



1) When does most brain development occur?

0 - 2 yrs 3 - 5 yrs 6 - 8 yrs 9 - 11 yrs 11 - 16 yrs

2) Which of the following stimulate brain development? *(Tick all that apply)*

- Meeting baby's basic needs on demand
- Letting baby start an interaction before you respond
- Showing baby picture books and reading stories
- Breastfeeding
- Singing nursery rhymes
- Having lots of background noise in the home
- If a baby's cries are understood & responded to

3) When should talking be encouraged with a child? *(Tick all that apply)*

- As soon as the baby is born
- During pregnancy
- Once baby starts making sounds
- Once the child starts talking
- When the child has a few clear words

4) Which of the following statements are true? *(Tick all that apply)*

- Children understand before they can talk
- Children start hearing at 6 weeks old
- Children talk before they understand
- Children say their first words usually at 2 years old
- Dummies can affect speech & language development

5) Which of these can help a child learn to talk? *(Tick all that apply)*

- Letting them get on & play alone
- Having lots of background noise
- Talking about things as they happen
- Hearing lots of adult conversations
- Singing nursery rhymes together
- Having stories read aloud
- Adults simplifying their language to a child's ability
- Using gesture & facial expressions to help the child understand what you are saying

6) Why is talking to a baby important? *(Tick all that apply)*

- It will stimulate the baby's brain
- It isn't very useful until the baby can talk back to you
- It will help the child become a good reader
- It will help the parent form a close bond with the child
- There is no point talking to a baby because they don't understand

7) Which of the following statements are true?

- You can spoil babies by picking them up too much
- Lots of touch is important for babies
- Babies only cry for attention
- A baby whose needs are met quickly when upset tends to be more content in the long term
- A baby's needs should fit into the routine of the home

8) At what age should a child say their first words?

- 10 - 12 mths 16 - 18 mths 20 - 22 mths 22 - 24 mths 24+ mths

9) Which of the following statements about dummies are true?

- If you don't give a baby a dummy they will suck their thumb
- Dummies can help premature babies learn to swallow
- Dummies are not recommended if you are breastfeeding
- Dummies should be discouraged after the age of 1 year
- An orthodontic dummy will have less effect on a child's speech than an ordinary dummy

10) What does a baby need? *(Tick all that apply)*

- Touch
- Lots of attention
- To be left alone to cry
- Hugs & cuddles
- Lots of noise
- Stimulation
- Singing/talking to
- To have a calm routine every day

11) A Confident parent...*(Tick all that apply)*

- Is able to ask for help with parenting
- Knows who/where to ask for help with parenting
- Pays more attention when their child misbehaves
- Gets over it' quickly after a disagreement with their child
- Knows what sort of behaviour to expect of their child and at what age, e.g. 2 years olds & tantrums
- Never feels overwhelmed by the demands of parenting
- Has plenty of play ideas and finds the time to play