



# FLORIDA DEPARTMENT OF CHILDREN & FAMILIES



STUDY GUIDE FOR

## Child Growth and Development

Child Growth and Development  
Study Guide

Page 1

Revised: 07/01/2019

The Department of Children and Families (DCF) would like to extend congratulations on your recent completion of its course, Child Growth and Development. It is hoped that you enjoyed the experience and are ready to apply your new skills in the workforce.

Now that you have completed Child Growth and Development, please consider registering for other DCF courses.

For more information on training and licensing requirements, please visit the Department of Children and Families' Web site at [www.myflorida.com/childcare/](http://www.myflorida.com/childcare/).

### **How to use this study guide**

This study guide will assist you in preparing for DCF's Child Growth and Development competency exam. Please be aware that this study guide **does not** replace the participant's guide you used during the course. You are encouraged to use your participant's guide to study for the exam. This study guide will help you focus your studies. However, it does not contain the specific questions and answers you will see on the exam. Use this study guide, and the key points, and objectives in your participant's guide to prepare for your exam.

## **5 Tips to Help You Get the Most from Your Study Time**

### **#1 Budget your time.**

Make sure you have time to study and review your work both during the course and before the exam.

### **#2 Set aside time immediately after class to start your review.**

This is the best time to review your notes and identify if you have any questions concerning the material presented in the course. The night before the exam would be too late for this step.

### **#3 Review all material again before the exam.**

Organize all of your class notes and other material you may have received during the course sessions. Pay specific attention to your participant's guide.

### **#4 Create your own study guide.**

Organize your notes into key ideas and other information you want to remember on one sheet of paper. If you need more than one sheet, that's all right, but try to keep the ideas organized, brief, and to the point.

### **#5 Space out your studying.**

You will learn more if you study a little each day rather than trying to "cram" all the information into your head the night before the exam. Studying a little each day will help the material stay in your long-term memory.

## **10 Tips for Success on Your Competency Exam**

### **#1 Take care of your personal needs.**

Make sure you rest well the night before the exam. Eat before taking your exam; do not take the exam hungry. Leave enough time to take care of all your personal needs before the exam so that you can concentrate during the exam.

### **#2 Be well-prepared.**

Being well-prepared, and arriving early will reduce anxiety. Bring at least two #2 pencils, a photo ID and the confirmation letter you received after you registered.

### **#3 Listen carefully, read the instructions and ask questions if you don't understand.**

It is important to listen carefully to the directions you are given. Read the instructions carefully, and ask questions if you do not understand them.

### **#4 Read through the entire exam.**

Read through the entire exam first to get a feel for the exam. Pay attention to how it is structured and how the questions are written.

### **#5 Tips for multiple choice questions.**

Read the question first. Eliminate answers you know are not correct. If you do not know an answer, try to guess.

### **#6 Do the easy questions first.**

Do the easy questions first and then go on to harder questions or questions that require additional thought. This strategy will help ensure that you answer all the questions you know before you go on to the challenging questions. This strategy also helps build your confidence.

### **#7 Have a problem with a question? Skip it!**

If you have a problem with a question, skip it and come back to it later. Just as you worked on the “easy” questions first, it is important that you not get “stuck” on one question and that you use your time answering questions you can.

### **#8 Read all options.**

Be sure that you read all of your choices before selecting an answer.

### **#9 Stay focused.**

Don't let your mind wander or worry about other students who may be completing an exam before you do. Stay focused and work on one question at a time.

### **#10 Before you turn in your exam, check your work.**

Make sure you have answered all the questions. Double check!

## Sample Scantron

This is an example of the Scantron sheet that you will use when take the exam for this courses.

**State of Florida**  
Department of Children and Families  
Child Care Program Office  
Child Care Competency Examinations

**Student Identification Code:**

0	0	0	0	0	0
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

Name: \_\_\_\_\_  
(Please print your full name)

Date: \_\_\_\_\_

**Marking Instructions:**

- Use a No. 2 pencil or blue or black ink pen only.
- Do not use pens with ink that soaks through the paper.
- Make solid marks that fill the circle completely.
- Make no stray marks on this form.
- Do not fold, tear, or mutilate this form.

**Test Code**

0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

**Booklet Number:** \_\_\_\_\_

**Example:** 4

0	1	2	3	4	5	6	7	8	9
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1. A B C D	11. A B C D	21. A B C D	31. A B C D
2. A B C D	12. A B C D	22. A B C D	32. A B C D
3. A B C D	13. A B C D	23. A B C D	33. A B C D
4. A B C D	14. A B C D	24. A B C D	34. A B C D
5. A B C D	15. A B C D	25. A B C D	35. A B C D
6. A B C D	16. A B C D	26. A B C D	36. A B C D
7. A B C D	17. A B C D	27. A B C D	37. A B C D
8. A B C D	18. A B C D	28. A B C D	38. A B C D
9. A B C D	19. A B C D	29. A B C D	39. A B C D
10. A B C D	20. A B C D	30. A B C D	40. A B C D

**CORRECT MARK** **INCORRECT MARKS**

## Module 1: Principles of Child Growth and Development

1. Write a brief description of the terms “growth” and “development.”

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2. Mark the following statements true or false.

- \_\_\_\_\_ A. Growth proceeds from the center of the body outward.
- \_\_\_\_\_ B. At birth, the brain, heart, and spinal cord are fully functioning.
- \_\_\_\_\_ C. The finger and toe muscles develop before the arm and leg muscles.
- \_\_\_\_\_ D. Children differ in their growth.
- \_\_\_\_\_ E. Children grow at perfectly steady rates.

3. Name and give an example of each of the five basic principles of child growth and development.

Principle 1:

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Principle 2:

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Principle 3:

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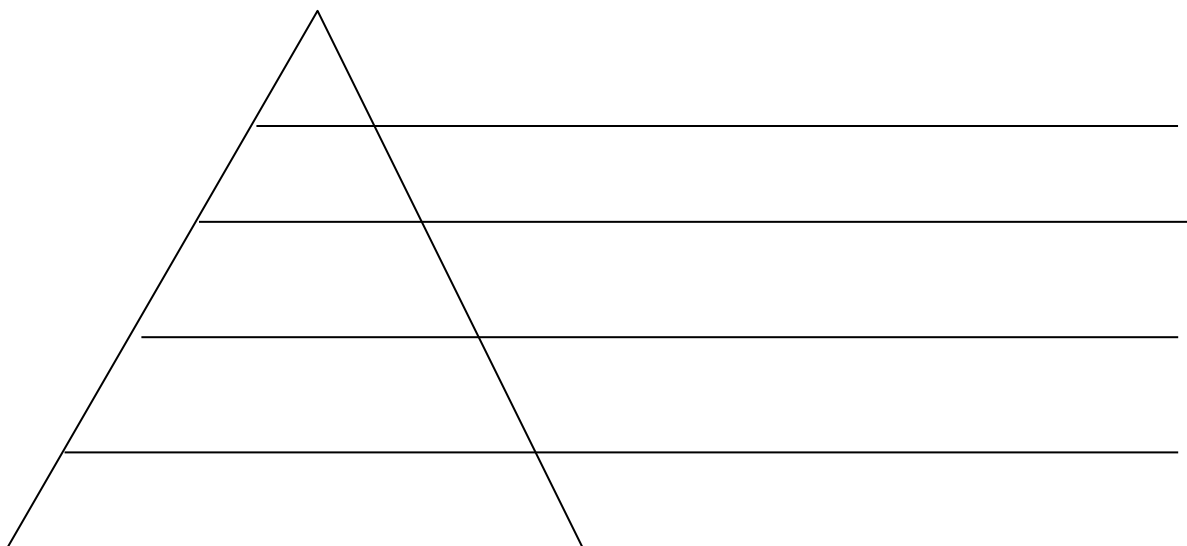
Principle 4:

Principle 5:

[illegible]

## Module 2: Child Development Theories

5. Fill in the chart with the name of each stage of Maslow's Hierarchy of Needs and include an example for an individual as well as family.



6. List Erik Erikson's conflicts that relate to children aged birth to school-age, and give an example for each:

Age	Conflict	Meaning/Example
Infant	vs.	
Toddler	vs.	
Preschool	vs.	
Grade School	vs.	



7. List the age and examples for each of Piaget's stages.

Stage	Age	Meaning/Example
Sensorimotor		
Preoperational		
Concrete – Operational		
Formal Operations		

8. Vygotsky's learning theory includes two strategies: scaffolding and reciprocal teaching. Describe both.

Scaffolding:

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Reciprocal teaching:

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9. Briefly summarize Maria Montessori's theory on child-centered learning environments.

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10. Explain the attachment theories and quality infant care.

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## Module 3: Influences Affecting Child Development

11. Describe what is meant by the term “window of opportunity” as it relates to brain development.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

12. Describe how heredity influences child development.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

13. Describe how health and wellness factors influence child development.

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14. Describe how developmental obstacles influence child development.

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15. Why is it important to establish routines?

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16. List ways that child care programs can be *inclusive* and support children with developmental disabilities:

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17. Define the three types of positive behavior supports.

Prevention: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Redirection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Positive reinforcement: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Module 4: Developmental Domains

18. Define the following developmental domains:

Physical Development:

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Approaches to Learning:

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Social and Emotional Development:

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Language and Literacy:

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Mathematical Thinking:

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Scientific Inquiry:

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Social Studies:

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Creative Expression Through the Arts:

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19. Why is it important to use the developmental domains in your lesson plans?

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20. Give an example of a developmental milestone for the appropriate age range specific to the **Physical Development Domain**.

<b>Age Range</b>	<b>Development Milestone</b>
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

21. Give an example of a developmental milestone for the appropriate age range specific to the **Approaches to Learning Domain**.

<b>Age Range</b>	<b>Development Milestone</b>
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

22. Give an example of a developmental milestone for the appropriate age range specific to the **Social and Emotional Development Domain**.

<b>Age Range</b>	<b>Development Milestone</b>
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

23. Give an example of a developmental milestone for the appropriate age range specific to the **Language and Literacy Domain**.

Age Range	Development Milestone
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

24. Give an example of a developmental milestone for the appropriate age range specific to the **Mathematical Domain**.

Age Range	Development Milestone
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

25. Give an example of a developmental milestone for the appropriate age range specific to the **Scientific Inquiry Domain**.

Age Range	Development Milestone
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

26. Give an example of a developmental milestone for the appropriate age range specific to the **Social Studies Domain**.

<b>Age Range</b>	<b>Development Milestone</b>
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

27. Give an example of a developmental milestone for the appropriate age range specific to the **Creative Expression Through the Arts Domain**.

<b>Age Range</b>	<b>Development Milestone</b>
Birth – 8 Months	
8 – 18 Months	
18 – 24 Months	
2 – 3 Years	
3 – 4 Years	
4 Years – Kindergarten	
5 – 12 Years	

## Module 5: Guiding Children's Behavior

28. Define prosocial behavior and describe some ways you can encourage children to develop positive, prosocial behaviors in the child care environment.

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29. There are a variety of strategies that result in a reduction of negative and challenging behaviors exhibited by children. List a few strategies that caregivers can use in the child care environment.

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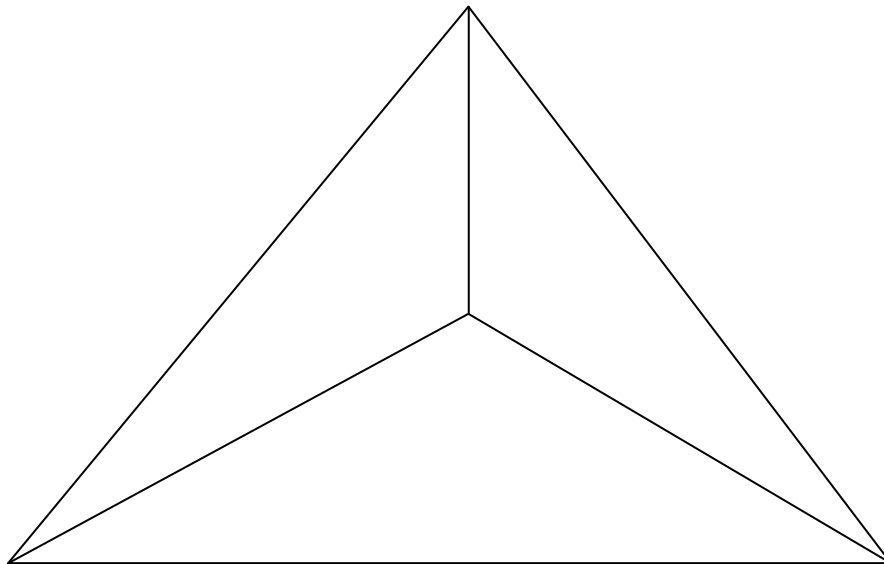
## Module 6: Developmentally Appropriate Practices

30. List and describe the three elements that define DAPs.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

31. DAP is often referred to as \_\_\_\_\_ and \_\_\_\_\_.

32. There are three elements needed to create a developmentally appropriate program. List and describe them.



33. Explain how play is an important component of developmentally appropriate practice.

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