage in hands-on activities, children may struggle to express their understanding through writing or drawing, which is often integral to early literacy and communication in a school setting.

10. Which parenting style is characterized by high warmth and high control?

A. Permissive parenting

B. Authoritative parenting

C. Neglectful parenting

D. Authoritarian parenting

The correct response is characterized by high warmth and high control, which is the defining feature of authoritative parenting. This style promotes a balanced approach where parents set clear expectations and boundaries while also being responsive and supportive to their children's emotional needs. In authoritative parenting, children are encouraged to be independent while also being guided and disciplined in a loving and nurturing environment. This approach fosters a sense of competence and self-esteem in children because they understand the rules and the rationale behind them, which are consistently applied. Authoritative parents are likely to engage in open communication, allowing children to express their opinions and feelings. This two-way communication enhances the parent-child relationship and contributes to better social and academic outcomes for the child. The other styles mentioned do not embody this dual focus on warmth and control. For example, permissive parenting lacks sufficient control, while authoritarian parenting involves high control but low warmth. Neglectful parenting exhibits neither warmth nor control, which can adversely affect child development.