



CDA Child Care

Free Practice Test — 30 Real Exam-Style Questions

with full answer key & explanations

**Unlock the full bank of 498 questions
+ unlimited timed mock exams + mistake book**

Practice on the web: <https://certs.theorypractice.app/cda-child-care>

\$2.99 / week · \$6.99 / month · cancel anytime

What you unlock: all 498 questions • unlimited timed mock exams • mistake book • instant explanations

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube @CertsQuizPrep](#)



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Practice Questions

Try all 30 first, then check the answer key at the back.

Want the other 468+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cda-child-care>

1. What is the single most effective practice for preventing the spread of illness in a child care classroom?

- A. Frequent, thorough handwashing with soap and running water
- B. Spraying the room with air freshener each morning
- C. Asking parents to keep children home all winter
- D. Wearing gloves at all times during the day

2. Running, jumping, and climbing are examples of which skill area?

- A. Fine motor skills
- B. Receptive language
- C. Self-regulation
- D. Gross motor skills

3. A secure attachment between an infant and caregiver is built primarily through:

- A. Strict, unpredictable discipline
- B. Limiting physical contact
- C. Consistent, warm, and responsive caregiving
- D. Frequent changes of caregiver

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)
[@CertsQuizPrep](#)

4. The relationship between a program and a child's family is best described as a:

- A. Partnership in which both share knowledge about the child
- B. One-way flow of instructions from the program
- C. Relationship to avoid to stay professional
- D. Competition over who knows the child best



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



5. The main purpose of observing and documenting children is to:

- A. Catch children misbehaving
- B. Rank children against each other
- C. Understand each child and plan responsive learning experiences
- D. Fill required paperwork with no use

6. A professional code of ethics in early childhood education primarily guides caregivers to:

- A. Make responsible decisions and treat children, families, and colleagues ethically
- B. Maximize program profit
- C. Avoid all accountability
- D. Follow personal preference over standards

Want the other 468+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cda-child-care>

7. The goal of positive guidance is to help children:

- A. Fear adults so they obey
- B. Develop self-control and learn acceptable behavior
- C. Avoid all emotions
- D. Become permanently dependent on rewards

8. Why is play considered essential to young children's learning?

- A. Play wastes time better spent on worksheets
- B. Play has no educational value
- C. Children build skills across all domains through meaningful play
- D. Play only tires children out

9. When should a caregiver and child wash hands during the day? The BEST answer is:

- A. Only once when arriving in the morning
- B. Before eating and after toileting, diapering, or wiping noses
- C. Only when hands look visibly dirty
- D. Only before going home at the end of the day

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)
[@CertsQuizPrep](#)



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



10. Which activity best builds fine motor control in a preschooler?

- A. Stringing beads and using safety scissors
- B. Running races outside
- C. Climbing a ladder
- D. Jumping on a trampoline

11. A toddler cries when a parent leaves at drop-off. This separation anxiety is:

- A. A sign of a behavior disorder
- B. Evidence of poor parenting
- C. Something to ignore completely
- D. A normal sign of healthy attachment

12. A simple, effective way to share a young child's day with their family is:

- A. Only contacting families when there is a problem
- B. A brief daily note or conversation about eating, sleeping, and activities
- C. Posting private details publicly
- D. Never sharing anything to protect privacy

Want the other 468+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cda-child-care>

13. Which is an OBJECTIVE observation note?

- A. 'Maya was being naughty as usual.'
- B. 'Maya is a destructive child.'
- C. 'Maya didn't care about her work.'
- D. 'Maya stacked five blocks, then knocked them down and laughed.'

14. As a mandated reporter, what must a caregiver do if they suspect child abuse or neglect?

- A. Investigate and prove it themselves first
- B. Report the suspicion to the proper authorities as required by law
- C. Confront the family alone
- D. Keep quiet to avoid conflict

15. A toddler is throwing blocks. An effective guidance technique is to:

- A. Yell at the child to stop
- B. Take away all toys for the day
- C. Redirect the child to an acceptable activity like throwing soft balls
- D. Ignore the safety hazard



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)
[@CertsQuizPrep](#)

16. Reading a story aloud and inviting children to predict what happens next supports:

- A. Only sitting still
- B. Gross motor development
- C. No real learning
- D. Language, comprehension, and thinking skills

17. During diaper changing, what step best reduces the spread of germs?

- A. Use the same wipe for several children to save supplies
- B. Change diapers on the floor near the play area
- C. Disinfect the changing surface after each child and wash hands afterward
- D. Skip handwashing if gloves were worn

18. In typical motor development, which sequence is correct?

- A. Walking, then sitting, then crawling
- B. Sitting, then crawling, then walking
- C. Crawling, then walking, then sitting
- D. Running before sitting independently

Want the other 468+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cda-child-care>

19. A preschooler is overwhelmed and starts to melt down. The most supportive response is to:

- A. Stay calm, acknowledge the feeling, and help the child calm down
- B. Tell the child to stop being a baby
- C. Send the child away alone until they comply
- D. Match the child's intensity by yelling

20. A family's home routines differ from the program's. The caregiver should:

- A. Insist the family adopt the program's way
- B. Assume the family's way is wrong
- C. Learn about the family's practices and find respectful common ground
- D. Avoid discussing it altogether



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



21. A short written description of a specific incident as it happened is called:

- A. An anecdotal record
- B. A standardized test
- C. A billing statement
- D. A lesson plan

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)
[@CertsQuizPrep](#)

22. Discussing a specific child's challenges with friends outside work is:

- A. Fine if no names are used in writing
- B. Required to get advice
- C. A breach of confidentiality and unprofessional
- D. Acceptable on social media

23. A child refuses to wear a coat outside on a chilly day (not dangerously cold). Allowing them to feel cold is an example of:

- A. A logical consequence
- B. Physical punishment
- C. Positive reinforcement
- D. A natural consequence

24. A sensory table with water and cups primarily helps children explore:

- A. Concepts like volume, pouring, and cause and effect
- B. Reading fluency
- C. Multiplication
- D. Handwriting

Want the other 468+ questions & full timed mock exams? Unlock at
<https://certs.theorypractice.app/cda-child-care>

25. To reduce the risk of Sudden Infant Death Syndrome (SIDS), infants should be placed to sleep:

- A. On their stomachs with a soft pillow
- B. On their sides propped with a rolled blanket
- C. In a car seat or swing for all naps
- D. On their backs, on a firm surface with no soft bedding



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



26. According to Piaget, an infant who searches for a toy hidden under a blanket has developed:

- A. Conservation of number
- B. Abstract reasoning
- C. Object permanence
- D. Formal operational thought

27. Sharing, helping, and comforting others are examples of:

- A. Gross motor skills
- B. Prosocial behavior
- C. Cognitive conservation
- D. Phonemic awareness

**Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)
[@CertsQuizPrep](#)**

28. A caregiver overhears private information about a child's family. They should:

- A. Discuss it with other parents
- B. Post it on social media
- C. Tell anyone who asks
- D. Keep the information confidential and share only on a need-to-know basis

29. What is the purpose of a developmental SCREENING?

- A. To diagnose a specific disability
- B. To quickly identify children who may need further evaluation
- C. To rank children by ability
- D. To replace ongoing observation

30. Why do early childhood professionals pursue ongoing training?

- A. It is never necessary after hiring
- B. Only to increase salary
- C. Because children's needs never change
- D. To keep their knowledge and skills current and improve practice



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



Answer Key & Explanations

You just practised 30 of 498. Unlock every question + timed mocks at
<https://certs.theorypractice.app/cda-child-care>

1. A — Frequent, thorough handwashing with soap and running water

Handwashing physically removes germs and is the most effective, evidence-based way to reduce disease transmission in group care settings.

2. D — Gross motor skills

Gross motor skills use the large muscles of the arms, legs, and trunk for whole-body movements like running and climbing.

3. C — Consistent, warm, and responsive caregiving

Babies form secure attachments when caregivers reliably and sensitively meet their needs, creating a foundation for healthy relationships.

4. A — Partnership in which both share knowledge about the child

Families are children's first and most important teachers; effective programs build two-way partnerships that respect family expertise.

5. C — Understand each child and plan responsive learning experiences

Systematic observation informs individualized planning, tracks development, and supports communication with families.

6. A — Make responsible decisions and treat children, families, and colleagues ethically

An ethical code provides shared principles—do no harm, respect families, honor children—to guide professional conduct and difficult decisions.

7. B — Develop self-control and learn acceptable behavior

Positive guidance teaches children the skills to manage their own behavior, rather than relying on fear or punishment.

8. C — Children build skills across all domains through meaningful play

Play integrates cognitive, physical, social, and emotional learning; it is how young children make sense of their world.

9. B — Before eating and after toileting, diapering, or wiping noses

Handwashing is required at key transition points—before food and after contact with bodily fluids—because that is when germs are most likely to spread.

10. A — Stringing beads and using safety scissors

Fine motor skills involve the small hand and finger muscles; beading and cutting strengthen the precise control needed for writing later.

11. D — A normal sign of healthy attachment

Distress at separation is typical and reflects the child's attachment; warm reassurance and predictable goodbyes help.



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



12. B — A brief daily note or conversation about eating, sleeping, and activities

Regular, positive daily communication keeps families informed and builds trust between home and program.

13. D — 'Maya stacked five blocks, then knocked them down and laughed.'

Objective notes describe observable behavior without judgment or interpretation, which is essential for accurate assessment.

14. B — Report the suspicion to the proper authorities as required by law

Early childhood professionals are legally mandated reporters; reasonable suspicion—not proof—must be reported to child-protection authorities.

15. C — Redirect the child to an acceptable activity like throwing soft balls

Redirection channels the child's impulse into a safe, acceptable outlet—an age-appropriate, respectful guidance strategy.

16. D — Language, comprehension, and thinking skills

Interactive read-alouds build vocabulary, comprehension, and reasoning while fostering a love of books.

17. C — Disinfect the changing surface after each child and wash hands afterward

The changing surface is a high-contamination point; cleaning and sanitizing it after every change plus handwashing breaks the chain of infection.

18. B — Sitting, then crawling, then walking

Motor development follows a head-to-toe, predictable sequence; most infants sit before crawling and crawl before walking.

19. A — Stay calm, acknowledge the feeling, and help the child calm down

Co-regulation—an adult staying calm and naming the feeling—teaches children to manage emotions; harsh responses escalate distress.

20. C — Learn about the family's practices and find respectful common ground

Respecting and incorporating family culture and practices honors the child's identity and strengthens the home-program partnership.

21. A — An anecdotal record

Anecdotal records capture brief, factual snapshots of meaningful moments, useful for tracking development over time.

22. C — A breach of confidentiality and unprofessional

Protecting children's and families' privacy is an ethical duty; sharing identifiable information outside need-to-know channels is unprofessional.

23. D — A natural consequence

Natural consequences follow directly from a child's choice without adult imposition, teaching cause and effect when safe to allow.

24. A — Concepts like volume, pouring, and cause and effect

Hands-on sensory play lets children investigate physical properties and early math and science ideas through exploration.



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



25. D — On their backs, on a firm surface with no soft bedding

The 'Back to Sleep' guidance—back position, firm surface, no loose bedding—is the consensus pediatric standard for lowering SIDS risk.

26. C — Object permanence

Object permanence—knowing an object still exists when out of sight—emerges in the sensorimotor stage and prompts the infant to search.

27. B — Prosocial behavior

Prosocial behaviors are positive social actions that benefit others and are nurtured through modeling and encouragement.

28. D — Keep the information confidential and share only on a need-to-know basis

Maintaining family confidentiality is an ethical obligation; private information is shared only with consent or when required to protect a child.

29. B — To quickly identify children who may need further evaluation

Screening is a brief check that flags children who may benefit from a fuller evaluation; it is not a diagnosis.

30. D — To keep their knowledge and skills current and improve practice

The field evolves; continuing education keeps professionals informed of best practices and improves the quality of care they provide.



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



Ready to pass?

Unlock the full CDA Child Care bank, every explanation, and unlimited timed mock exams.

Scan to start practising

<https://certs.theorypractice.app/cda-child-care>

Watch the full video walkthrough on YouTube @CertsQuizPrep



Unlock all 498 questions + timed mock exams

→ <https://certs.theorypractice.app/cda-child-care>

\$2.99/week or \$6.99/month · cancel anytime · scan to start