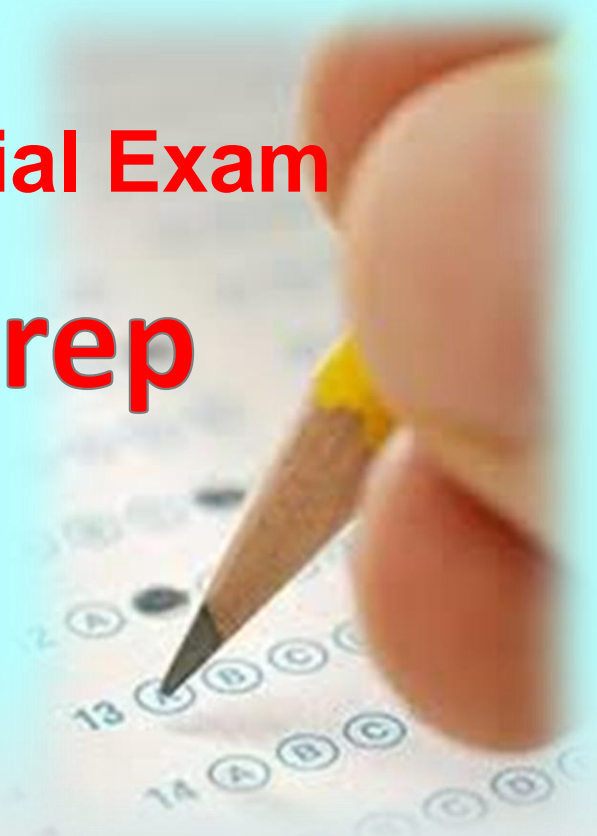




# INA

International Nanny Association

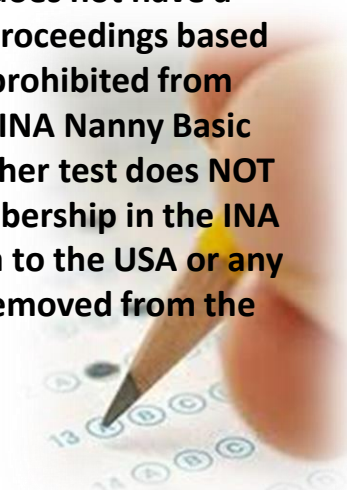
## Nanny Credential Exam Exam Prep



# Introduction

The Nanny Credential Exam is designed to test a candidate's working knowledge of children, their developmental needs, and how to meet those needs in an in-home child care environment. The questions range in difficulty and are meant to provoke thought and learning. The exam is not meant to replace thorough interviews by agencies and families, observation of nanny applicants with children of prospective employers, and complete reference checks. It can, however; be a gauge of Nannies' knowledge of how children think and act at different ages, basic assumptions about guiding children's behavior, and awareness of developmentally appropriate activities for children. Professional child care providers continuously learn about children. Both experience and education keep us abreast of developments in the child care field. Our commitment to learning as much as we can about them will enhance children's development, help them to feel secure and confident, and increase their ability to make thoughtful choices in regards to themselves and others.

**\*\*Please Note: Individuals can become MEMBERS of our association as a caregiver or through a company. However, membership in the INA does NOT certify, credential or accredit them in any way through INA. The INA does not have a certification for agencies. INA indemnifies itself from any legal proceedings based on a member's wrong doing. Organizations and agencies are prohibited from awarding certificates to any individual who has completed the INA Nanny Basic Skills Assessment or INA Nanny Credential Exam. Completing either test does NOT provide any individual with automatic membership to INA. Membership in the INA or passing either test will in no way help individuals obtain a visa to the USA or any other country – saying so is false and anyone doing so will be removed from the INA membership.**



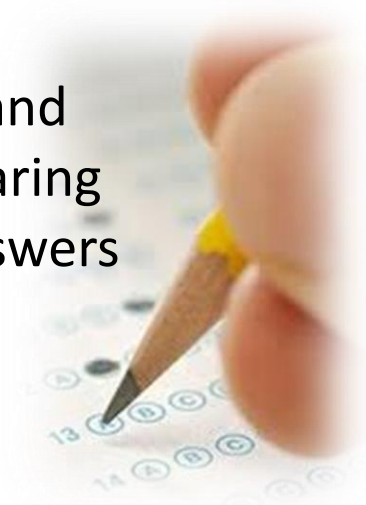
# Description of the Exam

- The exam has 100 Multiple Choice Questions and 1 Essay Question.
- This exam is designed to evaluate knowledge, skills, and attitudes of candidates taking the exam in the following areas:
  1. Health and Safety principles for children ages birth to twelve years
  2. Child Development including language, intellectual, physical, social and emotional developmental domains
  3. Caring for Children and their Environment to meet daily needs and utilizing best practices as a nanny
  4. Professionalism including communication, personal qualities of a nanny, management skills and adherence to ethical guidelines.



# Exam Instructions

- The exam has 100 Multiple Choice Questions and 1 Essay Question.
- You will have 120 minutes to complete it.
- Please read each item carefully and select the single best answer for the Multiple Choice.
- Watch for items that ask you to select the “LEAST” or “MOST” likely option.
- The Essay Question is open-ended and has multiple parts to the question. Be sure to answer each part. Partial credit may be awarded.
- All of the questions are designed to expand your knowledge of best practices when caring for children and to inspire you to seek answers about your profession.





## What resources will I need to prepare for the Nanny Credential Exam?

Study guide resources to accompany this exam prep can be found in this document/slideshow. Please be sure to visit the embedded links to explore credible research findings, the latest statistics, safety guidelines, videos, articles, expert reviews and best practices.

Focus on the 10 assessment areas to hone your skills and review best practices for caring and teaching young children.

It will also be important to revisit the latest CPR and First Aid training materials.



# General Tips for Studying

- Starting out with a positive attitude is very important.
- Don't aim for perfection. Focus on the big picture of improving your skills to make a positive impact on your charges and their family.
- The study process should be focused on exploring best practices when caring and teaching young children rather than memorizing every word and phrase.
- The new information you read and explore helps to demonstrate you are a dedicated nanny and learning is a lifelong pursuit.
- Studying should be scheduled in smaller chunks of time rather than a marathon of reading.
- When reading materials, try to visual the information and connect it to your current job or past experiences.
- Create an outline or graphic organizer to help you divide the information for easier processing.
- Ask a friend to help you study or talk about new information with others. Talking about the information will help you to retain it longer.
- If possible and age appropriate, apply new strategies or techniques into real-world experiences with your current charges.



# Health and Safety Resources

[Daily Food Plans](#) for ages 2 to 18; based on age appropriateness and nutritional needs from Choose MyPlate by USDA

[10 Tips Nutrition Education Series](#) has a variety of printable resources available in English and Spanish from Choose MyPlate

[Childhood Illnesses Articles](#) from Ask Dr. Sears provides several articles related to childhood illnesses

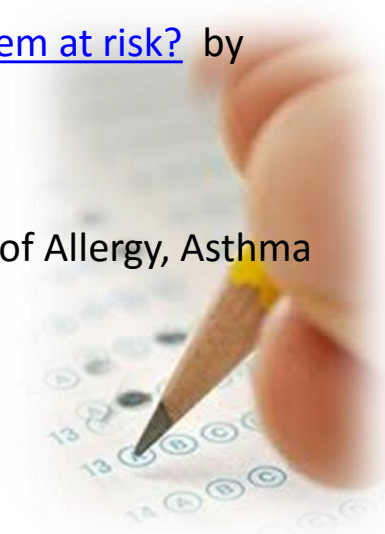
[Childproofing and Preventing Household Accidents](#) from Kids Health

[Safety Guides from the United States Consumer Product Safety Commission](#) several different guides are available; focus on toy safety and hazards in the home

[Does sharing photos of your children on Facebook put them at risk?](#) by Linda Geddes from The Guardian

[Home Allergy Management for Everyone](#)

Room by room guide of allergens from American College of Allergy, Asthma & Immunology





# Child Development Resources

## [Child Development Tracker from PBS](#)

Click on the various ages to get insights on the stages of growth in all of the developmental domains

[Little Kids, Big Questions: A Parenting Podcast Series](#) from Zero to Three featuring an interview with an expert that focuses on how to apply the research of early childhood development to your daily interactions with your baby or toddler.

[School Readiness for Infants and Toddlers? Really? Yes, Really!](#) focusing on developmentally appropriate practices with Infants and Toddlers by Sandra Peterson in NAEYC's Young Children Publication 2012

[Theories of Child Development: Building Blocks of Developmentally Appropriate Practices](#) by Terri Jo Swim found on Early Childhood NEWS





# Child Development Resources Continued

[The Science of Early Childhood Development Video](#) from the Center on the Developing Child at Harvard University

[Ages and Stages for Caregivers Fact Sheets](#) from Ohio State University includes 1 month through 5 years of age in various developmental domains and includes ways to encourage development

[Wondering with Children: The Importance of Observation in Early Childhood Education](#) by George Forman & Ellen Hall and published in Early Childhood Research and Practice with embedded videos and examples

[Early Recognition of Child Development Problems](#) Educational Video from the Center for Disease Control





# Caring for Children and Their Environment Resources

[Nanny Resources: 100 Ways to Connect with Your Charges](#)

from the INA Blog by Ken Myers of Morningside Nannies and eNannySource.com

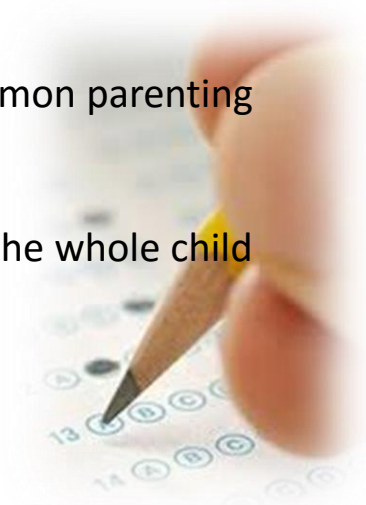
[Learning and Developing through Play](#) from the National Council for Curriculum and Assessment to get best practices when planning learning environments through play

[Challenging Behaviors Tips and Tools](#) from Zero to Three several resources here to review regarding best practices related to addressing guidance issues and setting age appropriate limits

[Guiding Young Children: 21 Strategies](#) by Amy Sussna Klein and published on Early Childhood NEWS

[Sleep Challenges](#) from Zero to Three Explores the basics of what to expect at various ages, common parenting questions to strategies that can help your young child

[It's the Little Things: Daily Routines](#) from PBS focusing on the whole child



# Professionalism Resources

## [INA Nanny Employer Handbook](#)

Focus on topics related to Work Agreements

[INA Weekly - Blog site](#): to keep current with best practices and the latest in early childhood education and nanny industry information

## [Purdue Online Writing Lab \(OWL\)](#)

Reinforce basic writing skills such as mechanics, grammar and punctuation

## [Nanny 101 – Communication](#)

by Greta Schraer contributor for Regarding Nannies

## [Creating a Nanny Journal](#)

by Kellie Geres from Regarding Nannies on tips for recording daily notes and information for parents

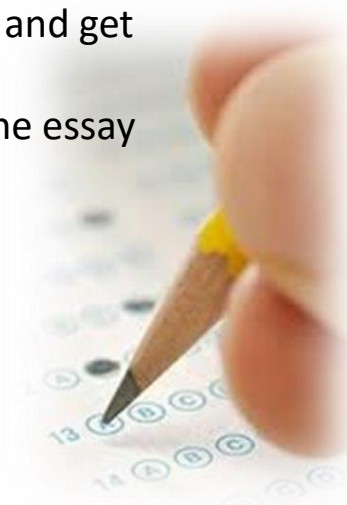
## [Packaging Yourself Professionally](#)

Published on the INA blog by Angela Riggs, ECE Director at Sullivan University



# General Test Taking Tips

1. Have a positive attitude.
2. Do not cram the night before.
3. Get a full night of sleep before the test.
4. Eat breakfast the morning of the test and drink plenty of fluids to keep hydrated.
5. Read all directions on the test carefully.
6. Manage your time by scanning through the entire exam quickly, including the essay question. Sometimes the multiple choice questions may be helpful when you are answering the essay.
7. Answer multiple choice questions you know to be true first.
8. With multiple choice questions, the process of elimination is helpful. Mark off choices that you know are incorrect then spend time focusing on possible correct answers.
9. For the essay, organize your answer into parts.
10. Use lists or bullet statements, if possible, to save time and get the information down.
11. If you finish before time expires, go back and reread the essay question to ensure you answered all parts.
12. Do not leave any multiple choice questions blank.





# INA

International Nanny Association

## **Commitment of Professional Excellence**

- ✓ Respect the contributions of individuals involved in professional in-home child care.
- ✓ Maintain high standards of professional conduct
- ✓ Respect and support families in their task of nurturing children.
- ✓ Promote the physical, emotional, intellectual and social development of children.
- ✓ Support the lifelong process of personal growth and professional development.

*INA would like to wish you the very best on your journey impacting children and families in positive ways!*