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One- and two-hour lessons are available. Titles cover content areas of child growth and development; environment and curriculum; family support; observation; professionalism and leadership; health, safety, and nutrition. Visit our website and begin learning today!

Lessons by Mail – \$5 (includes assessment review and certificate)

Receive educational material (video, workbook and coupon for one free review of the assessment) in the mail with instructions to mail back assignments for review. (*Allow 4-6 weeks for processing.*) Select the lesson titles you would like to receive from the list below and complete the order form on the back of this page.

K1 Child Growth and Development

Biting and Sharing (K1C1) CDA 3
 See as a Child, Feel as a Child (K1C1) CDA 3
 Toddlers: Terrible or Terrific? (K1C1) CDA 3
 Understanding & Supporting Children's Language and Social/Emotional Development (K1C1) CDA 6 🍓 SAPC3
 Understanding & Supporting Children's Physical and Cognitive Development (K1C1) CDA 6 🍓 SAPC2
 What Does Brain Research Tell Us About Infant Care? (K1C1) CDA 2

K2 The Environment, Curriculum & Content

Active Kids are Learning Kids (K2C1) CDA 2
 Active Times – Quiet Times: Making Transitions Easier (K2C1) CDA 5
 Activities for Learning Math: Numbers, Colors, and Shapes (K2C1) CDA 2
 Art Appreciation 101 for Young Children (K2C1) CDA 2
 Avoid Behavior Problems – Teach Self-Control (K2C2) CDA 3
 Behavior is Contagious (K2C1) CDA 3
 Changing Spaces (K2C2) CDA 1
 Child Care... for Mixed Ages (K2C1) CDA 2
 Dealing with Anger – the Children's and Yours (K2C1) CDA 3 🍓 SAPC3
 Easy Ways to Boost Kids' Brain Power (K2C1) CDA 2
 Exciting Backyard Science Activities (K2C1) CDA 2 🍓 SAPC2
 Fighting Children's Obesity Through Active Play (K2C2) CDA 2 🍓 SAPC2
 How to Make and Use Puppets (K2C1) CDA 5
 How to Turn Good Play into GREAT Play (K2C2) CDA 2
 How to Work with Active Children (K2C1) CDA 3
 I Want! I Want! I WANT!: Building Good Consumers (K2C1) CDA 2
 Improving Transition Times (K2C2) CDA 1
 Is Block Play Really Important? (K2C1) CDA 2
 Junk Makes Great Learning Material (K2C1) CDA 5 🍓 SAPC2
 Learning to Read Before Six? (K2C1) CDA 2
 Let's Talk... Discipline (K2C1) CDA 3
 Math for Every Age (K2C1) CDA 2
 Music for the Non-Musical (K2C1) CDA 5
 New Ways to Plan Activities (K2C2) CDA 7 🍓 SAPC2
 Pets in Child Care (K2C1) CDA 5

Problem Solving with Children (K2C1) CDA 3
 Science for Young Thinkers (K2C1) CDA 2 🍓 SAPC2
 Secrets for Preventing Problem Behaviors (K2C1) CDA 3
 Sparking Kids' Curiosity (K2C2) CDA 2
 Summertime Care (K2C1) CDA 5
 Taking a New Look at Dramatic Play (K2C1) CDA 3
 The Art and Science of Playing with Young Children (K2C1) CDA 3
 The Ins and Outs of Good Circle Times (K2C1) CDA 2
 Using Art Materials (K2C1) CDA 5
 When is Behavior OK or Not OK? (K2C1) CDA 3
 Working with Wood -- Kids Can Do It! (K2C1) CDA 5 🍓 SAPC1

K3 Families in Society

How to Get Parents on Your Team (K3C2) CDA 4 🍓 SAPC4
 Let's Celebrate! (K3C1) CDA 5 🍓 SAPC4
 Parents: Friends or Foes? (K3C1) CDA 4 🍓 SAPC4
 Secrets of How to Get Parents Involved (K3C1) CDA 4 🍓 SAPC4

K4 Child Assessment

Improving and Using Your Observation Skills (K4C1) CDA 7
 What Children Need to Know to Start School (K4C1) CDA 6

K5 Communication

Communicating with Children (K5C1) CDA 3

K6 Professionalism and Leadership

Family Child Care... It's a Business (K6C1) CDA 6
 How to Take the Stress Out of Caregiving (K6C1) CDA 6 🍓 SAPC6

K7 Health, Safety, and Nutrition

Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy (K7C1) CDA 1 🍓 SAPC1
 Eating Times: The Ups and Downs (K7C1) CDA 1
 Keystone Color Me Healthy (K7C1) CDA 1
 Obese Kids: They Are What They Eat (K7C2) CDA 1 🍓 SAPC1
 Snack Time: It's More than Juice and Crackers (K7C1) CDA 1 🍓 SAPC1
 The Ups and Downs of Outdoor Play (K7C1) CDA 1
 Your #1 Priority: Keeping Children Healthy and Safe (K7C1) CDA 1 🍓 SAPC1

CEUs are available and apply to CDA hours.

🍓 Denotes lesson appropriate for school-age practitioners

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Use "Payment Form for Review of Distance Education Lessons" when submitting completed lessons for processing.

COMPLETE this form legibly in ink. (Pennsylvania residents only)

Mail Order Form with payment to:

Penn State Better Kid Care
341 N. Science Park Road, Suite 208
State College, PA 16803

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