



End of Course Assessment

1. Give two examples how physical development can influence other areas of development for infants and toddlers.
2. Describe three things you do in your family childcare to support infants' and toddlers' physical development.
3. Explain the brain's role in the physical development of children in your care.

12. Jazmine's mom asks why so much time is spent in playing your program. How do you respond?

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.

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.