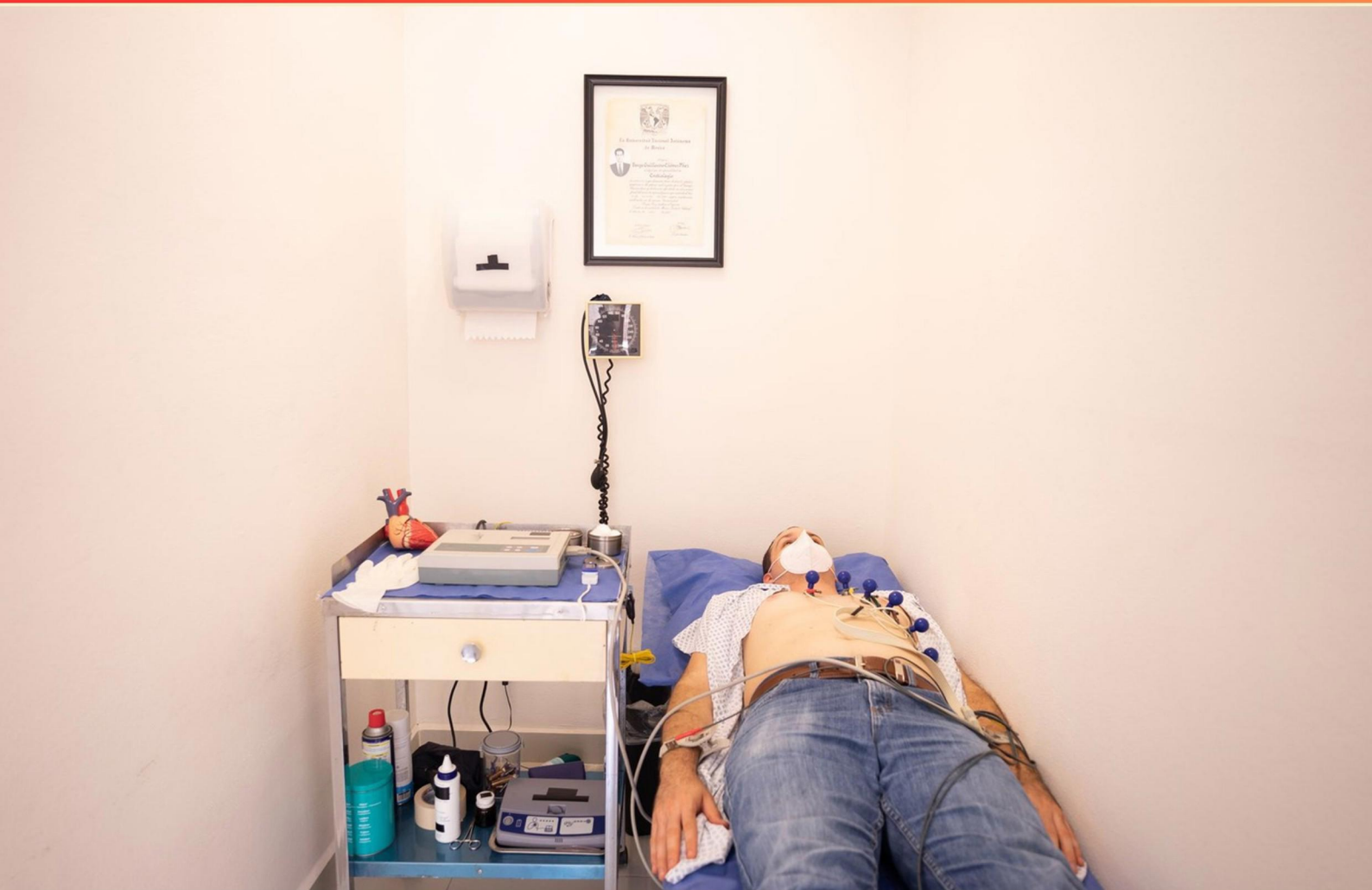


GROWTH AND DEVELOPMENT NURSING HEALTH PROMOTION PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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 a nurse discuss with a parent expressing frustration about their constantly crying infant?**
 - A. Limit setting
 - B. Shaken baby syndrome
 - C. Developmental milestones
 - D. Sudden infant death syndrome
- 2. Which behavior is expected during toddlerhood related to negativism and ritualism?**
 - A. Frequent requests for snacks
 - B. Attachment to specific toys or blankets
 - C. Refusal to try new foods
 - D. Preference for repetitive play activities
- 3. Which immunization should a nurse plan to administer during a well-baby visit for a 4-month-old infant?**
 - A. MMR
 - B. IPV
 - C. PCV
 - D. Varicella
- 4. Which nutrient is crucial during pregnancy for fetal development?**
 - A. Vitamin D
 - B. Folic acid
 - C. Calcium
 - D. Iron
- 5. What potential source of stress is common for a 12-year-old client?**
 - A. Having a fear of getting lost
 - B. Resenting parental authority
 - C. Being tempted to drink alcohol
 - D. Selecting friends of the same sex

- 6. What are the recommendations for oral health in children?**
- A. Brushing teeth once a day
 - B. Regular dental check-ups and early education on proper brushing techniques
 - C. Only dental visits when experiencing pain
 - D. Limiting sugar intake only
- 7. What is an effective approach to support aging populations in healthcare?**
- A. Focusing exclusively on medication management
 - B. Promoting social engagement and mental health
 - C. Isolating elderly individuals from families
 - D. Ignoring preventative care
- 8. During a developmental screening of an 18-month-old, which skills should the toddler be able to perform?**
- A. Build a tower with 6 blocks
 - B. Throw ball overhand
 - C. Walk up and down stairs
 - D. Use a spoon without rotation
- 9. How can community resources assist children with special needs?**
- A. By isolating them from peers
 - B. By providing therapy services, education support, and social integration opportunities
 - C. By focusing solely on medical treatments
 - D. By limiting their exposure to community activities
- 10. Which screening should a nurse recommend for a 13-year-old adolescent during anticipatory guidance?**
- A. Body mass index
 - B. Weight
 - C. Blood lead level
 - D. Scoliosis

Answers

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

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Explanations

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1. What should a nurse discuss with a parent expressing frustration about their constantly crying infant?

- A. Limit setting
- B. Shaken baby syndrome**
- C. Developmental milestones
- D. Sudden infant death syndrome

The focus of the discussion with a parent who is expressing frustration about their constantly crying infant should center on the risks associated with shaken baby syndrome. This condition occurs when an infant is violently shaken, leading to serious brain injury, and it often stems from a parent's frustration or stress in dealing with excessive crying. It's vital for the nurse to address this concern because it not only raises awareness about the dangers of improperly responding to a crying infant but also helps parents understand that the cries may often be a normal part of an infant's development. In this context, discussing shaken baby syndrome can also serve as an opportunity to provide strategies for managing their child's crying, including reassuring parents that crying is a common behavior in infants and may be due to various reasons such as hunger, discomfort, or the need for attention. Educating parents about healthy coping mechanisms and encouraging them to seek help or take breaks when needed can mitigate the risk of abuse stemming from frustration. While topics like limit setting, developmental milestones, and sudden infant death syndrome are important in pediatric care, they do not directly address the immediate concern of the parent's frustration and the potential for harm if that frustration leads to inappropriate actions. Therefore, the most relevant and important discussion point in this scenario is the prevention of shaken baby.

2. Which behavior is expected during toddlerhood related to negativism and ritualism?

- A. Frequent requests for snacks
- B. Attachment to specific toys or blankets
- C. Refusal to try new foods**
- D. Preference for repetitive play activities

During toddlerhood, a common behavior observed is negativism, which often manifests as a refusal to try new foods. This developmental stage is characterized by a child's burgeoning sense of independence and autonomy. As toddlers begin to assert their preferences and make choices, they may resist new experiences, including unfamiliar foods. This refusal can be a way of expressing control and preference, which is typical of this age group. Ritualism, on the other hand, refers to the adherence to routines and rituals in a child's daily activities. This helps toddlers feel secure and provides them with a sense of predictability in their environment. While attachment to specific toys or blankets and a preference for repetitive play activities are also behaviors associated with toddlerhood, they are more reflective of comfort-seeking and the natural inclination toward routine rather than outright negativism. Frequent requests for snacks, while common, do not encapsulate the defiance implied by negativism as prominently as refusing new foods does.

3. Which immunization should a nurse plan to administer during a well-baby visit for a 4-month-old infant?

- A. MMR
- B. IPV**
- C. PCV
- D. Varicella

For a well-baby visit for a 4-month-old infant, the focus is on administering immunizations that are recommended for that specific age group. At 4 months, the pneumococcal conjugate vaccine (PCV) is one of the vaccines included in the immunization schedule. This vaccine is crucial as it helps protect against pneumonia, meningitis, and bloodstream infections caused by the pneumococcus bacteria, which can have serious health consequences for infants. The timing of vaccinations is important, as many vaccines recommend administration at specific intervals to build and maintain immunity. The inactivated poliovirus vaccine (IPV) is also part of the immunization schedule for infants, but it is generally administered at 2 months and again at 4 months, making it appropriate for this age group as well. Other vaccines mentioned, like MMR (measles, mumps, rubella) and varicella (chickenpox), are typically not given until the child is older, around 12 months, while the PCV is critical during the earlier months to provide protection against serious infections that can be life-threatening for young children. The nurse should ensure that the administration of immunizations aligns with the recommended schedule to maximize the health benefits for the

4. Which nutrient is crucial during pregnancy for fetal development?

- A. Vitamin D
- B. Folic acid**
- C. Calcium
- D. Iron

Folic acid is vital during pregnancy because it plays a significant role in fetal development, particularly in the early stages of pregnancy when the neural tube is forming. This nutrient helps prevent neural tube defects such as spina bifida and anencephaly, conditions that can have serious implications for the fetus. Adequate folic acid intake is crucial not only for the development of the brain and spinal cord but also for overall cell growth and division. While vitamin D, calcium, and iron are important for various reasons during pregnancy—such as maintaining bone health, supporting maternal blood volume, and oxygen transport—the unique connection of folic acid to neural tube integrity underscores its critical importance. Hence, ensuring sufficient folic acid intake before conception and during the first trimester is a crucial part of prenatal care and health promotion.

5. What potential source of stress is common for a 12-year-old client?

- A. Having a fear of getting lost
- B. Resenting parental authority
- C. Being tempted to drink alcohol**
- D. Selecting friends of the same sex

In the context of adolescence, the period around 12 years old often marks a significant transition where individuals become more aware of social influences and peer relationships. One potential source of stress for a 12-year-old is the pressure to conform to peer behaviors, including experimenting with substances like alcohol. This age group is typically at the crossroads of wanting to fit in and assert their independence, which can lead to experimentation with alcohol as a way to gain acceptance or cope with the stresses of early teenage life. As adolescents navigate friendships and various social situations, they can face strong temptations to engage in behaviors that are prevalent among their peers. The desire to be accepted might lead them to consider drinking alcohol, especially when they may perceive it as a rite of passage or a way to elevate their status among friends. The combination of biological, emotional, and social changes during this stage can heighten these feelings, making external influences a significant source of stress. In contrast, fears like getting lost, while they could be present, are typically more related to younger children. Resenting parental authority is more common during later adolescence as children seek independence, and selecting friends of the same sex is generally part of normal development without the same level of stress associated with peer pressure and substance use.

6. What are the recommendations for oral health in children?

- A. Brushing teeth once a day
- B. Regular dental check-ups and early education on proper brushing techniques**
- C. Only dental visits when experiencing pain
- D. Limiting sugar intake only

The recommendation for oral health in children emphasizes the importance of regular dental check-ups and early education on proper brushing techniques. This approach ensures that children not only receive routine preventive care but also develop good oral hygiene habits from a young age. Regular dental visits allow for early detection of any dental issues, making it easier to prevent serious problems later on. Additionally, teaching proper brushing techniques helps establish lifelong habits that can enhance oral health. While brushing teeth once a day is a practice that can contribute to oral health, it is not as comprehensive as a combination of regular check-ups and education. Focusing solely on dental visits during times of pain neglects the proactive measures necessary for maintaining oral health, which can help avoid pain altogether. Limiting sugar intake is important for reducing the risk of cavities, but it is just one component of a broader strategy that includes routine care and education. Therefore, a multifaceted approach is critical for establishing and maintaining optimal oral health in children.

7. What is an effective approach to support aging populations in healthcare?

- A. Focusing exclusively on medication management
- B. Promoting social engagement and mental health**
- C. Isolating elderly individuals from families
- D. Ignoring preventative care

Promoting social engagement and mental health is a vital approach to supporting aging populations in healthcare. As individuals age, maintaining strong social connections and fostering mental well-being becomes increasingly important for overall health. Engaging in social activities can reduce feelings of loneliness and depression, which are common among older adults. Furthermore, participating in community events or support groups can significantly enhance their emotional resilience and cognitive functioning. Additionally, mental health is closely tied to physical health in the elderly, as a positive mental state can influence their ability to manage chronic illnesses and adhere to treatment plans. By integrating strategies that encourage social interaction and mental wellness, healthcare providers can improve the quality of life for aging individuals and help them maintain independence for longer. In contrast, approaches such as exclusively focusing on medication management would overlook the holistic needs of older adults, which include physical, emotional, and social dimensions. Isolating elderly individuals from families not only harms their mental health but also deprives them of essential social support. Ignoring preventative care can lead to worsening health outcomes, as preventive measures are key to detecting and managing health issues before they become severe. Therefore, a comprehensive approach that promotes social engagement and mental health is fundamental in supporting aging populations effectively.

8. During a developmental screening of an 18-month-old, which skills should the toddler be able to perform?

- A. Build a tower with 6 blocks
- B. Throw ball overhand**
- C. Walk up and down stairs
- D. Use a spoon without rotation

At 18 months, toddlers are typically developing a range of gross motor skills and fine motor skills, and it's important to identify which abilities are developmentally appropriate for that age. The ability to throw a ball overhand is a skill that aligns well with the gross motor development expected at this stage. By this age, toddlers are gaining coordination and the strength necessary to perform such actions, reflecting their growing physical capabilities. In contrast, building a tower with 6 blocks requires a level of fine motor skill and coordination that most 18-month-olds have not yet mastered, as their attention span and motor planning are still developing. Walking up and down stairs typically involves climbing skills that are usually attained around the age of 2 or later, and many children may not have the balance or coordination to attempt that at 18 months. Using a spoon without rotation reflects a level of fine motor control and dexterity that is expected at a slightly older age, often closer to 2 years old, as many toddlers still struggle with this task at 18 months due to their developing skills in hand-eye coordination and manipulation of smaller objects. Thus, while toddlers may show varying development, the ability to throw a ball overhand is a skill that is commonly seen at 18

9. How can community resources assist children with special needs?

- A. By isolating them from peers
- B. By providing therapy services, education support, and social integration opportunities**
- C. By focusing solely on medical treatments
- D. By limiting their exposure to community activities

Community resources play a crucial role in supporting children with special needs by offering a wide range of services and opportunities designed to enhance their development and well-being. When we consider how these resources can assist, providing therapy services, educational support, and social integration opportunities encompasses a holistic approach that addresses the diverse needs of these children. Therapy services, such as physical, occupational, and speech therapy, help children improve their functional abilities, communication skills, and overall quality of life. Educational support includes individualized education programs (IEPs) that cater to each child's unique learning requirements, ensuring they receive an appropriate education in an inclusive setting. Moreover, social integration opportunities enable children to interact with their peers, fostering relationships and promoting social skills. Engaging in community activities helps these children feel included and valued, which is vital for their emotional and social development. In contrast, the other options suggest approaches that would not benefit children with special needs. Isolating them from their peers or limiting their exposure to community activities hinders their social development and can lead to feelings of loneliness and exclusion. Focusing solely on medical treatments overlooks the importance of comprehensive care, which should also include psychological, educational, and social aspects. Thus, community resources that provide therapy, educational support, and

10. Which screening should a nurse recommend for a 13-year-old adolescent during anticipatory guidance?

- A. Body mass index**
- B. Weight
- C. Blood lead level
- D. Scoliosis

In the context of anticipatory guidance for a 13-year-old adolescent, recommending body mass index (BMI) screening is vital for monitoring growth patterns and assessing overall health. At this developmental stage, adolescents experience significant physical changes, and establishing a healthy weight is crucial for their overall well-being. BMI is a useful tool for evaluating whether a youth is within a healthy weight range based on their height and weight. It helps identify potential risks for obesity or underweight conditions, which can have long-term health implications. Furthermore, screening for BMI aligns with recommendations from health organizations, which suggest regular tracking of weight status during adolescence due to its importance in promoting healthy behaviors and addressing issues related to nutrition and physical activity. While weight measurement alone can provide some information about growth, BMI offers a more comprehensive perspective by accounting for height. Screening for blood lead levels is generally more relevant in younger children or those at risk rather than in a typical 13-year-old, while scoliosis screening, though important, may not be prioritized during routine anticipatory guidance unless specific concerns arise. Therefore, recommending BMI screening allows for a more thorough evaluation of the adolescent's health during this critical time of growth and development.

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://growthdevnursinghealth.examzify.com>

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

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