

BETTER · KID · CARE

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)

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)

Space for Playing and Learning in a Family Child Care Home (1 hr)

Super Snacks (1 hr)

Supervising Children in Family Child Care 2hr.

Your # 1 Priority: Keeping Children Healthy and Safe (2 hr)

Lessons by Mail (2 hr):

Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy

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

Snack Time: It's More than Juice and Crackers

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:

Art Appreciation 101 for Young Children (2 hr)

Child Care...for Mixed Ages (2 hr)

I want! I want! I want! Building Good Consumers (2 hr)

Science For Young Thinkers (2hr)

Sparking Kids Curiosity (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

Caring for Infants and Toddlers

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?

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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)
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 (2 hr)
Saying Goodbye at Child Care (1 hr)
Secrets for Preventing Problem Behaviors (2 hr)
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:

Getting to Know Families with Infants (1 hr)
Getting to Know Families with Preschoolers (1 hr)
Powerful Communications with Parents (1 hr)
Supporting Children's Families (1 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:

Caring for Groups of Mixed Age Children: It's a Juggling Act (1 hr)
How to Turn "No" into a "Yes" (1 hr)
What's the Plan for Your Day (1 hr)

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

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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)

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)

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 2hr

Lessons by Mail (2 hr):

Family childcare...It's a Business

How to Take the Stress Out of Caregiving

What Children Need to Know to Start School

Other Professional Development – CDA 6

New Staff Orientation (15 hours) (center-based)

New Staff Orientation REFRESHER (3 hours) (center-based)

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:

All By Myself: Self Help Skills in Child Care (1 hr)

Are You Ready for A Child with Special Needs? (1 hr)

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)

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)

Get more information and order online at

<http://www.betterkidcare.psu.edu/page02a.html> or call 800 - 452 - 9108.