



CDA Training Modules consist of 48 Courses equivalent to 120 Hours in the following subject areas.

CDA Subject Areas	Number of Courses	HRS	CEUs
1. Planning a safe and healthy learning environment (HLT.SAF)	7	13	1.3
2. Advancing children’s physical and intellectual development (PHY.INT)	9	22	2.2
3. Supporting children’s social and emotional development (SOC.EM)	6	14	1.4
4. Building productive relationships with families (FAM)	5	10	1.0
5. Managing an effective program operation (PROG.OP)	5	15	1.5
6. Maintaining a commitment to professionalism (PROF)	5	15	1.5
7. Observing and recording children’s behavior (OB.REC)	5	14	1.4
8. Understanding principles of child development and learning (CHDV)	6	16	1.6
Total Hours and CEUs	48 Courses	120 HRS	12 CEUs



Module 1
CDA Subject Area 1: Safe and Healthy Learning Environment

	Module 1: Safe and Healthy Learning Environment (13 Hours/ 1.3 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA HLT.SAF 1.A Basic Wellness Training: Physical Activities, Nutrition, and Obesity Prevention	2	0.2
2	CDA HLT.SAF 1.B Recognizing and Reporting Child Abuse & Neglect	2	0.2
3	CDA HLT.SAF 1.C School Readiness: The Transition to Kindergarten	2	0.2
4	CDA HLT.SAF 1.D Emergency Preparedness and Response Planning from Natural and Man-Made Events	2	0.2
5	CDA HLT.SAF 1.E Building and Physical Premises Safety including Storage of Bio-Contaminants and Hazardous Materials	2	0.2
6	CDA HLT.SAF 1.F Intermediate Wellness Training: Physical Activities, Nutrition, and Menu Planning	2	0.2
7	CDA HLT.SAF 1.G Transportation Safety in the Child Care Environment	1	0.1
	Total Hours and CEUs	13 HRS	1.3 CEUs

Module 1 - CDA Subject Area 1: Planning a Safe and Healthy Learning Environment consist of 7 classes and equals 13 clock hours/1.3 CEUs. It is the first of eight modules designed to meet the 120 classroom hours in the eight CDA Subject areas required to obtain a Child Development Associate.

Module 1 also includes environmental health, potentially hazardous environmental factors, and safe appropriate procedures for ensuring age-appropriate toys for children of various age groups and developmental levels. The recommended childcare guidelines to emergency preparedness and response planning from natural disasters or man-made events and safe practices when transporting children are included in this section.



Module 2
CDA Subject Area 2: Children’s Physical and Intellectual Development

Module 2: Children’s Physical and Intellectual Development (19 Hours/ 1.9 CEUs) – CDA Setting: All		Hours	CEUs
1	CDA PHY.INT 2.A UNIT 4 The Growing Brain: Cognitive and Executive Function	3	0.3
2	CDA PHY.INT 2.B UNIT 7 The Growing Brain: Everyday Play	3	0.3
3	CDA PHY.INT 2.C Preschool Coding & Robotics	3	0.3
4	CDA PHY.INT 2.D Child-Friendly, Family Friendly and Eco-Friendly Classrooms	3	0.3
5	CDA PHY.INT 2.E The Skeletal System: What’s inside of you!	3	0.3
6	CDA PHY.INT 2.F Electricity & Circuits: The Current Runs through it!	1	0.1
7	CDA PHY.INT 2.G Preschool Basics on Motion & Forces: Newton’s Law of Motion	2	0.2
8	CDA PHY.INT 2.H Math & Science Activities for Preschoolers	1	0.1
9	CDA PHY.INT 2.I Early Childhood Language Development: Phonological Awareness	3	0.3
Total Hours and CEUs		22 HRS	2.2 CEUs

Module 2 - CDA Subject Area 2: Children’s Physical and Intellectual Development consist of 9 classes and equals 22 clock hours/2.2 CEUs.

It is the second of eight modules designed to meet the 120 classroom hours in the eight CDA Subject areas required to obtain a CDA.

Examples: Large and small muscles, language and literacy, discovery, art, music, mathematics, social studies, science, technology, and dual language learning.



Module 3

CDA Subject Area 3: Supporting children’s social and emotional development

	Module 3: Promoting Children’s Social and Emotional Development (12 Hours/ 1.2 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA SOC.EM 3.A UNIT 5 The Growing Brain Social-Emotional Development	3	0.3
2	CDA SOC.EM 3.B Classroom Transition: Effective Strategies	2	0.2
3	CDA SOC.EM 3.C What do you do with a Bully?	2	0.2
4	CDA SOC.EM 3.D Deployment: Coping Strategies for Children	3	0.3
5	CDA SOC.EM 3.E Coping Skills for Children and Families: Separation Anxiety	2	0.2
6	CDA SOC.EM 3.F Conflict Resolution	3	0.3
	Total Hours and CEUs	14	1.4 CEUs

Module 3 - CDA Subject Area 3: Supporting children’s social and emotional development consist of 5 classes and equals 12 clock hours/1.2 CEUs.

Module 3 is focused on helping providers develop the skills and techniques to support healthy social-emotional development including; creating a supportive environment, developing emotion regulation and problem-solving skills. This module provides support in using effective classroom transitions, promoting social emotional development, and coping skills for children and families with separation anxiety.



Module 4

CDA Subject Area 4: Building productive relationships with families

	Module 4: Safe and Healthy Learning Environment (10 Hours/ 1.0 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA FAM 4.A Building a Professional Learning Community in Child Care	2	0.2
2	CDA FAM 4.B Parent Involvement: Positive Communication	2	0.2
3	CDA FAM 4.C Building Stronger Relationships: Parental Involvement and Family Engagement	2	0.2
4	CDA FAM 4.D Enhancing Communication Skills with Families	2	0.2
5	CDA FAM 4.E Keeping Families involved in their Child’s Learning	2	0.2
	Total Hours and CEUs	10	1.0 CEUs

Module 5 - CDA Subject Area 4: Building productive relationships with families consist of 5 classes and equals 10 clock hours/1.0 CEUs.

Module 4 provides learners with ways to explore and develop respectful, responsive, and reciprocal relationships with families. Additionally, identify plans to engage parents on how to build strong relationships with their children to help meet their milestones and build on their learning potential



Module 5
CDA Subject Area 5: Managing an effective program operation

	Module 5: Effective Program Operation Management (15 Hours/ 1.5 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA PROG.OP 5.A The Empowered Educator	3	0.3
2	CDA PROG.OP 5.B Preventing Burnout in Child Care Providers	3	0.3
3	CDA PROG.OP 5.C Cultural Diversity in Child Care	3	0.3
4	CDA PROG.OP 5.D Child Care Centers and the American Disabilities Act	3	0.3
5	CDA PROG.OP 5.E Understanding Every Child’s Potential through Multiple Intelligence	3	0.3
	Total Hours and CEUs	15	1.5 CEUs

Module 5 - CDA Subject Area 5: Managing an effective program operation consist of 5 classes and equals 15 clock hours/1.5 CEUs.

Module 5 provides insight on managing an effective program by offering courses on understanding adult behaviors, strategies for dealing with stressors and burnout are addressed, support children in their development and awareness of cultural differences, Learn the fundamentals of creating an effective vision and mission statement in collaboration with all stakeholders and identify the Americans with Disabilities Act (ADA) is a federal civil rights law. Planning, record keeping, reporting, community services



Module 6

CDA Subject Area 6: Maintaining a commitment to professionalism

	Module 6: Commitment to Professionalism (15 Hours/ 1.5 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA PROF 6.A Course Design: The Basics	3	0.3
2	CDA PROF 6.B The Fundamental Principles of Adult Learning	3	0.3
3	CDA PROF 6.C Staying on Target: Competency-based Objectives	3	0.3
4	CDA PROF 6.D Professional Growth Plan: Elements, Goal & Purpose	3	0.3
5	CDA PROF 6.E NAEYC Early Childhood Educators: Ethical Conduct	3	0.3
	Total Hours and CEUs	15	1.5 CEUs

Module 6 - CDA Subject Area 6: Maintaining a commitment to professionalism consist of 5 classes and equals 15 clock hours/1.5 CEUs.

Module 6 is focused on the basics of professional behavior and how to develop and maintain professional relationships.

Examples: Advocacy, ethical practices, workforce issues, professional, goal setting, networking



Module 7
CDA Subject Area 7: Observing and recording children’s behavior

	Module 7: Observing and Recording Progress and Children’s Behavior (17 Hours/ 1.7 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA OB.REC 7.A Observation Plan: What to do with Assessments	2	0.2
2	CDA OB.REC 7.B Guidance versus Discipline in Child Care	3	0.3
3	CDA OB.REC 7.C Anger Management: I Am So MAD!	3	0.3
4	CDA OB.REC 7.D What to do with Challenging Behavior	3	0.3
5	CDA OB.REC 7.E UNIT 6 The Growing Brain: Understanding Behavior	3	0.3
	Total Hours and CEUs	14	1.4 CEUs

Module 7 - CDA Subject Area 7: Observing and recording children’s behavior consist of 5 classes and equals 14 clock hours/1.4 CEUs.

Module 7 consist of courses on tools and strategies for objective observation and assessment of children’s behavior and learning to plan curriculum and individual teaching, development delays, intervention strategies, and individual education plans.



Module 8

CDA Subject Area 8: Understanding principles of child development and learning

	Module 8: Principles of Child Development and Learning (19 Hours/ 1.9 CEUs) – CDA Setting: All	Hours	CEUs
1	CDA CHDV 8.A UNIT 1 The Growing Brain: The Basics	3	0.3
2	CDA CHDV 8.B UNIT 2 The Growing Brain: The Factors Affecting Brain Growth	3	0.3
3	CDA CHDV 8.C UNIT 3 The Growing Brain: Communication and Language Development	3	0.3
4	CDA CHDV 8.D Developmentally Appropriate Practices DAP	2	0.2
5	CDA CHDV 8.E Child Development: Infant, Toddler, Preschool	3	0.3
6	CDA CHDV 8.F The Ages and Stages of Development	2	0.2
	Total Hours and CEUs	16	1.6 CEUs

Module 8 - CDA Subject Area 8: Understanding principles of child development and learning consist of 6 classes and equals 16 clock hours/1.6 CEUs.

Module 8 consists 8 principles of child development , cultural influences on development, and an understanding of early brain development.