

# VATI Nursing Care of Children Practice Exam (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 instruction regarding car seat safety should be given to parents of an infant?**
  - A. Place the car seat in the front seat**
  - B. Use a booster seat when possible**
  - C. Keep the car seat rear-facing until at least 2 years old**
  - D. Switch to forward-facing at 1 year old**
- 2. When does separation anxiety typically peak in infants?**
  - A. Between 4-6 months**
  - B. Between 6-9 months**
  - C. Between 10-18 months**
  - D. Between 18-24 months**
- 3. What should a nurse prioritize in family-centered care for a child?**
  - A. Meeting the child's needs without parental input**
  - B. Improving child outcomes through family collaboration**
  - C. Limiting family presence during hospital stays**
  - D. Encouraging competition between family members for care**
- 4. What are the standard growth parameters that should be monitored in infants?**
  - A. Only weight and height**
  - B. Weight, height, head circumference, and BMI**
  - C. Only head circumference and BMI**
  - D. Weight and dietary intake alone**
- 5. What is the recommended position for a child experiencing respiratory distress?**
  - A. Supine**
  - B. Sitting up**
  - C. Prone**
  - D. Lying on the left side**



- 6. At what time should insulin aspart peak after administration to a child with diabetes mellitus?**
- A. 30 minutes**
  - B. 1 hour**
  - C. 2 hours**
  - D. 0800**
- 7. Which manifestation is associated with hemophilia A that the nurse should teach about?**
- A. Frequent headaches**
  - B. Disabling joint pain**
  - C. Skin rashes**
  - D. Vision problems**
- 8. What is the recommended action for managing a child with a high fever and shivering?**
- A. Administer antipyretics and monitor temperature**
  - B. Apply cold packs and provide warm fluids**
  - C. Encourage bed rest and limit activity**
  - D. Use warm compresses to reduce shivering**
- 9. What developmental assessments are beneficial for children with special needs?**
- A. Standardized testing and report cards**
  - B. Denver Developmental Screening Test and Ages and Stages Questionnaires**
  - C. Parental observations only**
  - D. Visual assessments and audio testing**
- 10. What dietary change should be made for a child experiencing constipation?**
- A. Increase protein intake**
  - B. Decrease fluid intake**
  - C. Increase fiber intake**
  - D. Decrease carbohydrate intake**

## **Answers**

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

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## **Explanations**

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**1. What instruction regarding car seat safety should be given to parents of an infant?**

- A. Place the car seat in the front seat**
- B. Use a booster seat when possible**
- C. Keep the car seat rear-facing until at least 2 years old**
- D. Switch to forward-facing at 1 year old**

Keeping the car seat rear-facing until at least 2 years old is crucial for an infant's safety while traveling. This position significantly reduces the risk of severe head and neck injuries in the event of a collision. Infants have relatively large heads compared to their bodies, and a rear-facing seat provides better support for their head, neck, and spine. The rear-facing position absorbs force in a crash and allows the seat to cradle the child's body, reducing the likelihood of injury. The recommendation aligns with guidelines from organizations such as the American Academy of Pediatrics, which emphasize that children should remain in a rear-facing seat for as long as possible, with most seats designed to accommodate children up to the maximum weight or height limits specified by the manufacturer. This ensures that transitions to forward-facing seats occur only when children are developmentally ready and able to be safely positioned.

**2. When does separation anxiety typically peak in infants?**

- A. Between 4-6 months**
- B. Between 6-9 months**
- C. Between 10-18 months**
- D. Between 18-24 months**

Separation anxiety typically peaks in infants between 10 to 18 months of age. During this developmental stage, children become more aware of their surroundings and form strong attachments to their primary caregivers. As they begin to understand the concept of permanence—realizing that their caregivers exist even when they are not present—they may experience increased anxiety when separated from them. This is a normal part of their emotional growth and indicates that they are developing secure attachments. At this age, children may exhibit distress when a parent leaves the room, and they can become highly dependent on their caregivers for comfort and security. Understanding this peak period can help caregivers and healthcare providers support children as they navigate these feelings, offering strategies to help ease the transition during separations. Recognizing that separation anxiety is a common phase supports parents in managing their child's emotional needs during this time.

**3. What should a nurse prioritize in family-centered care for a child?**

- A. Meeting the child's needs without parental input**
- B. Improving child outcomes through family collaboration**
- C. Limiting family presence during hospital stays**
- D. Encouraging competition between family members for care**

In family-centered care, the focus is on the collaboration between healthcare providers, the child, and the family. Prioritizing improving child outcomes through family collaboration is essential because it recognizes the integral role that family plays in a child's well-being and recovery process. Engaging the family in care decisions, respecting their insights, and involving them in treatment plans significantly enhances health outcomes. When families are actively involved, they can provide critical information about the child's history, preferences, and routines, which helps healthcare providers tailor their approaches to better fit the child's individual needs. This collaboration fosters a more holistic approach to care, ensuring that the emotional and psychological aspects of the child's experience are addressed alongside physical health needs. Ultimately, when families feel valued as part of the care team, they are more likely to support the treatment regimen and advocate for their child's health.

**4. What are the standard growth parameters that should be monitored in infants?**

- A. Only weight and height**
- B. Weight, height, head circumference, and BMI**
- C. Only head circumference and BMI**
- D. Weight and dietary intake alone**

Monitoring growth parameters in infants is essential for assessing their development and identifying potential health issues early on. The standard growth parameters include weight, height, head circumference, and BMI. Weight is crucial as it indicates the infant's overall nutritional status and health. Height measurement helps determine whether the infant is growing appropriately in relation to their age and ensures that they are reaching key developmental milestones. Head circumference is particularly important in infants because it provides vital information about brain growth and development. Abnormal measurements can indicate potential neurological issues or developmental delays. BMI is a relevant measure that can be assessed in infancy to determine body composition. However, it is typically more commonly used for older children. In summary, utilizing a holistic approach that includes weight, height, head circumference, and BMI ensures comprehensive monitoring of an infant's growth and development, allowing for timely intervention if any concerns arise. Other options are limited in scope, failing to encompass the critical aspects of infant growth monitoring.

**5. What is the recommended position for a child experiencing respiratory distress?**

**A. Supine**

**B. Sitting up**

**C. Prone**

**D. Lying on the left side**

The recommended position for a child experiencing respiratory distress is sitting up. This position, often referred to as the "high Fowler's" position when sitting at a 90-degree angle, facilitates easier breathing by allowing for maximum lung expansion and improving the efficiency of the diaphragm. When a child is seated upright, gravity assists in the movement of air into and out of the lungs, which can significantly relieve symptoms of respiratory distress. Additionally, sitting up can help alleviate any pressure on the chest and abdominal area, which can be beneficial in conditions that might cause airway obstruction or increased work of breathing. This position is particularly beneficial during acute respiratory conditions, like asthma exacerbations or pneumonia, helping to promote better oxygenation and allowing the child to use accessory muscles more effectively. The other positions, such as lying supine, prone, or on the left side, do not provide the same level of respiratory benefit and can potentially exacerbate respiratory distress by impeding lung expansion or increasing the workload on breathing.

**6. At what time should insulin aspart peak after administration to a child with diabetes mellitus?**

**A. 30 minutes**

**B. 1 hour**

**C. 2 hours**

**D. 0800**

Insulin aspart is a rapid-acting insulin that typically begins to work within 10 to 15 minutes after injection and peaks approximately 1 to 3 hours later. The correct understanding regarding its peak action is vital for managing a child's blood glucose levels effectively. The correct timing for when insulin aspart peaks is around 1 hour after administration. This timing is significant as it helps caregivers and healthcare professionals monitor for hypoglycemia and manage the timing of meals appropriately, ensuring the child's blood glucose is maintained within a safe range. Specifying a time, such as "0800," does not provide a relevant answer regarding the pharmacokinetics of the insulin itself, as it does not convey the actual activity of the insulin. This is why the correct answer emphasizes the numerical peak timing rather than a specific clock time, which would vary based on when the insulin is administered. Understanding these pharmacokinetics is essential for safe and effective diabetes management in children, informing both the administration of insulin and planning for meals and snacks to avoid complications.

**7. Which manifestation is associated with hemophilia A that the nurse should teach about?**

- A. Frequent headaches**
- B. Disabling joint pain**
- C. Skin rashes**
- D. Vision problems**

Disabling joint pain is a significant manifestation associated with hemophilia A. This condition is characterized by a deficiency of clotting factor VIII, which leads to an inability to form proper blood clots. As a result, individuals with hemophilia A can experience recurrent bleeding episodes, particularly into joints (hemarthrosis), which often results in severe pain and leads to joint damage over time. When bleeding occurs in a joint, it can cause swelling, pain, and increased pressure in the joint space, which becomes debilitating if it happens repeatedly. Effective education for families and patients about this symptom is essential, as managing and preventing joint bleeds becomes a priority in the care of individuals with hemophilia. Teaching about avoiding activities that can lead to injuries that may result in joint bleeding, as well as understanding the appropriate management and treatment protocols, is fundamental to maintaining joint health and mobility. While frequent headaches, skin rashes, and vision problems may be concerning symptoms in a broader clinical context, they are not characteristic manifestations of hemophilia A. Therefore, they are less relevant in the specific teaching and management of this condition.

**8. What is the recommended action for managing a child with a high fever and shivering?**

- A. Administer antipyretics and monitor temperature**
- B. Apply cold packs and provide warm fluids**
- C. Encourage bed rest and limit activity**
- D. Use warm compresses to reduce shivering**

Administering antipyretics and monitoring the temperature is the recommended action for managing a child with a high fever and shivering. Antipyretics, such as acetaminophen or ibuprofen, help to lower the fever and alleviate discomfort associated with high temperatures. By effectively reducing the fever, the child's body can better manage the underlying cause of the fever, whether it be an infection or another condition. Monitoring the temperature is equally important, as it allows for assessing the effectiveness of the antipyretic treatment and ensuring that the fever does not rise to dangerous levels. It's crucial to be attentive to any changes in the child's condition, as persistent high fever may indicate the need for further medical evaluation. While other interventions, such as applying cold packs, providing warm fluids, or encouraging bed rest may help in specific situations, they do not directly address the immediate need to reduce fever effectively. Cold packs might lead to discomfort or shivering, and warm fluids would not be advisable for a child who is already shivering due to a fever. Thus, using antipyretics and closely monitoring the child is the most appropriate and effective approach in this case.



**9. What developmental assessments are beneficial for children with special needs?**

- A. Standardized testing and report cards**
- B. Denver Developmental Screening Test and Ages and Stages Questionnaires**
- C. Parental observations only**
- D. Visual assessments and audio testing**

The Denver Developmental Screening Test and Ages and Stages Questionnaires are specifically designed tools for assessing the developmental progress of children, particularly those with special needs. These instruments are beneficial because they evaluate critical areas of development, including communication, gross motor, fine motor, problem-solving, and personal-social skills. They provide a structured approach to identify delays in development, enabling early interventions that are essential for positive outcomes in children with special needs. The Denver Developmental Screening Test can help identify children who may require further evaluation or intervention, while the Ages and Stages Questionnaires allow for parent involvement and provide a comprehensive picture of a child's development through the eyes of caregivers. Together, these tools offer valuable insights into a child's growth trajectory and help in tailoring interventions to meet their specific developmental requirements. In contrast, standardized testing and report cards primarily focus on academic performance rather than developmental milestones, making them less suitable for assessing children with special needs. Parental observations alone, while useful, do not provide a complete or systematic approach to identifying developmental issues. Visual and audio testing might be relevant in certain contexts, but they do not cover the broader spectrum of developmental areas necessary for a comprehensive assessment of a child's needs.

**10. What dietary change should be made for a child experiencing constipation?**

- A. Increase protein intake**
- B. Decrease fluid intake**
- C. Increase fiber intake**
- D. Decrease carbohydrate intake**

Increasing fiber intake is a crucial dietary change for a child experiencing constipation. Fiber plays an essential role in promoting healthy digestion and regular bowel movements. It adds bulk to the stool, making it easier for the intestines to push it through the digestive tract. High-fiber foods, such as fruits, vegetables, whole grains, and legumes, can help soften the stool and make it more manageable for a child to pass. When addressing constipation, it's also vital to ensure that the child maintains adequate fluid intake, as fluids work in conjunction with fiber to help keep the stool soft. Therefore, any recommendation that suggests decreasing fluid intake would be counterproductive to resolving constipation. Options that suggest increasing protein or decreasing carbohydrates do not directly address the underlying issue. While protein is important for growth and development, it doesn't contribute to alleviating constipation in the same way that fiber does. Similarly, carbohydrates, especially those that are high in fiber (like whole grains), can actually help improve bowel regularity. Therefore, increasing fiber intake is the most effective approach to alleviate constipation in 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://vatinursingcareofchildren.examzify.com>**

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