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:**
- Changing Spaces (2 hr)
- 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)
- Keystone Color Me Healthy (PA residents only)
- 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)
- Safe Sleep Practices for Caregivers: Reduce the risk of SUID (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 (2 hr)
- The Ups and Downs of Outdoor Play (2 hr)
- Water Conservation: Children and Staff Learning Together (2 hr)
- Your #1 Priority: Keeping Children Healthy and Safe (2 hr)

**Lessons by Mail (2 hr):**
- Changing Spaces
- Improving Transition Times
- 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:**
- Active Children are Learning Children (2 hr)
- Activities for Learning Math: Numbers, Colors, and Shapes (2 hr)
- Art Appreciation 101 for Young Children (2 hr)
- Becoming a 21st Century Skills Program (2 hr)
- Child Care...for Mixed Ages (2 hr)
- Childhood Obesity Prevention: Let's Move! Child Care Introduction (2 hr)
- Childhood Obesity Prevention: LMCC – Limit Screen Time (2 hr)
- Childhood Obesity Prevention: LMCC – Increase Physical Activity (2 hr)
- Childhood Obesity Prevention: LMCC – Offer Healthy Beverages (2 hr)
- Childhood Obesity Prevention: LMCC – Serve Healthy Food (2 hr)
- Childhood Obesity Prevention: LMCC – Support Infant Feeding (2 hr)
- Easy Ways to Boost Children’s Brain Power (2 hr)
- Exciting Backyard Science Activities (2 hr)
- Executive Function Skills: Foster with Play (2 hr)
- Fighting Children’s Obesity Through Active Play (2 hr)
- How to Turn Good Play into GREAT Play (2 hr)
- Learning to Read and Write (2 hr)
- I want! I want! I want! Building Good Consumers (2 hr)
- Incorporating STEM into Out-of-School Time (OST) Programs (2 hr)
- Math for Every Age (2 hr)
- Science For Young Thinkers (2 hr)
- Sparking Kids Curiosity (2 hr)
- The Ins and Outs of Good Circle Times (2 hr)
- Understanding and Supporting Children's Physical and Cognitive Development (2 hr)
- What Does Brain Research Tell Us About Infant Care? (2 hr)

**Lessons by Mail (2 hr):**
- A Good Four-Letter Word -- Play
- Active Children are Learning Children
- 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 Children's 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 (1 hr)
Avoid Behavior Problems – Teach Self-Control (2 hr)
Behavior is Contagious (2 hr).
Building Relationships with Children ad Youth Who Challenge Us (2 hr)
Communicating with Children (2 hr)
Creating Special Moments with Infants and Toddlers (2 hr)
Creating the Bond - Attachment (1 hr )
Creating Intergenerational Connections (2 hr)
Dealing with Anger -- The Children's and Yours (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)
Guiding Behavior: Responding to Biting and Teaching Sharing (formerly titled Biting and Sharing)
How to Work with Active Children (2 hr)
Let’s Talk…Discipline (2 hr)
Reflect and Respect Children's Military-Connected Identity (2hr)
Re-Thinking Praise (1 hr)
Saying Goodbye at Child Care (1 hr)
See as a Child, Feel as a Child (2 hr)
Strategies for Preventing Challengin Behaviors (2 hr)
Supervision: Counting Kids (1 hr)
Supervision: Positioning – Where Do I Stand? (1 hr)
Supervision: Staff:Child Ratios (1 hr)
Supervision: Teamwork (1 hr)
Supervision: What’s Required? (1 hr)
Teach Self-Regulation (1 hr)
The Art and Science of Playing with Young Children (2 hr)
Transitions - “Hello” and “Good-bye” (1 hr)
Understand and Help Stressed Children (1 hr)
Understanding Toddlers (formerly titled Toddlers: Terrible or Terrific?) (2 hr)
When is Behavior OK or Not OK? (2 hr)

Lessons by Mail (2 hr):

Avoid Behavior Problems-- Teach Self-Control
Behavior is Contagious
Communicating with Children
Dealing with Anger -- The Children's and Yours
Guiding Behavior: Responding to Biting and Teaching Sharing (formerly titled Biting and Sharing)
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:

- Cultural Understanding: Building Solid Foundations (2 hr)
- 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)
- Keeping Families Engaged Through the School Age Years (2 hr)
- Powerful Communications with Parents (1 hr)
- Problem Solving with Children (2 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)
- Child Assessment: An Introduction (2 hr)
- Curriculum Development: An Introduction (2 hr)
- Developmentally Appropriate Practice (DAP): An Introduction (2 hr)
- Emergent Literacy Begins at Birth (1 hr)
- Helping Youth with Autism to be Successful in After School Programs (2 hr)
- How to Turn “No” into a “Yes” (1 hr)
- How to Get Parents on Your Team (2 hr)
- Making A Great Day for Preschoolers (1 hr)
- Music for the Non-musical (2 hr)
- Using Art Materials (2 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
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)
- Home-Based Caregiver Orientation (6 hr)
- New Staff Orientation (15 hours) (center-based)
- Professional Development Record (PDR) - A Valuable Tool for Providers (1 hr)
- Professional Philosophy Statement (1 hr)
- 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)
- 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: Connections with Families (1 hr)
- Observation: It Starts with YOU! (1 hr)
- Observation: Preparing to Observe (1 hr)
- Resilient caregivers: ‘Bouncing back’ from stress (2 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)
- Inclusion: Exploring the meaning and the mindset (2 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 (1 hr)
- 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 (1 hr)