End of Course Assessment

Family Child Care - Physical Development

Dates

Certifier

1. Give two examples how physical development can influence other areas of development for infants and toddlers.



3. Explain the brain's role in the physical development of children in your care.



4.	A mother of an 18-month old asks you what types of things might be considered developmental red flags. What do you say to her?
5.	List three sensory indoor or outdoor experiences you can plan to promote the physical development of children in your care.
6.	Name three ways you handle stress in your role as caregiver that support your own physical and mental well-being.
7.	Name three ways you and families can work together to support children's active lifestyle habits.

8		A parent asks you to explain the difference between gross-motor and fine-motor skills. How do you respond?
9.		Explain why physical activity is so crucial for children's development.
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1(-	List three physical developmental milestones that typically occur for children in your care.
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11	۱.	A child in your program uses a wheelchair and has limited arm-muscle tone. How can you support the child's
		access to physical activity outdoors?

12.	Jazmine's mom asks why so much time is spent in playing your program. How do you respond?
13.	Name three mental health henefits of an active lifestyle
13.	Name three mental-health benefits of an active lifestyle.
14.	List four changes that may signal that children in your care are going through puberty.
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15.	Describe how you might modify a physical activity so that it is developmentally appropriate for both older and
	younger children.

16.	Describe how you can model an active lifestyle for children.
17.	Name three ways you can help children have healthy self-esteem and a positive body image.