

# OCR CAMBRIDGE NATIONALS: CHILD DEVELOPMENT RO18 PRACTICE EXAM (SAMPLE) STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://ocrnationalschilddevelopmentro18.examzify.com>



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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. Which test measures the amount of fluid under the unborn baby's neck to assess the risk of Down's syndrome?**
  - A. AFP (Alpha-Fetoprotein Screening)
  - B. NT (Nuchal Translucency)
  - C. Glucose Tolerance Test
  - D. Beta hCG Test
- 2. What is the role of medical intervention in the context of fetal viability?**
  - A. To support the fetus until it can survive on its own
  - B. To ensure the fetus receives natural immunity
  - C. To enhance the pregnancy experience
  - D. To eliminate any complications during labor
- 3. Which professional specializes in the care of children and babies?**
  - A. Obstetrician
  - B. Gynaecologist
  - C. GP
  - D. Paediatrician
- 4. Which characteristic is associated with a healthy attachment in children?**
  - A. Inability to seek help
  - B. Willingness to explore the environment
  - C. Fear of unfamiliar situations
  - D. Reluctance to trust caregivers
- 5. Why is routine important for young children?**
  - A. It instills creativity and independence
  - B. Routines provide security and predictability
  - C. Routines limit children's flexibility
  - D. It is primarily for adult convenience
- 6. What type of community resource might directly support child health?**
  - A. Recreational centers
  - B. Health services
  - C. Art programs
  - D. After-school clubs

- 7. What condition is characterized by high blood pressure and protein in the urine after the 20th week of pregnancy?**
- A. Gestational diabetes
  - B. Pre-eclampsia
  - C. Diabetes mellitus
  - D. Placenta previa
- 8. What does 'developmentally appropriate practice' primarily focus on?**
- A. Standardized curriculum for all children
  - B. Individual needs based on child development
  - C. Strict adherence to teaching guidelines
  - D. Uniform assessment methods across ages
- 9. What term is used to describe a fetus that can survive outside the uterus with medical intervention?**
- A. Legally Viable
  - B. Fully Developed
  - C. Mature Fetus
  - D. Postnatal
- 10. What method of pain relief involves administering a local anesthetic to numb nerves?**
- A. Epidural
  - B. TENS machine
  - C. Water birth
  - D. CPR

## **Answers**

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

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## **Explanations**

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**1. Which test measures the amount of fluid under the unborn baby's neck to assess the risk of Down's syndrome?**

- A. AFP (Alpha-Fetoprotein Screening)
- B. NT (Nuchal Translucency)**
- C. Glucose Tolerance Test
- D. Beta hCG Test

*The Nuchal Translucency (NT) test is specifically designed to measure the amount of fluid that accumulates in the nuchal area, which is located at the back of an unborn baby's neck. This measurement is typically taken during the first trimester of pregnancy, usually between 11 and 14 weeks of gestation. An increased amount of fluid in this region can be an indicator of a higher risk for certain chromosomal conditions, including Down's syndrome. This test is often combined with blood tests and carried out as part of a combined screening to provide a more comprehensive assessment of the risk of Down's syndrome and other genetic disorders. The NT measurement is essential for evaluating the risk, as higher levels of nuchal translucency are associated with potential developmental issues. In contrast, the other tests listed serve different purposes: Alpha-Fetoprotein Screening is used to assess the risk of neural tube defects, the Glucose Tolerance Test measures how well the body processes sugar to screen for gestational diabetes, and the Beta hCG Test measures the levels of human chorionic gonadotropin hormone, which can indicate pregnancy or certain health issues but is not specific for assessing the risk of Down's syndrome.*

**2. What is the role of medical intervention in the context of fetal viability?**

- A. To support the fetus until it can survive on its own**
- B. To ensure the fetus receives natural immunity
- C. To enhance the pregnancy experience
- D. To eliminate any complications during labor

*The role of medical intervention in the context of fetal viability primarily focuses on supporting the fetus until it can survive independently outside of the womb. This involves providing necessary medical assistance to aid fetal development, especially when there are concerns about the fetus's health or potential premature birth. Medical interventions can include various treatments and technologies that help in managing complications or ensuring the fetus receives essential nutrients and oxygen. These interventions may be crucial for preterm babies whose lungs or other vital organs may not yet be fully developed. The ultimate goal is to provide an environment where the fetus can thrive and reach a stage of development that allows for successful autonomic functioning once born. Other choices, while related to aspects of prenatal care and childbirth, do not directly address the specific focus of medical intervention concerning the viability of the fetus. For example, ensuring natural immunity is more relevant to post-birth health, and enhancing the pregnancy experience or eliminating complications during labor pertains to aspects of maternal care rather than direct support for fetal viability.*

### 3. Which professional specializes in the care of children and babies?

- A. Obstetrician
- B. Gynaecologist
- C. GP
- D. Paediatrician**

A paediatrician specializes in the medical care of infants, children, and adolescents. Their training includes expertise in developmental issues, growth patterns, and managing illness specific to younger populations. Paediatricians are equipped to address a wide range of health concerns related to children, such as vaccinations, chronic conditions, and acute illnesses, ensuring that children receive age-appropriate medical care. An obstetrician focuses on pregnancy and childbirth, while a gynaecologist specializes in women's reproductive health, including the care of patients during pregnancy but not specifically tailored for the ongoing health management of children post-birth. A general practitioner (GP) provides a broad range of health services to patients of all ages, but they do not specialize in the unique health needs of children in the same way a paediatrician does. Therefore, the specialization of a paediatrician in child health sets them apart as the most appropriate choice for the care of children and babies.

### 4. Which characteristic is associated with a healthy attachment in children?

- A. Inability to seek help
- B. Willingness to explore the environment**
- C. Fear of unfamiliar situations
- D. Reluctance to trust caregivers

A willingness to explore the environment is a hallmark of a healthy attachment in children. When children have secure attachments to their caregivers, they feel safe and supported, which encourages them to venture out and engage with their surroundings. This exploration is crucial for their cognitive and social development, as it allows them to learn, experience new things, and develop independence while knowing they have a safe base to return to if needed. In contrast, characteristics such as inability to seek help, fear of unfamiliar situations, and reluctance to trust caregivers typically indicate insecure attachment styles. Children demonstrating these traits may be hesitant to explore or engage with their environment, reflecting a lack of confidence and security in their relationships with caregivers. A child who can freely explore tends to have a strong, positive connection to their primary caregivers, facilitating healthy emotional and social development as they grow.

### 5. Why is routine important for young children?

- A. It instills creativity and independence
- B. Routines provide security and predictability**
- C. Routines limit children's flexibility
- D. It is primarily for adult convenience

Routines are crucial for young children because they provide security and predictability in their daily lives. When children know what to expect throughout their day, it helps them feel safe and secure, reducing anxiety and promoting a sense of stability. This predictability allows children to understand the flow of their day, which can enhance their ability to learn and engage with their environment and caregivers. For young children, who are still developing their understanding of the world, routines offer a framework within which they can explore. They learn to anticipate activities, making transitions between tasks smoother and less stressful. The structure of a routine helps children feel more in control, encouraging them to develop confidence and self-regulation skills. While other options discuss aspects of development or convenience, they don't capture the core benefit that routines provide. Instead, the emphasis should be on how routines foster a safe and nurturing environment essential for healthy child development.

## 6. What type of community resource might directly support child health?

- A. Recreational centers
- B. Health services**
- C. Art programs
- D. After-school clubs

*Health services are a vital community resource that directly supports child health. These services include pediatric care, vaccinations, health screenings, mental health support, and nutrition counseling. Access to health services ensures that children receive the medical attention they need to grow and develop healthily. Regular check-ups and early interventions can help detect potential health issues, provide vaccinations that prevent diseases, and offer guidance on healthy lifestyle choices. While recreational centers, art programs, and after-school clubs contribute positively to children's development and well-being in various ways, they do not directly address health needs in the same manner as health services. Recreational centers may promote physical activity, art programs can foster creativity, and after-school clubs might provide social interaction and support, but none of these options are specifically aimed at ensuring the physical and mental health of children like health services do. Therefore, health services are the primary resource for directly supporting child health.*

## 7. What condition is characterized by high blood pressure and protein in the urine after the 20th week of pregnancy?

- A. Gestational diabetes
- B. Pre-eclampsia**
- C. Diabetes mellitus
- D. Placenta previa

*Pre-eclampsia is a condition that typically arises after the 20th week of pregnancy and is characterized by two significant factors: high blood pressure and the presence of protein in the urine. It is a serious condition that can pose risks to both the mother and the baby if not properly managed. High blood pressure during pregnancy can lead to various complications, including reduced blood flow to the placenta, which can affect the baby's growth and development. The presence of protein in the urine indicates that the kidneys may be under stress or experiencing damage due to the elevated blood pressure. Pre-eclampsia requires careful monitoring and may necessitate early delivery if the condition worsens, to safeguard the health of both the mother and the child. In contrast, gestational diabetes relates to high blood sugar levels during pregnancy, diabetes mellitus is a chronic condition affecting blood sugar levels not specifically linked to pregnancy, and placenta previa involves the placenta covering the cervix, which can lead to bleeding and other complications. These conditions do not present the same symptoms or health risks associated with pre-eclampsia.*

**8. What does 'developmentally appropriate practice' primarily focus on?**

- A. Standardized curriculum for all children
- B. Individual needs based on child development**
- C. Strict adherence to teaching guidelines
- D. Uniform assessment methods across ages

*Developmentally appropriate practice focuses primarily on individual needs based on child development. This approach emphasizes understanding and responding to the unique characteristics and developmental stages of each child. It considers factors such as their age, interests, and cultural background, ensuring that the learning experiences provided are suitable and beneficial. By recognizing the importance of individual development, practitioners can create an environment that supports each child's growth and learning, rather than applying a one-size-fits-all curriculum. This individualized focus enhances engagement, encourages exploration, and fosters a positive learning experience, which is fundamental in early childhood education. The other options suggest a more rigid or standardized approach that does not align with the principles of developmentally appropriate practice, which prioritizes flexibility and responsiveness to the varied needs of children.*

**9. What term is used to describe a fetus that can survive outside the uterus with medical intervention?**

- A. Legally Viable**
- B. Fully Developed
- C. Mature Fetus
- D. Postnatal

*The term used to describe a fetus that can survive outside the uterus with medical intervention is "legally viable." This term refers to the stage of fetal development when the fetus has reached a point in gestation where it has a reasonable chance of survival if born, typically around 24 weeks, although this can vary based on advances in neonatal care. This viability signifies not just physical development but also legal implications, as it often influences decisions regarding the status of the fetus in medical ethics and law. The viability of a fetus is determined by its ability to function and thrive outside the mother's womb, aided by healthcare resources. The other terms mentioned do not accurately capture this specific concept. "Fully developed" may imply that the fetus is ready for birth without further medical assistance, while "mature fetus" refers to a stage closer to term, again assuming it can survive without intervention. "Postnatal" means occurring after birth and does not pertain to the fetal stage at all. Thus, "legally viable" is the most appropriate term in the context of fetal survival with medical support.*

**10. What method of pain relief involves administering a local anesthetic to numb nerves?**

**A. Epidural**

B. TENS machine

C. Water birth

D. CPR

*The method of pain relief that involves administering a local anesthetic to numb nerves is the epidural. This technique is commonly used during labor and delivery to provide effective pain relief by blocking pain signals from the lower part of the body. In an epidural procedure, a local anesthetic is injected into the epidural space, which surrounds the spinal cord. This numbing effect allows the expecting mother to remain conscious and active during childbirth while experiencing minimal pain from contractions. The other options listed, such as the TENS machine, water birth, and CPR, serve different purposes. For instance, a TENS machine uses electrical impulses to alleviate pain but does not numb nerves in the same way an epidural does. Water birth involves laboring or delivering in water, which can provide comfort but doesn't include the numbing effect of local anesthetics. CPR, or cardiopulmonary resuscitation, is entirely unrelated as it is a life-saving technique used in emergencies to restore breathing and circulation.*

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## 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://ocrnationalschilddevelopmentro18.examzify.com>

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

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