

Pediatrics Exam 2 - Early Childhood Preventative Care Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. Early childhood typically encompasses which age range?**
 - A. 2-5 y/o**
 - B. 3-6 y/o**
 - C. 4-7 y/o**
 - D. 5-8 y/o**

- 2. What is the typical car seat recommendation for 3-year-olds?**
 - A. Booster seat with harness**
 - B. High-backed forward facing car seat with harness**
 - C. Rear-facing only seat**
 - D. No car seat required**

- 3. Which plan provides accommodations for students with disabilities under a civil rights law and is separate from IDEA-eligible services?**
 - A. Section 504 Plan**
 - B. IEP**
 - C. IEE**
 - D. IEA**

- 4. What is the total amount of sleep recommended per night for a 5- to 6-year-old?**
 - A. 9-10 hours**
 - B. 10-11 hours**
 - C. 11-12 hours**
 - D. 8-9 hours**

- 5. Which of the following is NOT a 3-year milestone?**
 - A. Puts on coat, jacket, or shirt by self**
 - B. Uses 3 word sentences**
 - C. Draws a person with head and 1 other body part**
 - D. Climbs stairs alternating feet without support**

- 6. What is the screen time recommendation for a 3-year-old?**
- A. <1 hour per day**
 - B. 1-2 hours per day**
 - C. 2-3 hours per day**
 - D. No screen time**
- 7. Which of the following is NOT a 3-year fine motor milestone?**
- A. Draws a single circle**
 - B. Draws a person with head and 1 other body part**
 - C. Cuts with child scissors**
 - D. Writes the alphabet**
- 8. What is the goal of school for a child with disabilities or developmental delays?**
- A. Have the child in the least restrictive environment that also promotes academic, social, and emotional success**
 - B. Maximize performance on standardized tests**
 - C. Exclude from general education when possible**
 - D. Segregate from peers to reduce distractions**
- 9. Which document outlines specialized educational services for eligible students under IDEA?**
- A. Individualized Education Program (IEP)**
 - B. Section 504 Plan**
 - C. IEE**
 - D. IEA**
- 10. Which of the following is a 5-year screening area?**
- A. Vision**
 - B. Hearing**
 - C. Oral health**
 - D. All of the above**

Answers

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

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Explanations

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1. Early childhood typically encompasses which age range?

- A. 2-5 y/o
- B. 3-6 y/o**
- C. 4-7 y/o
- D. 5-8 y/o

Early childhood spans roughly ages 3 through 6 years. This period covers the preschool years and the transition to kindergarten, a time when language, social skills, independence, and readiness for school rapidly develop. It also aligns with common preventive-care milestones and screening intervals scheduled around ages 3 to 5-6. The other ranges either include too much toddler time (2-5) or extend into older school-age years (4-7, 5-8), shifting the focus away from this specific developmental window.

2. What is the typical car seat recommendation for 3-year-olds?

- A. Booster seat with harness
- B. High-backed forward facing car seat with harness**
- C. Rear-facing only seat
- D. No car seat required

For a three-year-old, the safest and most typical restraint is a high-back forward-facing car seat with a 5-point harness. The harness keeps the child's chest, shoulders, and hips secured, distributes crash forces across the strongest parts of the body, and prevents slumping that can cause the belt to sit in the wrong place. A rear-facing seat is usually used for younger children, and a booster relies on the vehicle's seat belt without a harness, which isn't appropriate for a child this age. So the best choice is a high-backed forward-facing seat with a harness.

3. Which plan provides accommodations for students with disabilities under a civil rights law and is separate from IDEA-eligible services?

- A. Section 504 Plan**
- B. IEP
- C. IEE
- D. IEA

Accommodations for students with disabilities under civil rights law come from Section 504 of the Rehabilitation Act, which ensures equal access to education. A Section 504 Plan specifies the accommodations and supports a student needs to participate in the general education environment, such as extended time on tests, preferred seating, or assistive technology. This is different from IDEA-eligible services, which require specialized instruction and are outlined in an Individualized Education Program that provides more intensive supports. An independent educational evaluation is an assessment used to determine needs, not a plan. IEA isn't a standard term for this purpose.

4. What is the total amount of sleep recommended per night for a 5- to 6-year-old?

- A. 9-10 hours
- B. 10-11 hours**
- C. 11-12 hours
- D. 8-9 hours

Five- to six-year-olds benefit from about 10-11 hours of sleep each night to support growth, learning, and daytime behavior. Adequate sleep aids memory consolidation, attention, mood regulation, and immune function. With typical school wake times, this amount often fits best if bedtime falls around 8-9:30 PM, depending on the family routine. This age range generally aligns with guidelines suggesting roughly 9-12 hours of sleep for school-age children, with a target near 10-11 hours being especially effective for daytime functioning. While slightly less sleep (around 9 hours) can still occur for some kids, it may be associated with more daytime sleepiness and irritability, and slightly more sleep (11-12 hours) is usually not necessary for most children given common schedules. To help achieve this, keep a consistent bedtime and wake time, limit screens before bed, and establish a calming pre-sleep routine.

5. Which of the following is NOT a 3-year milestone?

- A. Puts on coat, jacket, or shirt by self
- B. Uses 3 word sentences
- C. Draws a person with head and 1 other body part
- D. Climbs stairs alternating feet without support**

At about 3 years, children show growing independence in self-help skills, language, and early drawing skills. Being able to put on a coat or shirt by oneself, using three-word sentences, and drawing a basic figure with a head and at least one other body part all align with typical 3-year milestones. Climbing stairs with alternating feet without any support requires more balance and coordinated motor control, which usually develops a bit later, around age 4. So the statement about climbing stairs alternating feet without support is not a 3-year milestone.

6. What is the screen time recommendation for a 3-year-old?

- A. <1 hour per day**
- B. 1-2 hours per day
- C. 2-3 hours per day
- D. No screen time

For a 3-year-old, screen time should be limited to about one hour or less per day of high-quality, age-appropriate programming, ideally with a caregiver present to help interpret and connect what's viewed to real-life learning. This limited, purposeful use supports language and cognitive development while preserving time for active play, sleep, and family interaction. More time than that (even up to a few hours) can encroach on crucial activities and may be linked to less physical activity and poorer sleep. No screen time is not typically required for healthy development at this age, though it may be appropriate in certain circumstances; the key is to keep any screen use minimal, high-quality, and integrated into a balanced daily routine.

7. Which of the following is NOT a 3-year fine motor milestone?

- A. Draws a single circle**
- B. Draws a person with head and 1 other body part**
- C. Cuts with child scissors**
- D. Writes the alphabet**

At three years, fine motor skills are advancing to allow drawing simple shapes, making a basic figure, and using safety scissors with supervision. Drawing a circle is a typical milestone because children begin to form and control circular strokes with their pencil. Drawing a person with a head and one other body part reflects the growing ability to represent a simple figure, a common early representation of a person. Cutting with child scissors fits this age range as kids gain hand strength and coordination to snip along lines or into shapes with supervision. Writing the alphabet, however, requires more refined fine motor control, letter formation, and cognitive readiness, which typically develop a bit later, around preschool to early kindergarten. So, writing the alphabet is not a standard 3-year fine motor milestone.

8. What is the goal of school for a child with disabilities or developmental delays?

- A. Have the child in the least restrictive environment that also promotes academic, social, and emotional success**
- B. Maximize performance on standardized tests**
- C. Exclude from general education when possible**
- D. Segregate from peers to reduce distractions**

The main idea is educating children with disabilities or developmental delays in the least restrictive environment that still supports their academic, social, and emotional growth. This means placing them in general education settings with the necessary supports and services so they can participate alongside peers to the greatest extent possible. The goal isn't to maximize test scores alone, but to promote holistic development—learning, social interactions, and emotional well-being—within an environment that is as inclusive as feasible. If a child needs specific supports that can't be provided in that setting, then the team may consider an alternative arrangement, but the default and guiding aim is inclusion with appropriate supports. Options that focus only on standardized test performance don't capture the broader objective of inclusive education. Choices that suggest excluding from general education or segregating from peers contradict the principle of least restrictive environment and undermine social development and equal opportunity.

9. Which document outlines specialized educational services for eligible students under IDEA?

- A. Individualized Education Program (IEP)**
- B. Section 504 Plan**
- C. IEE**
- D. IEA**

Under IDEA, the document that outlines specialized educational services for eligible students is the Individualized Education Program. This plan is developed by a team with input from parents and describes the student's current performance, annual goals, the specific special education and related services to be provided (such as specialized instruction, speech or occupational therapy, and any needed accommodations or assistive technology), and where those services will be delivered. It also details how progress will be measured and reviewed, with annual updates and reevaluation roughly every three years to determine continued eligibility. The IEP is the formal mechanism that guarantees a tailored educational program within the public school system. A Section 504 Plan provides accommodations to ensure access but doesn't mandate the full special education services described in an IEP, while an independent educational evaluation is an outside assessment a family can request; IEA is not a standard IDEA document.

10. Which of the following is a 5-year screening area?

- A. Vision**
- B. Hearing**
- C. Oral health**
- D. All of the above**

At age five, preventive care includes screening across multiple domains so potential problems can be detected early before they affect learning and development. Vision screening helps catch refractive errors or amblyopia that could impede school performance; hearing screening identifies any early loss that could affect speech and language development; and oral health screening assesses dental caries risk and mouth health to prompt timely dental care or prevention. Because all three areas are routinely addressed at the 5-year visit, the best answer is all of the above.

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://pedia2ecpreventivecare.examzify.com>

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

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