

Caregiving & Child Development Study Guide

Multiple Choice Questions (MCQs)

1. Which is a part of Plan Negotiation?

- A. Empathy
- B. Strategy to manage conflict
- C. Active listening
- D. Self-disclosure

Correct answer: C

2. Which is not correct in case of Interpersonal Skill?

- A. Reflecting
- B. Assertiveness
- C. Verbal communication
- D. Seeking information

Correct answer: C

3. A child with a small cut on the knee should first:

- A. Apply antiseptic immediately
- B. Clean the wound with running water
- C. Cover with a bandage without cleaning
- D. Press firmly and ignore

Correct answer: B

4. When a child has a nosebleed, the correct position is:

- A. Lying flat on the back
- B. Leaning forward
- C. Leaning backward
- D. Sitting cross-legged

Correct answer: B

5. For a conscious choking toddler, the correct first action is:

- A. Back blows and chest thrusts
- B. Start CPR immediately
- C. Shake the child
- D. Give water

Correct answer: A

6. For an unresponsive child who is not breathing, the first step is:

- A. Call for help
- B. Give a drink
- C. Apply bandage
- D. Clean the mouth

Correct answer: A

7. A child with Intellectual Disability usually learns:

- A. Like other children
- B. More slowly than others
- C. Faster than peers
- D. Without help

Correct answer: B

8. Trouble making friends is common in:

- A. Autism
- B. Hearing problems only
- C. Normal shy kids
- D. Typical development

Correct answer: A

9. A child who stops using words he learned earlier shows:

- A. Normal change
- B. Regression
- C. Good improvement
- D. No concern

Correct answer: B

10. A 4-year-old who cannot understand "big" vs "small" has:

- A. Normal intelligence
- B. Cognitive delay
- C. Strong vocabulary
- D. Advanced understanding

Correct answer: B

11. What is one way to help children with special needs manage anxiety?

- A. Keep routines predictable and provide reassurance
- B. Force sudden changes
- C. Ignore fears
- D. Punish reactions

Correct answer: A

12. Which is an example of adaptive equipment?

- A. Wheelchair, walker, or specialized utensils
- B. Regular chair only
- C. TV remote
- D. Standard toys

Correct answer: A

13. Why should caregivers provide positive feedback?

- A. To encourage children and boost self-esteem
- B. To criticize all mistakes
- C. To ignore efforts
- D. To create fear

Correct answer: A

14. Which is an example of a fine motor activity?

- A. Stringing beads or holding a pencil
- B. Running only
- C. Sleeping
- D. Watching TV

Correct answer: A

15. What should caregivers do when a child shows fear?

- A. Reassure and support them
- B. Ignore the child
- C. Scold them
- D. Force them immediately

Correct answer: A

16. Why is play important for psychological development?

- A. Encourages creativity, social skills, and self-expression
- B. Only keeps children busy
- C. Replaces learning completely

Correct answer: A

17. A caregiver notices a child who cannot jump with two feet together by age 4. The caregiver should:

- A. Compare the child loudly to peers
- B. Provide guided practice and consult with parents if delay persists
- C. Ignore it
- D. Avoid jumping activities

Correct answer: B

18. To promote balance in toddlers, the caregiver can provide:

- A. Balance beams and stepping stones
- B. Flashcards
- C. Heavy weights
- D. Only seated activities

Correct answer: A

19. Which statement best describes the caregiver's role in fostering physical development?

- A. Controlling all movements of children
- B. Providing safe opportunities for active exploration
- C. Limiting physical play to avoid injuries
- D. Expecting children to learn skills independently

Correct answer: B

20. A caregiver observes that a child prefers sitting play. The most appropriate action is to:

- A. Encourage engaging, enjoyable movement activities
- B. Force the child into intense exercise
- C. Remove all seating play toys
- D. Ignore the preference

Correct answer: A

Short Answer Questions (SAQs)

1. Mention 3 non-verbal environments for negotiation.

- Friendly reception
- Warm welcoming room
- Refreshments for comfort

2. What is work value? Mention 5 work values.

Work values = Principles guiding workplace behaviour.

Examples: Commitment, Love for work, Reliability, Loyalty, Motivation.

3. What is the first action when a child spills hot water on their hand?

Remove them from the source and run cool water over the burn.

4. How do you respond if a child is panicking during first aid?

Reassure, explain calmly, and avoid sudden movements.

5. What is one sign of a speech or language delay in a toddler?

Not babbling or using gestures by 12 months.

6. How might a child with ASD respond to sensory experiences?

They may be overly sensitive to sound, touch, or lights.

7. Name one way caregivers can support learning in children with special needs.

Use simple instructions, visual aids, and repeat as needed.

8. How can caregivers help children with special needs feel included?

Encourage participation in group activities and respect individual abilities.

9. Why is it important to respect each child's individual differences?

| Every child is different in abilities, interests, and needs, and they should feel accepted.

10. Give one example of fostering self-esteem in children.

| Praising them for trying hard, not just succeeding.

11. What should a caregiver preparing a motor play session prioritize?

| Active, hands-on activities suitable for development.

12. What should a caregiver do to promote healthy posture in children?

| Provide chairs and tables at child-appropriate heights.

13. A 5-year-old has difficulty using scissors. What a caregiver should do?

| Provide child-safe scissors and practice cutting simple shapes.