

Foundations for Success Quiz

Please fill in all of the following information and answer the questions on the quiz. Return this quiz to your local Care About Childcare (contact information below). You must receive a score of 90% to pass. You may retake the quiz until you pass. You will receive an email certificate that you can show to licensing to get credit for this training. (Paper certificates available only upon request.)

Name _____

Address _____

City _____ Zip Code _____

Phone Number _____ Date of Birth _____

E-mail address _____

Name of Program _____

Position _____

How many hours did it take you to complete this training, including this quiz? _____

1. Caring for children with special needs:
 - a. can be done by making some accommodations for them
 - b. is detrimental to other children in care
 - c. requires a total renovation of your home
 - d. conflicts with ADA requirements

2. When a baby has been crying for a long time it's OK for you to leave the baby in a safe place and take time to calm down.
 - a. True
 - b. False

3. Before giving a child medicine you should:
 - a. Wash and dry your hands.
 - b. Check prescription labels to be sure the medication is for the right child.

- c. Read labels to see the proper dosage.
 - d. All of the above
4. When transporting children be sure they:
- a. Wear an appropriate individual safety restraint.
 - b. Remain seated while the vehicle is in motion.
 - c. Leave the vehicle from the curb side of the street.
 - d. All of the above
5. Which of the following is NOT a useful technique for helping a child who is homeless?
- a. Active listening
 - b. Asking personal questions which may embarrass him
 - c. Instilling hope
 - d. Modeling a sense of humor and fun
6. If you are **not** certified to provide first aid or CPR you should:
- a. remain calm and stay with the injured or ill person
 - b. call 911
 - c. call for a certified co-worker to assist you
 - d. all of the above
7. How should infants under one year of age be put to sleep?
- a. On their backs
 - b. On their tummies
 - c. In a chair
 - d. It doesn't matter
8. Shelter-in-Place spaces should be:
- a. in the interior of your facility
 - b. away from glass that may shatter
 - c. both a and b
 - d. neither a or b
9. The most common food to which children have an intolerance is:
- a. peanuts
 - b. wheat
 - c. pecans
 - d. milk
10. At what age should you stop feeding children from a bottle?
- a. 6 months
 - b. 18 months
 - c. 12 months

- d. 24 months
11. What do the "Three P's" of first aid and CPR stand for?
 - a. Preserve life, Prevent further harm, Promote recovery
 - b. Pretend to know what you're doing, Play around, Prepare for the worst
 - c. Peer support, Plan for emergencies, Predict hazardous situations
 - d. None of the above
 12. It is safe for infants to sleep in:
 - a. cribs, bassinets, and/or porta-cribs
 - b. adult beds
 - c. car seats
 - d. sofas
 13. You should store household cleaners:
 - a. in high cabinets
 - b. in locked cabinets
 - c. in the cabinets under the kitchen sink
 - d. a and b
 14. You can tell a hazardous material by its unusual odor.
 - a. True
 - b. False
 15. Outdoor play equipment must not be on:
 - a. cement
 - b. asphalt
 - c. packed dirt
 - d. all of the above
 16. Children should not go outside in the winter months.
 - a. True
 - b. False
 17. How long after enrollment does a family who is currently homeless have to provide immunization records?
 - a. 90 days
 - b. 60 days
 - c. 30 days
 - d. No time; immunization records are required immediately upon enrollment
 18. It can be life-threatening if a child eats a food to which he/she is allergic.
 - a. True
 - b. False

19. Which of the following calming techniques may make a baby stop crying?
 - a. gently swinging or rocking the baby
 - b. taking the baby for a walk in a stroller
 - c. singing or talking to the baby
 - d. all of the above
20. It's okay to transport children in the back of a pick-up truck.
 - a. True
 - b. False
21. Child-resistant caps make the medication impossible for the child to open.
 - a. True
 - b. False
22. What should you teach children to do in the event of an earthquake?
 - a. Get out of the house
 - b. Stand in the doorway
 - c. Stop, Drop, and Roll
 - d. Drop, Cover, and Hold On
23. What is the single most important way to control the spread of communicable diseases?
 - a. Clean and disinfect all toys at least weekly
 - b. Wash your hands
 - c. Don't allow children to share hairbrushes
 - d. Require all children to have current immunizations
24. If you suspect that a family is homeless you should:
 - a. Ask the parents if they are homeless
 - b. Wait until the parents leave and ask the child
 - c. Drive past the homeless shelter and look for the family
 - d. Ask the family to describe their living situation and if it's permanent
25. The bathroom medicine cabinet is the best place to store medications.
 - a. True
 - b. False
26. Feed babies who are less than 4 months old:
 - a. only formula and/or breast milk
 - b. cereal mixed with formula and/or breast milk
 - c. baby food
 - d. whatever you are having
27. Be sure you have proof before you report child abuse or neglect.

- a. True
 - b. False
28. To reduce the risk of food-borne illnesses:
- a. Cook food to the right temperature.
 - b. Separate raw meats from other foods.
 - c. Refrigerate all foods promptly.
 - d. All of the above
29. If you suspect a child is being abused or neglected and you don't report it you can go to jail for up to 6 months and/or receive a \$1,000 fine.
- a. True
 - b. False
30. The leading cause of death for infants between 1 month and 12 months of age is:
- a. choking
 - b. drowning
 - c. SIDS
 - d. child abuse

Submit your completed test (by mail, email, or in person) to your local Care About Childcare agency:

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Please share this packet with a friend or return to your local Care About Childcare if you no longer wish to keep it.

