*The Art of Self Care*Post-Training Knowledge Measure

Please mark the correct answer to each question below:

1. Ideas for self care include: laughter, exercise and nutrition. Which of these can be practiced while providing care to infants and toddlers?
2. Laughter
3. Exercise
4. Nutrition
5. All of the above
6. Infants are able to feel the effects of stress as early as:
7. 3 months
8. 6 months
9. 9 months
10. 12 months
11. Stress from limited resources, child behaviors and staff to child ratios are examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_challenges.
12. Classroom
13. Development
14. Technical
15. Personal
16. Turning reading time into movement time can be a stess reducer for providers and children.

True

False

1. Visuals for practicing breathing techniques include:
   1. Flowers
   2. Pinwheels
   3. Smiley Faces
   4. A and B only