

Pediatrics Developmental Milestones Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What gross motor skill should a toddler have by 15-18 months?**
 - A. Walking independently**
 - B. Running**
 - C. Jumping**
 - D. Dancing**
- 2. Which fine motor ability should a child develop by 6 months?**
 - A. Whole hand grasp; transfer objects**
 - B. Whole hand reach**
 - C. Rolling over**
 - D. Walking**
- 3. At what age can a child typically jump on two feet?**
 - A. 12 Months**
 - B. 18 Months**
 - C. 24 Months**
 - D. 6 Months**
- 4. When can children usually follow a one-step direction without a gesture?**
 - A. 11 months**
 - B. 15 months**
 - C. 18 months**
 - D. 24 months**
- 5. At what age can a child typically kick a ball?**
 - A. 12 months**
 - B. 18 months**
 - C. 24 months**
 - D. 30 months**

- 6. At what age should a child be able to dress themselves with assistance?**
- A. 12 months**
 - B. 18 months**
 - C. 24 months**
 - D. 30 months**
- 7. At what age should reprimanding and time-outs be firmly established according to developmental milestones?**
- A. 12 months**
 - B. 24 months**
 - C. 36 months**
 - D. 48 months**
- 8. What is a standard infant milestone in regards to play with objects at 4 months?**
- A. Passing toys between hands**
 - B. Grasping and shaking a rattle**
 - C. Stacking blocks**
 - D. Crawling towards a toy**
- 9. What developmental milestone is typically achieved when a child can sit without support for long periods?**
- A. 7 months**
 - B. 8 months**
 - C. 9 months**
 - D. 10 months**
- 10. What age range is appropriate for conducting an autism-specific screening?**
- A. 12-18 months**
 - B. 18-24 months**
 - C. 24-30 months**
 - D. 18 and 24-30 months**

Answers

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

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Explanations

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1. What gross motor skill should a toddler have by 15-18 months?

- A. Walking independently**
- B. Running**
- C. Jumping**
- D. Dancing**

By 15-18 months, a toddler typically achieves the gross motor milestone of walking independently. At this stage of development, many children have progressed from cruising along furniture to taking their first unassisted steps. Walking independently is a critical milestone that signifies a child's increasing strength, balance, and coordination. It allows for greater exploration of their environment and enhances their overall motor development. In contrast, running, jumping, and dancing are skills that usually develop later. Running generally begins to emerge around 2 years of age, while jumping typically follows a bit later as children gain more control over their movements. Dancing may develop around the same time but involves coordination and rhythm that are usually not fully refined until children have more experience with walking and running. Therefore, walking independently is the milestone expected to be achieved by most toddlers within the 15-18 month age range.

2. Which fine motor ability should a child develop by 6 months?

- A. Whole hand grasp; transfer objects**
- B. Whole hand reach**
- C. Rolling over**
- D. Walking**

By 6 months of age, a child's fine motor skills typically include the ability to use a whole hand grasp and transfer objects from one hand to the other. This milestone signifies the development of hand-eye coordination and manual dexterity, which are crucial for more complex manipulation of objects later on. The ability to grasp with the whole hand demonstrates that the child is becoming more adept at interacting with their environment. They start to explore objects by reaching for and holding them, as well as manipulating them by transferring items between hands. This skill is a foundational aspect of fine motor development, allowing for more sophisticated tasks as the child grows. Other options, such as rolling over, while important motor milestones, fall under gross motor skills rather than fine motor skills. Similarly, walking is a gross motor milestone that is usually achieved much later, typically around 12 months or more. Whole hand reach is related but does not fully encompass the motor skill of transferring objects, which is indicative of greater motor development.

3. At what age can a child typically jump on two feet?

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

A child typically demonstrates the ability to jump with both feet around 24 months of age. By this time, their gross motor skills have developed significantly, allowing for more complex movements such as jumping. This milestone reflects the growing strength, balance, and coordination that toddlers achieve as they engage in physical activities. At around 12 months, children are usually starting to walk and may be able to perform simpler movements, such as standing or taking a few steps independently. By 18 months, they may exhibit more advanced walking skills, but jumping is still typically beyond their developmental capabilities at that stage. At 6 months, the child is primarily focused on developing basic skills like rolling over, sitting up, and beginning to crawl, which are foundational for later movements like jumping. Thus, the age of 24 months aligns with the expected timeline for this particular gross motor milestone.

4. When can children usually follow a one-step direction without a gesture?

- A. 11 months**
- B. 15 months**
- C. 18 months**
- D. 24 months**

At around 15 months of age, children typically begin to demonstrate the ability to follow simple one-step directions without the need for accompanying gestures. This skill indicates a growing understanding of language, as they start to comprehend verbal instructions without needing visual cues. Children at this stage are developing their ability to process and respond to language more independently, which is a significant developmental milestone in both cognitive and language development. Following one-step directions without gestures reflects their progressing communicative interactions and their ability to understand relationships between words, actions, and objects.

5. At what age can a child typically kick a ball?

- A. 12 months
- B. 18 months
- C. 24 months**
- D. 30 months

A child typically demonstrates the ability to kick a ball around 24 months of age. By this age, many children have developed the necessary gross motor skills to perform activities that require coordination and strength in their legs. Kicking a ball involves not only the use of the leg muscles but also the ability to balance on one foot while the other foot moves to strike the ball. At 24 months, children are refining their motor skills and starting to engage in more complex physical activities. They have often achieved other milestones, such as walking confidently and beginning to run, which contribute to their ability to kick a ball. Additionally, this skill is usually observed as part of their playtime, which is critical for social and physical development at this age. While some children might show interest or attempt kicking earlier or later, 24 months is the average age where kicking a ball is a common and expected developmental milestone.

6. At what age should a child be able to dress themselves with assistance?

- A. 12 months
- B. 18 months
- C. 24 months**
- D. 30 months

A child is typically expected to be able to dress themselves with assistance by around 24 months of age. At this stage in development, toddlers start to show interest in dressing and can often put on simple clothing items, like shoes or hats, with help from an adult. They may be able to remove items of clothing and display some independence in their dressing routine. While it is true that some children may begin to show these skills as early as 18 months, the general milestone for dressing with assistance is firmly established at 24 months. This aligns with other developmental skills at this age, such as increased fine motor coordination and more complex cognitive processes, which contribute to their ability to engage in dressing activities.

7. At what age should reprimanding and time-outs be firmly established according to developmental milestones?

- A. 12 months**
- B. 24 months**
- C. 36 months**
- D. 48 months**

The appropriate age for reprimanding and implementing time-outs as a discipline strategy is around 24 months. At this age, children are typically developing their language skills and emotional regulation, allowing them to understand simple instructions and the concept of consequences for their actions. By 24 months, toddlers are beginning to assert their independence and test boundaries, which makes it essential for caregivers to set clear expectations and responses to behavior. Time-outs can be effective during this period as they provide a structured way for children to cool down and reflect on their actions, especially since they might not yet fully grasp the reasons behind punishment or reprimands. In contrast, implementing these strategies too early, such as at 12 months, would not be effective, as children at that age lack the cognitive and emotional maturity to understand the reasons behind discipline. By 36 months, while children are still learning and growing, they may respond better to more nuanced forms of discipline that align with their increasing ability to understand cause and effect. At 48 months, children are more capable of self-regulation and social understanding, so different strategies might also be more effective than the basics established at 24 months.

8. What is a standard infant milestone in regards to play with objects at 4 months?

- A. Passing toys between hands**
- B. Grasping and shaking a rattle**
- C. Stacking blocks**
- D. Crawling towards a toy**

At 4 months, infants typically demonstrate the ability to grasp and manipulate objects, and one of the hallmark actions is shaking a rattle or similar toy. This behavior indicates not only their developing fine motor skills but also their interest in exploring different sounds and sensations. At this stage, infants are learning about cause and effect as they discover that shaking a rattle produces noise, which can be a source of entertainment and engagement. Grasping and shaking a rattle also signifies the coordination of hand movements and an improved grip strength, which are essential components of their motor development. This milestone aligns well with the expected abilities of a typically developing 4-month-old, who is beginning to interact more purposefully with their environment. As infants progress beyond this age, they will develop more complex skills such as passing toys between hands or stacking blocks, but these are milestones that come later in their development. Therefore, the ability to grasp and shake a rattle at 4 months is a key standard milestone reflecting their growth in sensory and motor capabilities.

9. What developmental milestone is typically achieved when a child can sit without support for long periods?

- A. 7 months**
- B. 8 months**
- C. 9 months**
- D. 10 months**

The achievement of sitting without support for long periods is a key developmental milestone that reflects a child's increasing strength, balance, and coordination. Typically, most children can sit independently around 6 to 8 months of age. By 9 months, children often demonstrate the ability to sit without support for extended periods, allowing them to engage in play and interact with their environment more effectively. This milestone is significant because it lays the foundation for further physical development, such as crawling and eventually walking. Reliable sitting also enhances a child's cognitive and social interactions. At this stage, children begin to explore their surroundings more actively, which contributes to their overall development. In contrast to the other ages provided, while some children may begin sitting unsupported around 7 or 8 months, consistently sitting for longer durations is more characteristic of the 9-month mark, making this the most accurate answer.

10. What age range is appropriate for conducting an autism-specific screening?

- A. 12-18 months**
- B. 18-24 months**
- C. 24-30 months**
- D. 18 and 24-30 months**

Conducting an autism-specific screening during both 18 months and 24-30 months is considered appropriate because this age range allows for the identification of potential developmental delays and autism spectrum disorders. At 18 months, early warning signs of autism can present, such as limited social engagement, reduced eye contact, and a lack of response to name calling. Early identification and intervention during this stage can significantly improve outcomes for children with autism. Additionally, screening at 24-30 months is critical since more definitive behavioral patterns associated with autism often become more apparent during this period. The prevalence of autism is higher, and many children will exhibit clearer signs of the disorder by this age, making it key for earlier diagnosis and intervention. Both screenings at these timeframes collectively enhance the chances of early detection and help in planning appropriate interventions, improving developmental trajectories for affected children.

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://pediadevmilestones.examzify.com>

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