

Diploma in Home-Based Childcare (DHC)  
Unit One – Introduction to Childcare (Home-Based)

Multiple Choice Question Paper

Exemplar Paper 1

Read the following notes **BEFORE** you answer any questions

**This question book remains the property of the council and is to be returned after the examination.**

- In order to complete this examination paper you require: this question book; an answer sheet; an HB pencil and a clean rubber.
- You **MUST** use an HB PENCIL to complete **ALL** parts of the answer sheet.
- Each question shows **FOUR** possible answers (lettered 'a', 'b', 'c' and 'd'). Only **ONE** is correct.

Decide which one is correct and mark your answer on the **ANSWER SHEET** with your HB pencil.

For example if you decide 'c' is correct, mark your answer like this

1	A
	B
	<input checked="" type="checkbox"/> C
	D

If you want to change your answer, rub out your original response thoroughly, then fill in the box for your new answer.

- Any calculations or rough work can be done in this question book.
- Only entries on the **answer sheet** will be marked.
- Attempt all questions; if you find a question difficult, leave it and return to it later.
- If you have any queries ask the invigilator before you start.

**This paper contains 25 questions.**  
**Answer them using the 'boxes' numbered 1 to 25 on the answer sheet.**  
**You have 45 minutes to complete the test.**

*Please turn over.../*

1 A daily routine can provide a child with

- a time to be noisy
- b a sense of security
- c learning experiences
- d opportunities to explore

2 What are the correct ways to use a safety harness for a baby in a high chair?

- 1 clean it after every meal time
- 2 remove it if the child dislikes it
- 3 adjust it to fit the child comfortably
- 4 fasten it according to manufacturer's instructions

- a 1,2                      b 1,3
- c 2,4                      d 3,4

3 A small fire starts in the kitchen while children are in the setting. What should the practitioner do FIRST?

- a call the fire services
- b evacuate the premises
- c collect the children's records
- d find the children's belongings

4 Why is it important to know the sleep routine of a baby aged 9 months?

- 1 to give continuity of care
- 2 to meet the needs of the baby
- 3 so the setting can be organised
- 4 so the baby is awake for feeding time

- a 1,2                      b 1,3
- c 2,4                      d 3,4

5 The BEST play experience to promote gross motor development is

- a painting with sponges
- b completing a jigsaw puzzle
- c playing on a climbing frame
- d using play dough and cutters

6 Physical play for children aged 2 years is MOST likely to promote

- 1 listening skills
- 2 a healthy appetite
- 3 co-ordination and balance
- 4 opportunities for sharing

- a 1,2                      b 1,4
- c 2,3                      d 3,4

7 A child aged 2 years can play safely with

- 1 pan lids
- 2 coat hangers
- 3 wooden spoons
- 4 gardening tools

- a 1,2                      b 1,3
- c 2,4                      d 3,4

8 A practitioner who is planning activities for children should consider

- 1 repeating the same activities regularly
- 2 how activities will meet children's developmental needs
- 3 the resources that will be needed for the activities
- 4 that children need to be physically active throughout the day

- a 1,2                      b 1,4
- c 2,3                      d 3,4

9 Planning for a child's play will be MOST effective if it is based on

- 1 information from parents
- 2 routines for rest and mealtimes
- 3 observations by the practitioner
- 4 activities the child can complete easily

- a 1,2                      b 1,3
- c 2,4                      d 3,4

- 10 How can the practitioner BEST help a child aged 3 years to settle into the home-based setting?
- a reassure and comfort the child
  - b talk to the parent at home time
  - c let the child play without interruption
  - d ask another child to play with this child

- 11 What will help to ensure effective communication with parents?
- 1 value parents' opinions
  - 2 help parents to feel welcome
  - 3 encourage parents to telephone regularly
  - 4 write down all conversations with parents
- a 1,2                      b 1,4  
c 2,3                      d 3,4

- 12 How should the practitioner prepare for a possible change in the routine of a child aged 3 years?
- 1 make a poster about the new routine
  - 2 change the routine for one day a week
  - 3 involve the child in planning the new routine
  - 4 discuss the new routine with the child's parents
- a 1,2                      b 1,3  
c 2,4                      d 3,4

- 13 The BEST ways to support children and parents during the settling-in period are
- 1 planning and implementing the same routine for each child
  - 2 explaining to parents that children settle quickly when they are left at a setting
  - 3 having flexible arrangements to meet the needs of individual children and their parents
  - 4 acknowledging that parents may have feelings of loss when they are separated from their children
- a 1,2                      b 1,4  
c 2,3                      d 3,4

- 14 A framework for behaviour is MOST likely to help a child aged 3 years to
- a feel secure
  - b learn through play
  - c enjoy outdoor activities
  - d understand daily routines

- 15 How can the practitioner BEST respond to some unwanted behaviour in a child aged 5 years?
- a reassure the child
  - b discipline the child
  - c change the play activities
  - d discuss the incident with the child

- 16 A baby aged 6 months is distressed during the transition to a new carer. The practitioner can BEST help the baby by
- a giving regular praise and encouragement
  - b agreeing consistent care routines with the parents
  - c staying with the baby at all times to reduce anxiety
  - d providing stimulating experiences to promote development

17 If the practitioner and parents agree about ways to manage behaviour, a child aged 3 years will be able to

- a understand hygiene routines
- b be safe from abuse and bullying
- c be confident in relating to adults
- d develop friendships with other children

18 It is important to provide individual space for children's possessions to

- a keep the setting tidy
- b give each child privacy
- c protect children's rights
- d help each child to feel valued

19 The effects of prejudice can result in children feeling

- 1 lonely
- 2 confident
- 3 motivated
- 4 insecure

- |   |     |   |     |
|---|-----|---|-----|
| a | 1,2 | b | 1,4 |
| c | 2,3 | d | 3,4 |

20 A home-based practitioner is planning the day for three children aged between 1 and 5 years from different families. It is MOST important to consider the

- a wishes of all the parents
- b resources available on that day
- c individual needs of each child
- d requirements of the early years curriculum

21 What may be a sign of physical abuse of a child aged 12 months?

- a thumb sucking
- b fear of strangers
- c aggressive behaviour
- d bruising on the stomach

22 What is the FIRST action if a practitioner starts to suspect abuse to a child?

- a keep an accurate record
- b talk to the child's parents
- c contact Children's Services
- d ask the child some questions

23 A practitioner can support a child who experiences bullying by

- 1 helping the child to trust others
- 2 creating opportunities for discussions to take place daily
- 3 re-assuring the child that the situation will soon improve
- 4 maintaining a caring approach where the child feels valued

- |   |     |   |     |
|---|-----|---|-----|
| a | 1,2 | b | 1,4 |
| c | 2,3 | d | 3,4 |

24 What is the BEST way to fill vacancies in a home-based childcare setting?

- a contact local schools
- b advertise in the local area
- c produce a colourful poster
- d ask parents to tell their friends

25 The practitioner can maintain accurate financial records by

- 1 estimating the possible income
- 2 setting realistic fees for the service
- 3 recording income and expenditure
- 4 keeping home and business costs separate

- |   |     |   |     |
|---|-----|---|-----|
| a | 1,2 | b | 1,3 |
| c | 2,4 | d | 3,4 |

**THE END**