

Child Life and Theory Exam 1 Practice (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 is the purpose of maintaining open lines of communication with the family?**
 - A. To maintain ongoing involvement through tours, preparation sessions, day-to-day contact, and parental meetings**
 - B. To limit family access to hospital**
 - C. To replace medical care**
 - D. To delay parental involvement**

- 2. What did Gilmore (1966) find about toy preferences in hospitalized children?**
 - A. Non-hospital related toys**
 - B. Hospital-related toys**
 - C. Outdoor toys**
 - D. Digital toys**

- 3. According to the contagion hypothesis, which is a potential effect on a child during hospitalization?**
 - A. The child may have an increase in anxiety**
 - B. The child becomes more cooperative**
 - C. The child trusts hospital staff more**
 - D. The child shows no behavioral changes**

- 4. Which of the following best defines play in a pediatric care context?**
 - A. A structured academic task with measurable outcomes**
 - B. Any spontaneous or organized activity that provides enjoyment, entertainment, amusement, or diversion**
 - C. A medical procedure repeated for certification**
 - D. A solitary activity with no social interaction**

- 5. Medical Art involves which practice?**
 - A. Reading patient records aloud.**
 - B. Performing surgeries for children as therapy.**
 - C. Turning medical supplies into artwork.**
 - D. Administering medication as play activity.**

- 6. Which statement best captures a key psychological aspect of adolescents in the hospital?**
- A. Developing sexuality = increase in anxiety**
 - B. Cut off from normal activity**
 - C. Asked to become dependent on hospital staff once they have already started to be independent**
 - D. Struggle for independence from parents as well as health care staff**
- 7. Which of the following is a child variable?**
- A. Chronological and developmental age**
 - B. Blood pressure reading**
 - C. Isolation preference**
 - D. Hospital color palette**
- 8. Which Piaget stage lasts from age 12 to adulthood?**
- A. Sensorimotor**
 - B. Pre-operational**
 - C. Concrete Operational**
 - D. Formal Operational**
- 9. Level 3 Stress Potential is illustrated by which example?**
- A. EX: ear infection or elective surgery**
 - B. EX: cystic fibrosis**
 - C. EX: admittance for asthma and dad joking about Manuel being scared**
 - D. EX: leukemia patient/unstable parents**
- 10. Which professional is associated with Cleveland in the early development of child life?**
- A. Emma Plank in Cleveland**
 - B. Mary Brooks in Philadelphia**
 - C. 1950 and 1960**
 - D. 1917 and 1922**

Answers

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

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Explanations

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1. What is the purpose of maintaining open lines of communication with the family?

- A. To maintain ongoing involvement through tours, preparation sessions, day-to-day contact, and parental meetings**
- B. To limit family access to hospital**
- C. To replace medical care**
- D. To delay parental involvement**

Opening lines of communication with the family centers on keeping families engaged as partners in care. When the team provides tours, preparation sessions, regular day-to-day contact, and scheduled parental meetings, families gain knowledge about the health setting, the care plan, and what to expect. Tours demystify the hospital environment and reduce fear. Preparation sessions build competence and familiarity with procedures, roles, and potential outcomes, empowering parents to participate in decisions and support their child. Ongoing day-to-day contact keeps families informed of changes, answers questions promptly, and prevents surprises. Parental meetings offer a dedicated space to discuss goals, preferences, and concerns, ensuring alignment between family and clinicians. This collaborative approach respects family-centered care principles, reduces parental anxiety, supports adherence to the plan, and facilitates smoother transitions home. Options that restrict access or delay involvement conflict with this approach and would not achieve these aims.

2. What did Gilmore (1966) find about toy preferences in hospitalized children?

- A. Non-hospital related toys**
- B. Hospital-related toys**
- C. Outdoor toys**
- D. Digital toys**

The idea being tested is how a child's hospital environment shapes what they choose to play with. Gilmore's study showed that hospitalized children prefer toys that reflect the hospital setting—hospital-related toys—because these items help them make sense of their experience, rehearse medical procedures, and gain a sense of control in a scary situation. Playing with hospital-themed equipment, dolls, or props lets children act out what's happening to them, express fears, and normalize the routine of care, which can reduce anxiety and aid coping. This finding supports why child life programs emphasize providing hospital-related play materials to help children cope with hospitalization.

3. According to the contagion hypothesis, which is a potential effect on a child during hospitalization?

- A. The child may have an increase in anxiety**
- B. The child becomes more cooperative**
- C. The child trusts hospital staff more**
- D. The child shows no behavioral changes**

Emotional contagion in a hospital setting means a child's mood and reactions can be shaped by the emotions and behaviors they observe in others, especially the adults caring for them. According to the contagion hypothesis, when hospital staff consistently respond with calmness, warmth, and clear, reassuring communication, the child is likely to mirror those cues. That mirroring can foster a sense of safety and lead the child to trust the staff more. With that trust, the child may become more willing to engage with caregivers, follow routines, and participate in care, which makes the hospital experience less distressing overall. While it's also possible for anxiety to spread under negative or chaotic conditions, positive emotional signals from staff can contagiously build trust in the care team.

4. Which of the following best defines play in a pediatric care context?

- A. A structured academic task with measurable outcomes**
- B. Any spontaneous or organized activity that provides enjoyment, entertainment, amusement, or diversion**
- C. A medical procedure repeated for certification**
- D. A solitary activity with no social interaction**

Play in pediatric care is any spontaneous or organized activity that provides enjoyment, entertainment, amusement, or diversion. This broad view recognizes that play isn't limited to games with rules or formal schooling; it's how children express feelings, process illness, and cope with the hospital environment. In practice, play can be patient-led or guided, involve peers, parents, or clinicians, and be spontaneous or structured as therapeutic play. It serves multiple purposes: it helps children communicate what they're feeling, rehearse medical experiences through dolls or equipment using medical play, reduce fear and anxiety during procedures by distraction, and give children a sense of control in a often unfamiliar setting. Even when a child plays alone, the activity still fits this definition as long as it provides enjoyment or diversion. The other descriptions miss this core breadth and purpose by tying play to academics, to a medical procedure as the whole point, or to isolation, which aren't necessary components of play in this context.

5. Medical Art involves which practice?

- A. Reading patient records aloud.**
- B. Performing surgeries for children as therapy.**
- C. Turning medical supplies into artwork.**
- D. Administering medication as play activity.**

Medical Art is a child life approach that uses creativity to transform medical materials into art, helping children cope with hospital experiences. By turning items like bandages, syringes (as props or empty forms), or other supplies into drawings, sculptures, or collaborative projects, kids express fears, gain a sense of control, and approach procedures with less anxiety. This playful, expressive use of materials makes the medical environment feel more approachable and provides a nonverbal way to communicate feelings. The other options don't fit this practice: reading patient records aloud isn't about creative coping with medical experiences; performing surgeries for children as therapy isn't a child life practice and would be inappropriate; administering medication as play activity isn't centered on transforming supplies into art for emotional expression.

6. Which statement best captures a key psychological aspect of adolescents in the hospital?

- A. Developing sexuality = increase in anxiety**
- B. Cut off from normal activity**
- C. Asked to become dependent on hospital staff once they have already started to be independent**
- D. Struggle for independence from parents as well as health care staff**

Adolescents in the hospital are navigating a period where autonomy and self-determination are especially important. The key psychological aspect is their struggle to maintain independence not just from parents but also from the health care team. When teens are sick, they want to have a say in their care, privacy, and routines, and they resist being treated as passive patients. Recognizing and supporting their need for control—through involvement in decisions, respect for privacy, and opportunities to assume age-appropriate responsibilities—helps reduce distress and promotes coping. Other options miss this central dynamic. Sexual development anxiety is a normal part of adolescence but not the defining hospital-related psych issue here. Being cut off from normal activity may occur, but it doesn't capture the ongoing push-pull between independence and the care environment. Being made to depend on staff after having started to be independent ignores the real adolescent emphasis: balancing autonomy with necessary support.

7. Which of the following is a child variable?

- A. Chronological and developmental age**
- B. Blood pressure reading**
- C. Isolation preference**
- D. Hospital color palette**

The main idea here is a child variable—characteristics inherent to the child that shape how they experience hospitalization and respond to care. Age is a prime example because it directly influences what the child understands, how they communicate, and what coping strategies they can use. Looking at both chronological age and developmental age makes sense, because two children of the same age can function at different developmental levels. Developmental age reflects a child's cognitive, emotional, and social skills, which guides how you explain procedures, what kinds of support they need, and how you tailor play and medical explanations to be meaningful and reassuring. In contrast, a blood pressure reading is a specific physiologic data point captured at a moment in time, not a stable characteristic of the child. Isolation preference describes a behavior or preference, and the hospital color palette is an environmental factor—neither is a basic child characteristic in the sense of influencing the child's experience in the same foundational way as age and development.

8. Which Piaget stage lasts from age 12 to adulthood?

- A. Sensorimotor**
- B. Pre-operational**
- C. Concrete Operational**
- D. Formal Operational**

Thinking shifts to a more advanced level when adolescence begins: the ability to reason about abstract concepts, imagine possibilities, and test ideas mentally without relying on concrete objects. This is the formal operational stage, which typically starts around age 12 and continues into adulthood. In this stage, people can think hypothetically, conduct deductive reasoning, and plan systematic approaches to problems. They can explore abstract notions such as justice, morality, or future consequences and reason about multiple perspectives. Before this stage, thinking is more tied to concrete experiences. Sensorimotor thinking involves learning through actions and direct interaction with the world, peaking in early infancy. Pre-operational thinking, common in the preschool years, shows rapid language and symbol use but is still egocentric and not yet capable of logical operations. Concrete operational thinking, generally from about seven to eleven or twelve, brings logical reasoning about concrete situations and tasks like conservation, but not yet abstract reasoning. The formal operational stage marks the transition to adult-like thinking with abstract, hypothetical, and systematic reasoning.

9. Level 3 Stress Potential is illustrated by which example?

- A. EX: ear infection or elective surgery**
- B. EX: cystic fibrosis**
- C. EX: admittance for asthma and dad joking about Manuel being scared**
- D. EX: leukemia patient/unstable parents**

Level 3 Stress Potential captures ongoing, moderate-to-high stress that comes from a chronic or complex medical situation, where the child and family face repeated hospital care, frequent procedures, and the need to continually adapt routines and coping over time. Cystic fibrosis fits this because it's a chronic, progressive disease that typically involves regular treatments, multiple hospitalizations, respiratory therapies, and possible exacerbations. This creates a sustained stress context for both the child and family, not just a one-time event. The other scenarios tend to reflect shorter, more predictable experiences or acute crises that don't demonstrate the same ongoing, cumulative stress level.

10. Which professional is associated with Cleveland in the early development of child life?

- A. Emma Plank in Cleveland**
- B. Mary Brooks in Philadelphia**
- C. 1950 and 1960**
- D. 1917 and 1922**

Early child life grew from the idea that hospitals should treat children as whole beings, using play, preparation, and family involvement to reduce fear and distress. Emma Plank in Cleveland is recognized for championing this child-centered approach in a hospital setting. She helped introduce structured play, preparation for procedures, and supportive caregiving practices that acknowledged a child's emotional needs, laying groundwork for the profession in that city. The other options don't fit this historical tie: Mary Brooks is associated with Philadelphia, and the remaining choices are dates, not identifiable professionals.

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://childlifetheory1.examzify.com>

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

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