

# Training Content Areas

Child Development Associate (CDA) Credential™ requires a total of 120 clock hours be completed. At least 10 hours must be completed in all 8 content areas; the additional 40 hours (to equal 120 hours) can be completed in any content area. The first column for Content Area\* aligns with the CDA Council's application.

	Content Area*	Example	Competency Goal	Functional Area
1	Planning a safe, healthy learning environment	Safety, first aid, health, nutrition, space planning, materials & equipment, play	I. To establish & maintain a safe, healthy learning environment.	1. Safe: Candidate provides a safe environment to prevent and reduce injuries. 2. Healthy: Candidate promotes good health and nutrition and provides an environment that contributes to the prevention of illness. 3. Learning Environment: Candidate uses space, relationships, materials & routines as resources for constructing an interesting, secure & enjoyable environment that encourages play, exploration & learning.
2	Advancing children's physical & intellectual development.	Large & small muscle, language & literacy, discovery, art, music	II. To advance physical & intellectual competence.	4. Physical: Candidate provides a variety of equipment, activities, and opportunities to promote the physical development of children. 5. Cognitive: Candidate provides activities and opportunities that encourage curiosity, exploration, and problem solving appropriate to the developmental levels and learning styles of children. 6. Communication: Candidate actively communicates with children and provides opportunities and support for children to understand, acquire, & use verbal & nonverbal means of communicating thoughts & feelings. 7. Creative: Candidate provides opportunities that stimulate children to play with sound, rhythm, language, materials, space and ideas in individual ways and to express their creative abilities.
8	Principles of child growth & development.	Developmental milestones from birth through age 5, cultural influences on development		
3	Supporting positive social & emotional development.	Self-esteem, independence, self-control, socialization	III. To support social & emotional development, to provide positive guidance.	8. Self: Candidate provides physical and emotional security for each child and helps each child to know, accept and take pride in himself or herself and to develop a sense of independence. 9. Social: Candidate helps each child feel accepted in the group, helps children learn to communicate and get along with others, and encourages feelings of empathy and mutual respect among children and families. 10. Guidance: Candidate provides a supportive environment in which children can begin to learn and practice appropriate and acceptable behaviors as individuals and as a group.
7	Observing and recording children's behavior.	Tools & strategies for objective information collection		
4	Establishing productive relationships with families.	Parent involvement, home visits, conferences, referrals	IV. To establish positive & productive relationships with families.	11. Families: Candidate maintains an open, friendly, and cooperative relationship with each child's family, encourages their involvement in the program, and support the child's relationship with his or her family.
5	Managing an effective program operation.	Planning, record keeping, reporting	V. To ensure a well-run, purposeful program responsive to participant needs.	12. Program Management: Candidate is a manager who uses all available resources to ensure an effective operation. The Candidate is a competent organizer, planner, record keeper, communicator, and a cooperative co-worker.
6	Maintaining a commitment to professionalism.	Advocacy, ethical practices, workforce issues, professional association	VI. To maintain a commitment to professionalism.	13. Professionalism: Candidate makes decisions based on knowledge of early childhood theories and practices. Candidate promotes quality in childcare services. Candidate takes advantage of opportunities to improve competence, both for personal and professional growth and for the benefit of children and families.