

# Developmental Stages: Infancy to Adolescents Practice Test (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. By age 2, what language milestone is typically achieved, and what social milestone accompanies it?**
  - A. Two-word combinations; use of gestures and joint attention with caregivers.**
  - B. Full sentences; independent play with peers.**
  - C. Cooing and babbling; advanced pretend play with siblings.**
  - D. First 200 words; pretend play with objects.**
  
- 2. What are two essential vaccination considerations in childhood and adolescence?**
  - A. Delaying vaccines until adulthood**
  - B. Vaccines should be given only if family agrees after a long discussion**
  - C. Adherence to recommended schedules (DTaP, MMR, polio, varicella in childhood; HPV, meningococcal in adolescence) and ensuring catch-up vaccines as needed**
  - D. Vaccines are optional**
  
- 3. In a 2-year-old who sustained a burn from hot coffee, which parental statement indicates understanding of home safety measures?**
  - A. We will place hot liquids on the floor near child**
  - B. We will be sure not to leave hot liquids unattended.**
  - C. We will give the child raw coffee**
  - D. We will use a kettle at child level**
  
- 4. A mother brings a toddler who has difficulty going to bed at night. Which bedtime measure is most appropriate for the nurse to suggest?**
  - A. Let child stay up as long as they want**
  - B. Rush to bedtime with no warning**
  - C. Inform the child of bedtime a few minutes before it is time for bed.**
  - D. Put child to bed without routine**

- 5. Which activity best promotes fine motor development for a preschool child (approximately 4-5 years old)?**
- A. Coloring with crayons**
  - B. Watching TV**
  - C. Playing violent video games**
  - D. Texting on a phone**
- 6. A 2-month-old infant is seen at a well-child visit. The nurse explains that the infant's cognitive development is best described by which Piagetian stage?**
- A. Preoperational development**
  - B. Sensorimotor development**
  - C. Concrete operational development**
  - D. Formal operational development**
- 7. What sleep problems are common in toddlers and adolescents, and what daytime effects are associated?**
- A. Toddlers: bedtime resistance and night waking; daytime mood changes. Adolescents: delayed sleep phase and difficulty waking; daytime sleepiness and mood changes.**
  - B. Toddlers and adolescents: identical sleep problems; same daytime effects**
  - C. Toddlers sleep through the night; adolescents have early morning alertness; no daytime effects**
  - D. Toddlers: insomnia; adolescents: narcolepsy; daytime effects: hyperactivity**
- 8. Which statement about toys for a 3-year-old is most appropriate for safe play?**
- A. A video game**
  - B. A wagon**
  - C. A remote-controlled car**
  - D. A heavy metal drum**

- 9. Which statement best describes how authoritative parenting influences development from infancy to adolescence?**
- A. High warmth with inconsistent limits**
  - B. High warmth with consistent, appropriate limits; associated with better social-emotional adjustment, academic achievement, and autonomy**
  - C. Low warmth with harsh control regardless of behavior**
  - D. Indifference to child's needs and outcomes**
- 10. Which sleeping arrangement is recommended for infants to reduce SIDS risk?**
- A. Room-share without bed-sharing.**
  - B. Co-sleep in parental bed.**
  - C. Sleep on stomach on soft bedding.**
  - D. Use loose blankets.**

## Answers

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

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## **Explanations**

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1. By age 2, what language milestone is typically achieved, and what social milestone accompanies it?
  - A. Two-word combinations; use of gestures and joint attention with caregivers.
  - B. Full sentences; independent play with peers.**
  - C. Cooing and babbling; advanced pretend play with siblings.
  - D. First 200 words; pretend play with objects.

At around age 2, language and social skills are rapidly developing together. Children typically begin to string two words together to convey simple meanings, such as “mommy go” or “more juice,” while also expanding their vocabulary and using gestures to get their message across. Socially, they start to engage more with others, but play often remains parallel—playing alongside peers and imitating adults rather than engaging in fully coordinated, cooperative activities. True full sentences and independent, cooperative play with peers are more characteristic of later toddlerhood or preschool years, around ages 3 to 4. So the pairing that fits the two-year mark emphasizes two-word language and a shift toward broader social interaction, rather than full sentences and independent peer play.

2. What are two essential vaccination considerations in childhood and adolescence?
  - A. Delaying vaccines until adulthood
  - B. Vaccines should be given only if family agrees after a long discussion
  - C. Adherence to recommended schedules (DTaP, MMR, polio, varicella in childhood; HPV, meningococcal in adolescence) and ensuring catch-up vaccines as needed**
  - D. Vaccines are optional

The main idea being tested is keeping children and teens protected by following the recommended vaccination schedule and using catch-up vaccines when doses are missed. Following the schedule ensures protection during key developmental stages, reducing the risk of disease outbreaks and ensuring immunity builds in a timely way. In childhood, the vaccines typically emphasized include DTaP, MMR, polio, and varicella, while in adolescence the focus shifts to HPV and meningococcal vaccines. Catch-up vaccines are important when a child or teen falls behind or starts a series late, so there are no gaps in protection. Delaying vaccines until adulthood leaves young people vulnerable during years when they are most at risk and when disease transmission can occur, so that option isn't appropriate. Vaccines aren't just up to family preference after a long discussion; they are routinely recommended as part of standard pediatric and adolescent care. And vaccines are not optional in practice; they are a core preventive measure to protect individual health and public safety.

**3. In a 2-year-old who sustained a burn from hot coffee, which parental statement indicates understanding of home safety measures?**

- A. We will place hot liquids on the floor near child**
- B. We will be sure not to leave hot liquids unattended.**
- C. We will give the child raw coffee**
- D. We will use a kettle at child level**

The key idea is preventing scald injuries by constant supervision and keeping hot liquids out of a toddler's reach. When a 2-year-old is curious, even a small spill or a cup they can grab can lead to a serious burn in seconds, so the best safety move is to ensure hot drinks are never left unattended and are placed where a child cannot reach or pull them over. The other options create clear hazards: putting hot liquids on the floor near the child invites spills; giving raw coffee isn't appropriate or safe for a toddler; and using a kettle at child level puts a hot, potentially tipping source of burns directly within reach. Focusing on supervision and proper placement of hot liquids is the most effective way to prevent these injuries.

**4. A mother brings a toddler who has difficulty going to bed at night. Which bedtime measure is most appropriate for the nurse to suggest?**

- A. Let child stay up as long as they want**
- B. Rush to bedtime with no warning**
- C. Inform the child of bedtime a few minutes before it is time for bed.**
- D. Put child to bed without routine**

Toddlers do best with a predictable bedtime routine and a brief warning before bed, because clear transitions help them feel secure and know what to expect, making it easier to wind down. Giving a few minutes' notice before bedtime allows the child to shift gears from play to quiet activities, reduces resistance, and supports self-soothing as they anticipate sleep. By establishing a consistent routine, parents provide cues that indicate bedtime is coming, which promotes smoother transitions and better sleep for the child. Letting a child stay up as long as they want undermines sleep goals and can lead to overtiredness and bedtime battles. Rushing to bedtime with no warning removes the transition cue the child relies on, increasing resistance and anxiety. Putting the child to bed without any routine misses the value of a soothing, predictable sequence that signals sleep time and helps the child settle.

**5. Which activity best promotes fine motor development for a preschool child (approximately 4-5 years old)?**

- A. Coloring with crayons**
- B. Watching TV**
- C. Playing violent video games**
- D. Texting on a phone**

Developing fine motor skills in preschoolers comes from activities that require precise, intentional hand and finger movements. Coloring with crayons gives steady practice with the small muscles of the fingers and hand, helps a proper grip, and coordinates hand and eye as they control pressure, speed, and direction to stay within the lines. That repeated, goal-directed practice builds the dexterity needed for writing, cutting with scissors, and other careful hand work. Other options don't provide the same level of purposeful fine-motor practice. Watching TV is largely passive and doesn't promote hand control. Texting on a phone or playing certain video games may involve finger movement, but they're not developmentally ideal for a 4- to 5-year-old and don't systematically build the broad fine-motor skills kids need at this stage.

**6. A 2-month-old infant is seen at a well-child visit. The nurse explains that the infant's cognitive development is best described by which Piagetian stage?**

- A. Preoperational development**
- B. Sensorimotor development**
- C. Concrete operational development**
- D. Formal operational development**

Infants think through sensing and acting in the world. In the sensorimotor stage, cognition centers on how the body can influence the environment: reflexes evolve into more deliberate actions, and learning happens by tying sensory input to motor responses. A 2-month-old relies on basic reflexes and immediate interactions with people and objects, rather than using symbols, imagining, or performing logical operations. Object permanence isn't fully developed yet, so the mind isn't organized around stable mental representations. This pattern—learning about the world directly through actions and sensations—best describes the sensorimotor stage. The other stages involve advancing symbolic thought, logical operations on objects, or abstract reasoning, which don't characterize cognition at two months.

**7. What sleep problems are common in toddlers and adolescents, and what daytime effects are associated?**

- A. Toddlers: bedtime resistance and night waking; daytime mood changes. Adolescents: delayed sleep phase and difficulty waking; daytime sleepiness and mood changes.**
- B. Toddlers and adolescents: identical sleep problems; same daytime effects**
- C. Toddlers sleep through the night; adolescents have early morning alertness; no daytime effects**
- D. Toddlers: insomnia; adolescents: narcolepsy; daytime effects: hyperactivity**

Sleep problems vary by age, reflecting how sleep needs and circadian rhythms change as children grow. In toddlers, bedtime resistance and night waking are very common, and these disrupted nights often show up as daytime mood changes, irritability, and lower energy. In adolescents, a delayed sleep phase is typical—the internal clock tends to shift later, so falling asleep at an earlier time becomes hard and waking up for school is challenging. That mismatch leads to daytime sleepiness and mood changes, and can affect attention and behavior during the day. This pattern fits best because it matches how younger children struggle with initiating and maintaining sleep, while teens struggle with aligning their sleep timing to early-morning obligations. The other descriptions either claim the same problems across ages, or propose sleep issues (like narcolepsy or insomnia) that are not characteristic of these developmental stages.

**8. Which statement about toys for a 3-year-old is most appropriate for safe play?**

- A. A video game**
- B. A wagon**
- C. A remote-controlled car**
- D. A heavy metal drum**

Safety and development for a preschooler depend on toys that are sturdy, simple, and free of small parts that could be swallowed, while encouraging active, supervised play. A wagon fits this well: it's generally durable, has no small detachable pieces, and invites a child to push or pull, helping with balance, leg strength, and gross-motor skills during outdoor play. It also lends itself to caregiver involvement and safe, varied use in different settings. A video game, while not inherently dangerous, centers on screens and can promote sedentary time, which isn't ideal for a 3-year-old who needs active, physical play. A remote-controlled car introduces small parts and a battery, raising choking and injury risks if parts detach or get misused. A heavy metal drum is sizable and easy to tip or strike in ways that can injure a child, and its weight and noise make it less appropriate for safe, controlled play at this age.

**9. Which statement best describes how authoritative parenting influences development from infancy to adolescence?**

- A. High warmth with inconsistent limits**
- B. High warmth with consistent, appropriate limits; associated with better social-emotional adjustment, academic achievement, and autonomy**
- C. Low warmth with harsh control regardless of behavior**
- D. Indifference to child's needs and outcomes**

Authority in parenting brings warmth and responsive support together with clear, consistent, developmentally appropriate limits. This balance helps children feel secure enough to explore while learning how to regulate their emotions and behavior. From infancy through adolescence, that secure base plus reliable boundaries promotes social-emotional skills, better classroom engagement, and greater autonomy. When warmth is present but limits are inconsistent, children can struggle with self-control because rules aren't predictable. With harsh, controlling rules and little warmth, motivation and self-regulation often suffer, and behavior problems can increase. A style marked by little warmth and indifference to needs typically leads to broader difficulties in emotional and social development.

**10. Which sleeping arrangement is recommended for infants to reduce SIDS risk?**

- A. Room-share without bed-sharing.**
- B. Co-sleep in parental bed.**
- C. Sleep on stomach on soft bedding.**
- D. Use loose blankets.**

Having the baby sleep in the same room as you but on their own separate sleep surface lowers SIDS risk because you can monitor and respond quickly while avoiding the hazards of sharing a bed. This proximity supports feeding and soothing while keeping the infant away from soft surfaces, pillows, or loose blankets that could cover the face or obstruct breathing. The other setups pose higher risks: bed-sharing can lead to suffocation or overlay, sleeping on the stomach with soft or warm bedding can impede breathing, and loose blankets can cover the infant's face or cause overheating.

## 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://devstagesinfancytoadolescents.examzify.com>**

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

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