

CHILD GROWTH AND DEVELOPMENT REVIEW (CGDR) PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Why is play considered important in emotional development?**
 - A. It only serves as a distraction for children.
 - B. It allows expression of feelings and role exploration.
 - C. It is not relevant during this stage.
 - D. It only enhances physical skills.
- 2. When looking at child development, which principle emphasizes the importance of general growth before specific skills?**
 - A. All areas of development evolve together
 - B. Development is sequence-based and is discussed as general before specific
 - C. Skills are developed randomly
 - D. Specific skills dominate early growth
- 3. What is the predicted first stage of moral development according to Kohlberg?**
 - A. Social contract orientation
 - B. Obedience and punishment orientation
 - C. Universal ethical principles
 - D. Individualism and exchange
- 4. Which aspect of child development is most influenced by play?**
 - A. Physical strength
 - B. Language acquisition
 - C. Cognitive development
 - D. Visual skills
- 5. What role does consistency in caregiving play in child development?**
 - A. It encourages independence and self-sufficiency
 - B. It fosters secure attachment and builds trust
 - C. It creates fear and avoidance of new experiences
 - D. It leads to increased behavioral issues in children

- 6. What is the significance of the caregiver-child bond in quality infant care?**
- A. It determines the child's favorite activities
 - B. It creates a foundation for self-esteem
 - C. It eliminates the need for education
 - D. It helps children learn independently from adults
- 7. Which type of play is essential for cognitive skill enhancement in early childhood?**
- A. Solo play
 - B. Structured games
 - C. Fantasy and pretend play
 - D. Competitive sports
- 8. Children's development usually occurs in which of the following ways?**
- A. Smooth and consistent progression
 - B. Clearly defined stages
 - C. Fits and starts
 - D. Linear improvement
- 9. What is the term for the ability to adapt to new information and experiences?**
- A. Cognitive inflexibility
 - B. Cognitive rigidity
 - C. Cognitive flexibility
 - D. Cognitive independence
- 10. The human brain is composed of approximately what percentage of water?**
- A. 70%
 - B. 80%
 - C. 90%
 - D. 95%

Answers

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

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Explanations

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1. Why is play considered important in emotional development?

- A. It only serves as a distraction for children.
- B. It allows expression of feelings and role exploration.**
- C. It is not relevant during this stage.
- D. It only enhances physical skills.

Play is considered crucial for emotional development because it provides children with a safe environment to express their feelings and explore different roles. Through play, children can act out various scenarios that reflect their emotions and experiences, allowing them to process their feelings in a constructive manner. This type of imaginative play enables them to gain insights into their own emotions as well as empathy towards others, which is essential for social development and interpersonal relationships. In addition, while some may view play merely as a distraction or a source of physical activity, its true value lies in its ability to facilitate deeper understanding of emotions and social dynamics. Role-playing different situations allows children to work through their anxieties, joys, and conflicts, ultimately fostering emotional resilience and maturity. Hence, the significant role of play in emotional development goes far beyond mere entertainment or physical enhancement, making it an indispensable aspect of childhood growth.

2. When looking at child development, which principle emphasizes the importance of general growth before specific skills?

- A. All areas of development evolve together
- B. Development is sequence-based and is discussed as general before specific**
- C. Skills are developed randomly
- D. Specific skills dominate early growth

The principle that emphasizes the importance of general growth before specific skills is rooted in the understanding that child development follows a systematic progression. In early childhood, development typically unfolds in a sequence where foundational skills and general abilities emerge before more specialized or complex skills develop. For instance, before a child can engage in detailed artistic activities, they first gain control over their large muscles and improve their overall motor coordination. Initially, they might learn to grasp objects, which serves as a precursor to more refined actions like writing or drawing. This sequence forms a basis for later skill acquisition, as general competencies support the learning of specific tasks. This principle is important for educators and caregivers to recognize, as it informs how they structure learning experiences and developmental expectations. Understanding that general skills provide a necessary foundation helps in creating appropriate developmental milestones and encourages patience as children progress through their growth stages.

3. What is the predicted first stage of moral development according to Kohlberg?

- A. Social contract orientation
- B. Obedience and punishment orientation**
- C. Universal ethical principles
- D. Individualism and exchange

Kohlberg's theory of moral development is structured in a series of stages that represent distinct levels of moral reasoning. The first stage of moral development is known as obedience and punishment orientation. This foundational stage occurs in early childhood, where a child's moral reasoning is primarily based on the direct consequences of their actions. At this stage, children understand morality in terms of punishment and obedience, where they perceive right actions as those that avoid punishment and wrong actions as those that lead to punishment. This differentiation sets the groundwork for more complex moral reasoning as the child matures. Understanding that actions are evaluated based on their outcomes—especially in relation to punishment—can help caregivers and educators guide children in moral reasoning. It also highlights the child's early efforts to navigate social rules, albeit in a very simplistic manner focused solely on authority and the immediate effects of behavior. This stage is crucial as it forms the basis for the subsequent stages, where moral reasoning becomes more nuanced and complex.

4. Which aspect of child development is most influenced by play?

- A. Physical strength
- B. Language acquisition
- C. Cognitive development**
- D. Visual skills

Cognitive development is most influenced by play because play supports various processes through which children learn and explore their environment. Engaging in play activities, whether through imaginative scenarios, problem-solving tasks, or social interactions, stimulates children's thinking and reasoning skills. For instance, when children engage in pretend play, they practice planning, organization, and perspective-taking, all of which contribute to their cognitive growth. Moreover, play is a rich context for children to encounter new ideas and concepts, experiment with them, and develop critical thinking skills as they engage in critical problem-solving. As they play, children make connections between their experiences and the knowledge they acquire, enhancing their cognitive abilities. While physical strength, language acquisition, and visual skills are also important areas of development, they do not benefit from play to the same degree as cognitive development. Physical play can contribute to strength, and certain types of play can promote language and visual skills, but the overall impact on complex cognitive processes is particularly profound during play.

5. What role does consistency in caregiving play in child development?

- A. It encourages independence and self-sufficiency
- B. It fosters secure attachment and builds trust**
- C. It creates fear and avoidance of new experiences
- D. It leads to increased behavioral issues in children

Consistency in caregiving is fundamental to a child's development, significantly influencing their emotional and psychological well-being. When caregivers provide consistent routines, responses, and support, children feel secure and understood. This security lays the groundwork for developing secure attachments, which is essential for healthy emotional development. Children who experience consistent caregiving learn to trust their caregivers, knowing they will be met with reliable support and nurturing. This trust fosters resilience, encourages exploration, and promotes a healthy sense of self-worth. While options discussing independence and self-sufficiency or behavioral issues might reflect aspects of development influenced by various parenting styles, they do not capture the central importance of trust and attachment that consistency promotes. Fear and avoidance of new experiences typically arise in environments lacking stability, suggesting that inconsistency is detrimental rather than beneficial. Thus, establishing secure attachment through consistent caregiving is paramount for optimal child development.

6. What is the significance of the caregiver-child bond in quality infant care?

- A. It determines the child's favorite activities
- B. It creates a foundation for self-esteem**
- C. It eliminates the need for education
- D. It helps children learn independently from adults

The caregiver-child bond is critical in quality infant care, as it creates a foundation for self-esteem in children. When caregivers engage consistently and lovingly with infants, it fosters a sense of security and trust. This emotional connection allows children to feel valued and accepted, which is essential for their overall emotional development. As children develop this secure attachment, they are more likely to explore their environment, take risks, and engage with others, knowing they have a reliable source of comfort and support. This foundation of self-esteem is crucial as it influences their interactions and relationships throughout life, affecting their social skills and ability to navigate challenges. In contrast, determining a child's favorite activities does not directly relate to the deep emotional support and confidence gained through a strong caregiver-child bond. While educational aspects are important, the bond does not replace the need for education; instead, it enhances the child's ability to learn and develop. Furthermore, while fostering independence is a quality of development, it is rooted in the security that a nurturing caregiver provides, allowing children to explore and learn at their own pace while still feeling connected.

7. Which type of play is essential for cognitive skill enhancement in early childhood?

- A. Solo play
- B. Structured games
- C. Fantasy and pretend play**
- D. Competitive sports

Fantasy and pretend play is essential for cognitive skill enhancement in early childhood because it allows children to create imaginative scenarios and roles, which fosters creativity, problem-solving abilities, and critical thinking. During this type of play, children engage in storytelling and role-playing, which helps them to develop their understanding of the world around them and enhances their ability to process complex ideas. They learn to navigate social situations, understand different perspectives, and experiment with language in a flexible and dynamic way. This form of imaginative play encourages children to explore their thoughts and emotions, which is crucial for cognitive development. In contrast, solo play may not provide the same level of interaction and cognitive engagement as pretend play, while structured games often follow fixed rules and might limit creativity. Competitive sports, though beneficial for physical development and teamwork, may not directly contribute to the same cognitive skill enhancement that fantasy and pretend play does.

8. Children's development usually occurs in which of the following ways?

- A. Smooth and consistent progression
- B. Clearly defined stages
- C. Fits and starts**
- D. Linear improvement

Children's development often follows a pattern characterized by "fits and starts." This means that growth and progress can occur in bursts rather than in a continuous, smooth manner. Kids may show rapid advancements in certain areas, such as language or motor skills, followed by periods of relative plateau or even regression, where they might seem to not be making significant progress. This describes the normal variability in children's development, where they may acquire new skills suddenly after a time of consolidation. Such periods of intense learning can be followed by phases where children seem to focus on refining existing skills or navigating social and emotional changes. Understanding this aspect of development helps caregivers and educators recognize that it is typical for children to experience fluctuations in growth and to be patient as they progress through different developmental milestones.

9. What is the term for the ability to adapt to new information and experiences?

- A. Cognitive inflexibility
- B. Cognitive rigidity
- C. Cognitive flexibility**
- D. Cognitive independence

Cognitive flexibility is the term that describes the ability to adapt to new information and experiences. This cognitive skill enables individuals to shift their thinking and behavior in response to changing circumstances, ideas, or challenges. It plays a crucial role in problem-solving, learning, and interacting with others effectively. Individuals who exhibit cognitive flexibility can consider multiple perspectives, alter their approaches when faced with uncertainty, and learn from feedback. This adaptability is essential for healthy cognitive and social development, particularly in children, as they navigate new situations and learn from varying experiences. Developing cognitive flexibility is important for promoting resilience, creativity, and effective decision-making, all of which are fundamental components of overall cognitive growth. In contrast, concepts like cognitive inflexibility and cognitive rigidity refer to difficulties in adapting to new information, highlighting an inability to adjust one's thoughts or behaviors. Cognitive independence, while related to self-directed learning and autonomy, does not specifically address the adaptiveness to new experiences.

10. The human brain is composed of approximately what percentage of water?

- A. 70%
- B. 80%
- C. 90%**
- D. 95%

The human brain is composed of approximately 75% to 80% water, making the understanding that the brain consists of around 80% water the most accurate choice. Water is crucial for brain function, as it plays a significant role in maintaining the structure and function of neurons, enabling biochemical processes, and facilitating communication between cells. It also helps regulate temperature and remove waste products. The figure of 80% underscores the importance of hydration in cognitive functions and overall brain health. This highlights why even minor dehydration can lead to impacts on concentration, mood, and cognitive abilities.

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://childgrowthanddevcgr.examzify.com>

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

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