

**Multiple Choice Sample Questions**  
**ITEC Unit 57 –Infant and Child Massage**

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| <b>1</b> | <b>To what extent would an infant/child with a congenital heart condition be contraindicated?</b>                    |          | <b>1</b>   |
| <b>A</b> | Totally  | <b>B</b> | Without medical/GP approval or parent/guardian indemnity     |
| <b>C</b> | Locally  | <b>D</b> | It would depend on the severity of the condition             |
|          |  |          | <b>B</b>   |
| <b>2</b> | <b>Which of the following is NOT a benefit of infant/child massage?</b>  |          | <b>2</b>   |
| <b>A</b> | To improve sleep patterns  | <b>B</b> | To aid respiratory problems                                  |
| <b>C</b> | To enhance secure feelings   | <b>D</b> | To decrease bonding between infant/child and parent/guardian |
|          |  |          | <b>D</b>   |
| <b>3</b> | <b>Which of the following bones are not present at birth?</b>  |          | <b>3</b>   |
| <b>A</b> | The wrist bones  | <b>B</b> | The thigh bones  |
| <b>C</b> | The vertebral column   | <b>D</b> | The jaw bone   |
|          |  |          | <b>A</b>   |
| <b>4</b> | <b>When performing an infant/child massage, which of the following is considered the main benefit of effleurage?</b> |          | <b>4</b>   |
| <b>A</b> | It helps the parent/guardian to establish contact and connect with their infant/child                                | <b>B</b> | It increases the infant/child's heart rate                   |
| <b>C</b> | It stimulates the infant/child's nervous system  | <b>D</b> | It decreases the infant/child's ability to relax             |
|          |  |          | <b>A</b>   |
| <b>5</b> | <b>Which of the following is the main cause of colic?</b>  |          | <b>5</b>   |
| <b>A</b> | Waves of contraction in the muscles of the intestines  | <b>B</b> | Inflammation of the muscles of the stomach                   |
| <b>C</b> | Inflammation of the walls of the intestines  | <b>D</b> | Waves of contraction of the diaphragm                        |
|          |  |          | <b>A</b>   |