**Recall Answers**

The correct answers are highlighted in **bold**.

1. What is the name of nerve cells in the brain?

Axons

Epithelial cells

**Neurons**

Lymphocytes

1. Which of the following is the best definition of neuroplasticity?

The brain grows in size over a person's lifetime.

The fixed structure of the brain during a person's life, which is not changed by their experiences.

Different parts of the brain are responsible for different functions, tasks or skills.

**The brain’s ability to change and grow during a person's life because of their experiences.**

1. How do experiences shape the structure of the developing brain?

They increase the number of connections between neurons.

**They influence which neural connections are strengthened and which are pruned away.**

They decrease the number of connections between neurons.

They increase the number of neurons in the brain.

1. Why is it important for a caregiver to communicate and respond to their child with their voice, eye contact or touch? Select all the answers that are correct.

**It helps the baby's brain to develop and grow.**

**It develops the relationship between the child and caregiver.**

**It helps the baby to learn how to concentrate.**

**It helps the baby to learn about how to take turns.**

1. It’s important to first start ‘conversations’ with children…

When they are old enough to make recognisable words.

**From birth.**

When they can speak in whole sentences.

When they start to make babbling sounds (mamama or dada or bububu).

1. How should a caregiver speak to a baby? Select all the answers that are correct.

They should speak fast.

**They should exaggerate their facial expressions (make their facial expressions very clear and obvious).**

**They should use a sing-song tone of voice.**

They should make their speech as complicated as possible.

**They should keep repeating the same words.**

1. Why is it important for children to play? Choose the best three answers.

**It helps healthy brain development.**

**It gives an opportunity for creative thinking and problem solving.**

**It helps children to develop their language skills.**

It keeps children busy so they are tired at bedtime.

Children need to have fun.

1. At what age do you think a child’s brain is developing fastest?

**Start of pregnancy to 2 years**

3 – 5 years

6 – 10 years

11 – 15 years

Develops evenly throughout childhood until adulthood.

1. Which of the following affects how children develop during their first 5 years of life?

A child’s genes.

A child’s environment (where they live, who looks after them and their everyday experiences).

**A combination of both their genes and environment.**

Neither their genes nor their environment.

1. Which period of a child and young person’s life is the most important for their health and happiness in adulthood?

**Start of pregnancy to 5 years**

5 - 11 years (primary school)

11 - 16 years (secondary school)

16 - 18 years (further education)

18 - 24 years (young adulthood)

All equally important

1. How could you improve a child’s resilience? Which of the following statements is wrong?

Increase the number of people that can give support in a child’s life, for example teachers, grandparents and neighbours.

**Resilience is something you are born with and so you can't improve it.**

Reduce the number of difficult situations a child is experiencing, for example conflict in the family or worries about paying bills.