

Lessons by CDA Content

The following lessons are a mix of On Demand Lessons and Lessons by Mail you can use to meet the 120 CDA Hours.

CDA 1

Competency Goal: To establish and maintain a safe, healthy, learning environment

On Demand:

Family Child Care: Learning Environments for Infants (1 hr)
Family Child Care: Learning Environments for Mixed Ages (1 hr)
Family Child Care: Learning Environments for Pre-Kindergarten (1 hr)
Family Child Care: Learning Environments for Toddlers (1 hr)
Healthy Child Care Environments: Pest Prevention Using IPM (2 hr)
Healthy Child Care Environments: Using Green Cleaners (2 hr)
Keep Children Healthy and Safe: Reuse & Recycle (for Center Directors) (2 hr)
Improving Transition Times (2 hr)
Prevent Childhood Obesity with Healthy Eating
(The title of this lesson changed from Obese Kids: They are What They Eat, however, the content of the lesson has not changed.) (2 hr)
Safe and Smart Supervision (1 hr)
Snack Time = Learning Time (2 hr)
Space for Playing and Learning in a Family Child Care Home (1 hr)
Stress: Seeing With Optimism (2 hr)
Super Snacks (1 hr)
Supervising Children in Family Child Care (2hr)
Water Conservation: Children and Staff Learning Together (2hr)
Your # 1 Priority: Keeping Children Healthy and Safe (2 hr)

Lessons by Mail (2 hr):

Changing Spaces
Eating Times: The Ups and Downs
Improving Transition Times
Keystone Color Me Healthy (PA residents only)
Obese Kids: They Are What They Eat
The Ups and Downs of Outdoor Play
Your #1 Priority: Keeping Children Healthy and Safe

CDA 2

Competency Goal: To advance physical and intellectual competence

On Demand:

Activities for Learning Math: Numbers, Colors, and Shapes (2 hr)
Art Appreciation 101 for Young Children (2 hr)
Child Care...for Mixed Ages (2 hr)
Fighting Children's Obesity Through Active Play (2 hr)
I want! I want! I want! Building Good Consumers (2 hr)
Science For Young Thinkers (2hr)
Sparking Kids Curiosity (2 hr)
The Ins and Outs of Good Circle Times (2 hr)
What Does Brain Research Tell Us About Infant Care? (2hr)
What Does "Time" Mean to Children? (2hr)

Lessons by Mail (2 hr):

A Good Four-Letter Word -- Play
Active Kids are Learning Kids
Activities for Learning Math: Numbers, Colors, and Shapes
Art Appreciation 101 for Young Children
Believe it or Not...You Can Be a Storyteller
Childcare... for Mixed Ages
Easy Ways to Boost Kids' Brain Power
Exciting Backyard Science Activities
Fighting Children's Obesity Through Active Play
How to Turn Good Play into GREAT Play
Is Block Play Really Important?
I want! I want! I want! Building Good Consumers
Learning to Read before Six
Math for Every Age
Science for Young Thinkers
Sparking Kids' Curiosity
The Ins and Outs of Good Circle Times
Understanding and Supporting Children's Physical and Cognitive Development
What Does Brain Research Tell Us about Infant Care?

CDA 3

Competency Goal: To support social and emotional development and to provide positive guidance

On Demand:

All By Myself: Self Help Skills in Childcare (1hr)
Avoid Behavior Problems – Teach Self-Control (2 hr)
Behavior is Contagious (2 hr).
Building Relationships with Children and Youth Who Challenge Us (2 hr)
Creating Special Moments with Infants and Toddlers (2 hr)
Creating the Bond - Attachment (1hr)
Creating Intergenerational Connections (2 hr)
Death, loss, and grief: Understanding how to support children (2 hr)
Every Child Counts: Building Community (2 hr)
Giving Children Appropriate Choices (1 hr)
Giving Your Best: Making Secure Attachments (2 hr)
Let's Talk... Discipline (2 hr)
Re-Thinking Praise (1 hr)
Saying Goodbye at Child Care (1 hr)
Strategies for Preventing Challenging Behaviors (2 hr)
Supervision: Counting Kids (1hr)
Supervision: Positioning – Where Do I Stand? (1 hr)
Supervision: Staff:Child Ratios (1 hr)
Supervision: Teamwork (1 hr)
Supervision: What's Required? (1hr)
Understand and Help Stressed Children (1hr)

Lessons by Mail (2 hr):

Avoid Behavior Problems-- Teach Self-Control
Behavior is Contagious
Biting and Sharing
Communicating with Children
Dealing with Anger -- The Children's and Yours
How to Work With Active Children
Let's Talk... Discipline
Problem Solving with Children
Secrets for Preventing Problem Behaviors
See as a Child, Feel as a Child
Taking a New Look at Dramatic Play
The Art and Science of Playing with Young Children
Toddlers: Terrible or Terrific?
Understanding and Supporting Children's Language and Social/Emotional Development
When is Behavior OK or Not OK?

CDA 4

Competency Goal: To establish positive and productive relationships with families

On Demand:

Get Parents Involved in Your Program (2 hr)
Getting to Know Families with Infants (1 hr)
Getting to Know Families with Preschoolers (1 hr)
Getting to Know Families with Toddlers (1 hr)
Powerful Communications with Parents (1 hr)
Supporting Children's Families (1 hr)
Supporting Families in Healthy Living (2 hr)

Lessons by Mail (2 hr):

How to Get Parents on Your Team
Parents: Friends or Foes?
Secrets of How to Get Parents Involved

CDA 5

Competency Goal: To ensure a well-run, purposeful program responsive to participant needs

On Demand:

Are You Ready for A Child with Special Needs? (1 hr)
Caring for Groups of Mixed Age Children: It's a Juggling Act (1 hr)
How to Turn "No" into a "Yes" (1 hr)
How to Get Parents on Your Team (2 hr)
Music for the Non-musical (2 hr)
What's the Plan for Your Day (1 hr)
Making A Great Day for Preschoolers (1hr)

Lessons by Mail (2 hr):

Active Times -- Quiet Times: Making Transitions Easier
How to Make and Use Puppets
Junk Makes Great Learning Material
Let's Celebrate!
Music for the Non-Musical
Pets in Childcare
Summertime Care
Using Art Materials
Working with Wood -- Kids Can Do It

CDA 6

Competency Goal: To maintain a commitment to professionalism

On Demand:

Advocacy: Raising Awareness for the Early Childhood Professional (1 hr)
Autobiographical Statement (1 hr)
Building Community Support for Out-of-School Time Programs (2 hr)
CDA Credential: Understanding the Professional Path (2 hr)
Embracing Professionalism Part 1: Where to Begin (1 hr)
Embracing Professionalism Part 2: Forward Visions (1 hr)
Ethics: Your Responsibilities to Children (1 hr)
Ethics: Your Responsibilities to Coworkers and Community (1 hr)
Ethics: Your Responsibilities to Families (1 hr)
Family Child Care...it's a business (2 hr)
New Staff Orientation (15 hours) (center-based)
Professional Development Record (PDR) - A Valuable Tool for Providers (1hr)
Understand & Support Children's Language and Social/Emotional Development (2 hr)
Understand & Support Children's Physical and Cognitive Development (2 hr)
What Children Need to Start School (2 hr)

Lessons by Mail:

Family childcare...It's a Business (2 hr)
How to Take the Stress Out of Caregiving (2 hr)
New Staff Orientation (15 hours) (center-based)
New Staff Orientation REFRESHER (3 hours) (center-based)
What Children Need to Know to Start School (2 hr)

CDA 7

Competency Goal: Observing and recording children's behavior

On Demand:

Getting to Know the Kids through Observation (1 hr)
Improving and Using Your Observation Skills (2 hr)
Observation: A Toolkit of Methods (1 hr)
Observation: Connections with Children (1 hr)
Observation: It Starts with YOU! (1 hr)
Observation: Preparing to Observe (1 hr)
Observation: Connections with Families (1 hr)

Lessons by Mail (2 hr):

Improving and Using Your Observation Skills
New Ways to Plan Activities

CDA 8

Competency Goal: Principles of Child Development and Learning

On Demand:

Are You Ready for An Infant? (1 hr)
Baby Play (1 hr)
Block Play Builds Learning Skills (1 hr)
Playing Detective About Biting (1 hr)
Stepping Stones to School Readiness (1 hr)
Three Core Concepts in Early Brain Development (2 hr)
Through the Eyes of a Five-Year Old 1hr
Through the Eyes of a Four-Year Old (1 hr)
Through the Eyes of a Three Year Old (1 hr)
Through the Eyes of a Toddler (1 hr)
Through the Eyes of an Infant (1 hr)
Toilet Learning (1 hr)
Understanding Temperament (1hr)