

NCLEX Developmental Stages – Infancy to Adolescence Practice Exam (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. At which age does a child typically achieve the milestone of walking independently?**
 - A. 6 months**
 - B. 12 months**
 - C. 18 months**
 - D. 24 months**

- 2. What is a key emotional development milestone for toddlers?**
 - A. Ability to share without prompting**
 - B. Formation of long-term memories**
 - C. Understanding of others' emotions**
 - D. Initiation of parallel play**

- 3. In what developmental stage are adolescents mostly concerned with peer relationships?**
 - A. Childhood**
 - B. Early Adolescence**
 - C. Late Adolescence**
 - D. Tween Years**

- 4. Which of the following milestones is expected in a typical 3-year-old's development?**
 - A. Hopping on one foot**
 - B. Building a tower of 6 blocks**
 - C. Using sentences with 7 or more words**
 - D. Skipping with alternating feet**

- 5. At what age do children typically begin to engage in basic problem-solving skills?**
 - A. 6 months**
 - B. 12 months**
 - C. 18 months**
 - D. 2 years**

- 6. What statement by a mother indicates a need for further teaching regarding toilet training?**
- A. "I should celebrate my child's successes."**
 - B. "I should have my child sit on the potty until my child urinates."**
 - C. "I will check if my child is ready before starting training."**
 - D. "I should remain patient during the process."**
- 7. What is an important aspect of parenting during infancy?**
- A. Encouraging independence**
 - B. Setting strict boundaries**
 - C. Responding consistently to the infant's needs**
 - D. Promoting free playtime**
- 8. What intervention should be included in the care plan for a 10-month-old hospitalized for a respiratory infection?**
- A. Providing lots of visitors to comfort the infant**
 - B. Limiting physical contact to reduce stimulation**
 - C. Providing a consistent routine with touching, rocking, and cuddling**
 - D. Using a pacifier as a primary source of comfort**
- 9. Which identity aspect is most influenced by peer interactions during adolescence?**
- A. Gender identity**
 - B. Academic identity**
 - C. Cultural identity**
 - D. Sexual identity**
- 10. What is a key characteristic of play in infants?**
- A. Imaginative play**
 - B. Exploratory play**
 - C. Constructive play**
 - D. Cooperative play**

Answers

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

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Explanations

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1. At which age does a child typically achieve the milestone of walking independently?

- A. 6 months**
- B. 12 months**
- C. 18 months**
- D. 24 months**

Walking independently is a significant developmental milestone that typically occurs around the age of 12 months. At this stage, many infants have developed the necessary muscle strength and coordination to pull themselves up to a standing position, and they often begin taking their first steps without assistance. This achievement marks a transition in mobility and independence, as walking opens up new opportunities for exploration and interaction with their environment. During this period, children refine their balance and gait through practice. By their first birthday, most babies have not only learned to walk but also demonstrate increased confidence in their ability to navigate around objects and engage more actively with caregivers and peers. This newfound mobility is crucial for further developmental progress, stimulating cognitive and social skills. Although some children may start walking slightly earlier or later, 12 months is widely recognized as the average age for this milestone, reflecting typical growth patterns in early childhood development.

2. What is a key emotional development milestone for toddlers?

- A. Ability to share without prompting**
- B. Formation of long-term memories**
- C. Understanding of others' emotions**
- D. Initiation of parallel play**

The formation of understanding others' emotions is a significant emotional development milestone for toddlers. Between the ages of 1 and 3, children begin to develop empathy, which allows them to recognize and respond to the feelings of others. This emerging ability plays a crucial role in their social interactions and relationships. Understanding emotions not only enhances their connections with caregivers and peers but also aids in their own emotional regulation. As toddlers become more aware of their surroundings and the people in them, they start to interpret facial expressions, tone of voice, and body language. This skill is foundational for later emotional and social development, leading to more complex interactions. Recognizing the emotions of others helps toddlers learn how to express their feelings appropriately and navigate social situations as they grow older. The other milestones, while important, represent different aspects of development. Sharing is often a skill that develops later when children are a bit older and can grasp the concept of possession. Long-term memory formation begins much earlier than toddlerhood and is not specifically tied to emotional understanding. Parallel play, while a common activity among toddlers, focuses more on social engagement and interaction style rather than the emotional connection with others.

3. In what developmental stage are adolescents mostly concerned with peer relationships?

- A. Childhood**
- B. Early Adolescence**
- C. Late Adolescence**
- D. Tween Years**

Adolescents in the late stage of adolescence are particularly focused on developing and maintaining peer relationships. During this phase, which typically occurs from around ages 15 to 19, individuals experience significant social, emotional, and cognitive changes that influence their interactions with peers. In late adolescence, the value placed on peer relationships escalates, as these connections play a crucial role in shaping identity and providing social support. Adolescents often look to their peers for acceptance and validation, which can substantially impact their self-esteem and personal development. This stage is characterized by the formation of deeper, more intimate friendships and, often, romantic relationships, all of which contribute to the adolescent's sense of belonging and social competence. Other stages, like early adolescence and childhood, while also involving peer interactions, do not have the same depth and complexity that late adolescence brings. Early adolescence introduces new social dynamics but is still marked by transitional uncertainties, while childhood primarily focuses on family relationships and foundational social skills, rather than the peer relationships that become central in later years. Therefore, late adolescence is distinct for its emphasis on peer relationships as adolescents seek to navigate their growing independence and identity formation.

4. Which of the following milestones is expected in a typical 3-year-old's development?

- A. Hopping on one foot**
- B. Building a tower of 6 blocks**
- C. Using sentences with 7 or more words**
- D. Skipping with alternating feet**

The milestone of building a tower of 6 blocks is expected for a typical 3-year-old's development as this age group shows significant improvement in fine motor skills and hand-eye coordination. At around 3 years, children can manipulate small objects more skillfully, allowing them to stack blocks effectively. This activity demonstrates their ability to plan and execute sequences, which is a growing aspect of their cognitive and motor development. In contrast, hopping on one foot typically develops a bit later, usually around age 4. Children might begin to demonstrate this skill at 3, but it is not fully expected. Using sentences with 7 or more words is usually seen in older children, generally around age 4 or 5, as they expand their vocabulary and syntactic complexity. Skipping with alternating feet is a more advanced gross motor skill that is typically expected around age 5 or 6, as it requires more coordination and strength than what is generally seen in 3-year-olds.

5. At what age do children typically begin to engage in basic problem-solving skills?

- A. 6 months
- B. 12 months**
- C. 18 months
- D. 2 years

Children typically begin to engage in basic problem-solving skills around the age of 12 months. At this stage of development, infants are becoming increasingly aware of their surroundings and can use sensory experiences to explore and learn. They start to understand cause-and-effect relationships, such as realizing that if they drop a toy, it falls, or if they push a button, something happens. By 12 months, many children can manipulate objects and start to explore simple solutions to challenges, such as moving an object out of the way to reach another or using trial and error to see how different actions lead to different outcomes. This cognitive advancement lays the groundwork for more complex problem-solving skills to develop as they age. At this age, toddlers may also begin to show signs of thinking ahead and planning actions, even if these skills are basic. Understanding this milestone is crucial, as it highlights a key aspect of cognitive development during early childhood, setting the stage for further learning and exploration in later years.

6. What statement by a mother indicates a need for further teaching regarding toilet training?

- A. "I should celebrate my child's successes."
- B. "I should have my child sit on the potty until my child urinates."**
- C. "I will check if my child is ready before starting training."
- D. "I should remain patient during the process."

The statement that indicates a need for further teaching regarding toilet training is the one about having the child sit on the potty until they urinate. This approach suggests that the mother may be unaware of the importance of not forcing the child to sit for extended periods, which can create negative associations with the potty and prolong the training process. Effective toilet training is characterized by a positive environment that encourages the child without pressure. Instead of insisting the child stay on the potty until they are successful, it is more beneficial to allow the child to express readiness and comfort with the process. The other statements reflect appropriate attitudes towards potty training; celebrating successes fosters a sense of achievement, checking for readiness is crucial in determining the right time to start training, and maintaining patience is vital in supporting the child during this developmental transition.

7. What is an important aspect of parenting during infancy?

- A. Encouraging independence**
- B. Setting strict boundaries**
- C. Responding consistently to the infant's needs**
- D. Promoting free playtime**

An important aspect of parenting during infancy is responding consistently to the infant's needs. During this developmental stage, infants rely heavily on caregivers for their physical and emotional needs. Consistent responses help to establish a secure attachment between the infant and the caregiver. This secure attachment is crucial as it lays the foundation for the infant's future emotional and social development. Infants communicate their needs through crying, cooing, and other behaviors, and responsive parenting—where caregivers promptly and appropriately address these cues—helps the infant feel safe and understood. This nurturing interaction promotes trust and helps infants develop a sense of security in their environment. While other strategies may become more relevant as children grow and develop, the primary focus during infancy is on establishing a strong caregiver-infant bond through responsiveness and attunement to the infant's needs.

8. What intervention should be included in the care plan for a 10-month-old hospitalized for a respiratory infection?

- A. Providing lots of visitors to comfort the infant**
- B. Limiting physical contact to reduce stimulation**
- C. Providing a consistent routine with touching, rocking, and cuddling**
- D. Using a pacifier as a primary source of comfort**

For a 10-month-old hospitalized for a respiratory infection, providing a consistent routine that includes touching, rocking, and cuddling is crucial for several reasons. At this developmental stage, infants thrive on predictability and feel secure in a stable environment. Routine helps reduce anxiety and fosters a sense of safety, which is particularly important during a hospitalization that can be distressing for both the infant and the caregivers. Touching, rocking, and cuddling align with the needs of an infant, as these actions not only provide comfort but also promote bonding and secure attachment. Physical closeness is paramount at this age, as infants are beginning to explore their world but still rely heavily on caregivers for reassurance and physical care. This nurturing interaction helps support their emotional and physical well-being during a time of illness. In contrast, other options either do not address the emotional needs of the child or could potentially exacerbate feelings of distress. Providing lots of visitors could overwhelm the infant and disrupt their need for a calming environment. Limiting physical contact may lead to increased anxiety and a sense of isolation. While using a pacifier can provide comfort, it is not as comprehensive as the benefits derived from active engagement through comforting touch and interaction. Therefore, the focus on consistent routines with nurturing contact

9. Which identity aspect is most influenced by peer interactions during adolescence?

- A. Gender identity**
- B. Academic identity**
- C. Cultural identity**
- D. Sexual identity**

The identity aspect most influenced by peer interactions during adolescence is sexual identity. During this developmental stage, individuals begin to explore their thoughts, feelings, and attractions toward others, which can significantly shape their understanding of their own sexuality. Peer interactions play a critical role in this exploration; adolescents often look to their friends and social circles to navigate their feelings and experiences regarding sexual identity. They may engage in conversations about dating, relationships, and sexual orientation, which helps them normalize their experiences and understand societal expectations. Youths are particularly sensitive to peer opinions and dynamics, making this social context influential in shaping their sexual identity. While gender identity, academic identity, and cultural identity are also developed during adolescence, their formation is less directly tied to peer interactions. Gender identity can be shaped by both familial influences and societal norms, academic identity tends to be linked to personal interests and achievements, and cultural identity often relies on family traditions and background rather than peer dynamics alone. In contrast, sexual identity is more fluid and can be greatly explored and affirmed through peer relationships during adolescence.

10. What is a key characteristic of play in infants?

- A. Imaginative play**
- B. Exploratory play**
- C. Constructive play**
- D. Cooperative play**

Play in infants is primarily characterized by exploratory play, which involves the infant engaging with the environment through their senses and movements. During this stage of development, infants learn about their surroundings by crawling, reaching, grasping, and manipulating objects. This type of interaction is critical for cognitive, motor, and sensory development, allowing infants to discover cause and effect as they experiment with different objects and textures. Imaginative play, constructive play, and cooperative play typically emerge at later stages of development. Imaginative play often appears in early childhood when children begin to use their creativity and pretend scenarios, while constructive play involves building or creating and is more common in preschool-aged children. Cooperative play requires social skills and interaction with peers, which develops later when children are better able to communicate and work together. Thus, exploratory play is the defining play characteristic of infants, laying the foundation for more complex forms of play as they grow.

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://nclexdevstages.examzify.com>

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

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