

1) Which of the following is true of an infant's brain at birth?

- A. Major connections between areas of the brain have already been formed.
- B. The brain is in a finished state before birth.
- C. The fine tuning of the complex network in the brain has yet to occur.
- D. None of the above is true.
- E. A and C only are true

2) What are critical periods?

- A. Periods during which unused brain connections are cut away.
- B. Periods during which infants are able to receive sensory stimulation.
- C. Periods during which certain areas of the brain develop very quickly.
- D. None of the above is true.
- E. A and B only are true.

3) What is the best way to promote healthy brain development for infants and toddlers?

- A. Provide a variety of positive sensory experiences.
- B. Provide plenty of time for quiet relaxation.
- C. Provide opportunities each day for peer interactions.
- D. None of the above is true.
- E. B and C only are true.

4) What causes Sudden Infant Death Syndrome, also called SIDS?

- A. Suffocation or apnea.
- B. Immunizations or shots.
- C. Child abuse.
- D. The cause of SIDS is not known.
- E. A and B only are true

5) Which of the following is NOT a recommendation of the 'Back to Sleep' campaign?

- A. Do not smoke or allow smoking around an infant.
- B. Use home monitors as a strategy to reduce the risk of SIDS.
- C. Keep soft toys, crib bumpers, and other soft objects out of cribs.
- D. Place infants to sleep on firm sleep surfaces.
- E. Always place infants to sleep on their backs.

6) Who is at greater than average risk for SIDS death?

- A. Infants born to mothers younger than 20 years old.
- B. Infants born to mother who use drugs during pregnancy.
- C. Infants born to mothers who smoke during and after pregnancy.
- D. All of the above are true.
- E. B and C only are true

7) Why is it important to have a written policy regarding safe sleep?

- A. If followed, it can reduce your risk of liability.
- B. It provides an opportunity to discuss safe sleep with parents.
- C. It demonstrates to parents that their infants' health is important to you.
- D. It can potentially save an infant's life.
- E. All of the above are true

8) Shaken Baby Syndrome occurs only when an infant is shaken with a great deal of force, and for an extended period of time.

- A. True
- B. False

9) When an infant or child is shaken, her brain bounces inside the skull cavity causing bruising, bleeding, and swelling of the brain. Which of the following is a possible long-term effect of Shaken Baby Syndrome, or SBS?

- A. Seizure disorders
- B. Visual disabilities
- C. Developmental Delays
- D. Hearing loss
- E. All of the above are true

10) Shaken Baby Syndrome is 100% preventable. Caregivers should monitor their stress levels, learn a variety of techniques to soothe crying babies, and have a plan in place for extended crying.

- A. True
- B. False

Signature
and Date

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