

Child Development Associate® (CDA)

Sample Exam Questions

**Center-Based
Birth to Five**

INCLUDES SAMPLE QUESTIONS AND ANSWER KEY



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Child Development Associate® (CDA) Sample Exam Questions: Birth to Five

The following CDA® exam sample questions are provided for information purposes **only** and do not reflect the actual CDA exam content. They are intended to help Birth to Five CDA candidates become familiar with the type and style of questions provided on the CDA exam. The format, difficulty, and topics covered in the actual exam may differ. Performance on practice exams does not guarantee performance on the actual CDA computer-based exam.

Read each item carefully and respond to each question by selecting the letter that represents the best answer. Only one answer should be selected for each question.

1



Mark for Review

Which is the most nutritious meal for preschoolers?

- A. Chicken tacos (chicken chunks, lettuce, tomato, cheese), with corn tortillas, banana, and milk.
- B. Hot dog with a bun, cheese cubes, corn chips, and milk.
- C. Macaroni and cheese, broccoli, yogurt, and fruit-flavored drink.
- D. English muffin pizza (English muffin, tomato sauce, cheese), cookies, and milk.

2



Mark for Review

When planning a program for 4- to 5-year-olds, what is one of the most important goals?

- A. Providing many opportunities to practice writing.
- B. Helping them learn to sit quietly during group time.
- C. Providing many opportunities for discovery and informal learning.
- D. Teaching them the names of letters and numbers.

3



Mark for Review

Which is the best example of self-directed children's play?

- A. The teacher leads the children in singing a song.
- B. A child chooses to play at the sand table.
- C. A child works alone, at a game table, a task the teacher has told him to do.
- D. All the children do art together, at art time.

4



Mark for Review

When should 1- and 2-year-olds be required to take part in large group activities with more than 10 children?

- A. Every day to promote togetherness.
- B. Twice a day to help children learn to listen and talk well.
- C. Never because they are too young for large groups.
- D. Only on rainy days to watch videos.

5



Mark for Review

How can you best help preschoolers learn to solve problems?

- A. Provide a quiet learning environment.
- B. Explain all the things they do not understand.
- C. Provide the materials and let the children do anything they wish.
- D. Provide lots of real materials and a little help during teachable moments.

6



Mark for Review

What should appropriate discipline for preschoolers be based on?

- A. Maintaining control by the adult.
- B. Giving rewards such as stickers or candy.
- C. Helping children work out their own problems.
- D. Using time-out whenever a child is bad.

7



Mark for Review

When you find that a child, whose parents are separating, has a lot of stress at home, what is the best thing to do?

- A. Ignore the situation, because it is none of your business.
- B. Allow the child to misbehave more than other children, because this will help lessen the stress.
- C. Be consistent and give the child many chances to feel secure and appreciated.
- D. Lecture the parents on what they must do to make things less stressful for the child.

8



Mark for Review

When should picture books be used with young children?

- A. Only when an adult is in the book corner with the children to answer questions.
- B. Throughout the day, during both free play and group times.
- C. Indoors, but never outdoors, to keep the books clean.
- D. Once a day, at group story time when everyone can listen.

9



Mark for Review

When should safety restraints be used in transporting children?

- A. When parents request.
- B. For all children and adults.
- C. For children under the age of two.
- D. When transporting children for a distance of more than three miles.

10



Mark for Review

A 14-month-old child in your care crawls and stands, but cannot walk. What should you do?

- A. Tell the parents that the child is developmentally delayed and may need special services.
- B. Recognize that children develop at different rates and continue to watch the child's progress carefully.
- C. Set aside time to practice walking with her twice a day.
- D. Give her a reward every time she takes a step.

11



Mark for Review

When playing, what do older 3-year-olds prefer?

- A. Play by themselves.
- B. Play with one or two others.
- C. Play with an adult.
- D. Play with many children.

12



Mark for Review

How should information gained from observing and recording children's developmental progress be used?

- A. Should be used by staff only.
- B. Needs to be collected only when a child's development appears to be delayed.
- C. Should be used in planning appropriate materials and activities.
- D. Shouldn't be used. It has no direct influence on the curriculum.

13  Mark for Review

Which best encourages children's language development in an early childhood classroom?

- A. The adult speaks and the children listen.
- B. Everyone is always quiet.
- C. Busy children's voices are heard most often.
- D. One child speaks at a time while others listen.

14  Mark for Review

Which is the best way to teach 2-year-olds about colors?

- A. Have them name the colors as you point to things in the room.
- B. Let them use only one crayon until they learn its color name.
- C. Learn color names as part of their daily experiences with real things.
- D. Play color matching games.

15  Mark for Review

A child complains that his block building keeps falling down. The teacher wants to ask a question to help the child solve the problem on his own. What is the best question to ask?

- A. Why don't you use just the square blocks?
- B. What do you think could be wrong?
- C. Would it help if you built a shorter building?
- D. Would you like to play something else?

16  Mark for Review

When is the best age to introduce music to children?

- A. Infants.
- B. Toddlers.
- C. Young preschoolers.
- D. Older preschoolers.

17



Mark for Review

Which is the best way to show respect for a child's artwork?

- A. Ask the child, "What is it?"
- B. Suggest ways she can improve her artwork.
- C. Put her name on it and tell her to put it in her cubbie so it won't be damaged.
- D. Ask her if she would like to hang it up for others to enjoy.

18



Mark for Review

So far this year, the older preschoolers have used the woodworking bench for wood-gluing and hammering projects. It is time to add a saw to the area. Which is the most appropriate way to do this?

- A. Give the children plastic saws, because real saws are too dangerous.
- B. Allow the children to explore the use of a real saw on their own.
- C. Show all children how to use a real saw one time, so they will not need supervision when they use it at the woodworking bench.
- D. Demonstrate proper use of a real saw and supervise its use.

19



Mark for Review

Which is the best play activity for active toddlers?

- A. Very active play all day to use up their energy.
- B. Quiet play indoors and active play outdoors.
- C. Quiet play all day, so they learn to sit still.
- D. A balance of quiet and active play, both indoors and outdoors.

20



Mark for Review

The children use the paved area on your large playground for tricycle riding, ball play, and art projects all at the same time. This arrangement causes frequent accidents and conflicts. What is the best way to handle this conflict?

- A. Allow only the preschoolers to ride, because they have better control.
- B. Divide the pavement with a chalk line, so that tricycle riding takes place on one side and ball play takes place on the other side. Do art projects indoors only.
- C. Put children into time-out when they do not play safely and cooperatively.
- D. Use the paved area for tricycle riding only and provide other appropriate spaces outdoors for ball playing and art projects.

21  Mark for Review

What activity are most 1-year-olds ready for?

- A. To be toilet trained.
- B. To be taught names of colors, such as red, yellow, and blue.
- C. To play simple games, such as “patty cake” and “peek-a-boo.”
- D. To spend most of their time sleeping.

22  Mark for Review

When two preschoolers disagree and hit each other, what is the best thing to do?

- A. Separate them so they will not fight any more.
- B. Tell them how to solve the problem they are having.
- C. Spank the child who started it to set an example for the group.
- D. Help them talk through the problem and work out their differences as well as possible solutions.

23  Mark for Review

While children are playing, how should the teacher spend most of her/his time?

- A. Moving about to observe and interact with children.
- B. Doing paperwork while watching for any problems.
- C. Planning activities with other teachers.
- D. Getting materials ready for the next activities.

24  Mark for Review

Which is the best way to teach safety to young children?

- A. Have children memorize safety rules.
- B. Put a book about safety in the book area for children to read.
- C. Make safety a part of your everyday curriculum.
- D. Do a unit on safety at least once a year.

25  Mark for Review

What records should a child's medical file contain?

- A. The child has been immunized and has never had a contagious disease.
- B. The child has been properly immunized and has had a health exam within the past year.
- C. The child has never had a contagious disease and shows no sign of being likely to ever have one.
- D. The child has had both health and dental exams within the past year.

26  Mark for Review

When parents advise you to spank their child for bad behavior, what is the best response for you to make?

- A. Explain why you do not spank and offer to discuss this further whenever they wish.
- B. Tell them that spanking is wrong and explain what they should do instead.
- C. Ignore their advice and avoid an argument.
- D. Follow parents' methods, so the child doesn't become confused.

27  Mark for Review

Tricycles are the most popular outdoor equipment. Lately, there have been several accidents because all the tricycles are in poor repair. What should you do?

- A. Put all the tricycles away until they are repaired.
- B. Supervise their use closely until they can be repaired.
- C. Leave the one tricycle in best repair out for the children to use and remove the rest.
- D. Teach the children about safe use of tricycles.

28  Mark for Review

Which is the most nutritious snack for preschoolers?

- A. Cookies and milk.
- B. Corn chips and 100 percent fruit juice.
- C. Apple slices with peanut butter and milk.
- D. Saltine crackers and 100 percent fruit juice.

29

Mark for Review

How often is toothbrushing needed?

- A. After snacks, as well as meals.
- B. Only if children have eaten sweet or sticky foods.
- C. Daily for older preschoolers, but not younger children.
- D. After all meals, but not after snacks.

30

Mark for Review

A parent is visiting to see if she wants to enroll her child. While preparing for an art project, you run out of paper that is kept in a storage building. Since an adult is in the room, you decide to go get the paper quickly. Is this an appropriate action?

- A. Appropriate, because the visitor has permission to be in your room so you can leave her alone with the children.
- B. Appropriate, because an adult is present to watch the children.
- C. Not appropriate, because the children must always be attended by someone authorized to take care of them.
- D. Not appropriate, because you did not ask the parent if she minded your leaving her with the children.

Answer Key

1. A
2. C
3. B
4. C
5. D
6. C
7. C
8. B
9. B
10. B
11. B
12. C
13. C
14. C
15. B
16. A
17. D
18. D
19. D
20. D
21. C
22. D
23. A
24. C
25. B
26. A
27. A
28. C
29. A
30. C

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The Child Development Associate® (CDA) Credential™ is the most widely recognized credential in early childhood education (ECE) and is the best first step on the path of career advancement in ECE. The distinctive CDA® credential is the only nationally-recognized, portable, reciprocal, competency-based credential of its kind in the country.

The Child Development Associate® (CDA) national credentialing program is the unique early childhood educator credentialing process, administered by the Council for Professional Recognition, which results in the award of the CDA credential. The program uses a specific set of time-tested, research-based tools to determine early childhood educator competency, based on multiple sources of evidence.

Earning the CDA credential from the Council for Professional Recognition verifies that early childhood educators have the ability to put the Council's nationally-recognized CDA Competency Standards into practice and the understanding of why those standards help children move with success from one developmental stage to another.

Since the inception of the CDA national credentialing program, the Council for Professional Recognition has issued more than one million CDA credentials in the Preschool, Infant-Toddler, Birth to Five, Family Child Care, and Home Visitor CDA® settings!

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