

CHILD DEVELOPMENT ASSOCIATE (CDA) CHILD CARE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. At what age do children typically begin to display organized play with others?**
 - A. By age one
 - B. By age two
 - C. By age three
 - D. By age four
- 2. Why is it important to teach self-help skills to children?**
 - A. It promotes dependency on adults
 - B. It fosters confidence and independence
 - C. It reduces their problem-solving skills
 - D. It is not necessary for young children
- 3. How can collaboration positively impact children in early childhood settings?**
 - A. By ensuring that only one professional is involved
 - B. By providing diverse expertise to support development
 - C. By restricting access to educational resources
 - D. By avoiding interaction with parents
- 4. Which emotional skill is commonly observed in toddlers?**
 - A. The ability to understand abstract concepts
 - B. The ability to describe their feelings accurately
 - C. The ability to share toys and possessions
 - D. The ability to express frustration without tantrums
- 5. Where are laboratory schools typically located?**
 - A. Public school districts
 - B. Community centers
 - C. Post-secondary or college campuses
 - D. Private educational institutions

- 6. What is an essential part of creating a developmentally appropriate learning environment?**
- A. Providing a safe, inclusive, and engaging space for children to explore
 - B. Using only digital tools for learning
 - C. Favoring a strict classroom structure with little flexibility
 - D. Discounting the importance of physical space
- 7. How do children typically express their emotions?**
- A. Through financial transactions
 - B. Through verbal communication and body language
 - C. Through aggressive behaviors only
 - D. Through abstract art forms
- 8. What are the three main areas of child development?**
- A. Physical, cognitive, and artistic development
 - B. Physical, cognitive, and socio-emotional development
 - C. Aesthetic, physical, and cognitive development
 - D. Cognitive, emotional, and social development
- 9. Which term describes the ability to express needs clearly through speech?**
- A. Articulation
 - B. Pronunciation
 - C. Fluency
 - D. Comprehension
- 10. In what way can early childhood educators encourage physical development in children?**
- A. By restricting movement and playtime
 - B. By incorporating activities that promote gross and fine motor skills
 - C. By focusing only on indoor activities
 - D. By minimizing active play opportunities

Answers

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1. C
2. B
3. B
4. B
5. C
6. A
7. B
8. B
9. A
10. B

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Explanations

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1. At what age do children typically begin to display organized play with others?

- A. By age one
- B. By age two
- C. By age three**
- D. By age four

Children typically begin to display organized play with others around the age of three. At this stage of development, children start to engage in cooperative play, where they not only play alongside their peers but also begin to share ideas and work together towards a common goal or activity. They start to understand the concepts of turn-taking, following simple rules, and communicating with their peers about play scenarios. By age three, children have developed greater social skills, which enable them to interact meaningfully with other children. They might engage in group activities such as building with blocks, pretending in a play kitchen, or participating in simple games that require collaboration. This type of play is crucial for their social development, helping them learn about relationships, empathy, and problem-solving within a group. While younger children may engage in parallel play—playing side by side without much interaction—organized play marks a significant shift in their social and cognitive development, allowing them to explore more complex social interactions.

2. Why is it important to teach self-help skills to children?

- A. It promotes dependency on adults
- B. It fosters confidence and independence**
- C. It reduces their problem-solving skills
- D. It is not necessary for young children

Teaching self-help skills to children is vital as it fosters confidence and independence. By engaging in self-help activities, children learn to perform tasks on their own, such as dressing, feeding, and personal hygiene. This process not only enhances their motor skills and cognitive development but also instills a sense of accomplishment and self-esteem. When children successfully navigate challenges independently, they build resilience and are motivated to try new things, contributing to their overall emotional and social development. Moreover, developing these skills early on prepares children to interact more effectively with their peers and environment as they grow. Learning to manage simple tasks independently means children are more likely to feel capable and willing to take on responsibilities, which is crucial for their development in later stages of life.

3. How can collaboration positively impact children in early childhood settings?

- A. By ensuring that only one professional is involved
- B. By providing diverse expertise to support development**
- C. By restricting access to educational resources
- D. By avoiding interaction with parents

Collaboration in early childhood settings is incredibly beneficial as it brings together diverse expertise to support children's development. When professionals from various backgrounds—such as educators, health specialists, and social workers—work together, they can share knowledge and strategies that enhance the learning experience. This collective approach allows for a more holistic understanding of a child's needs, ensuring that different aspects of their development—cognitive, emotional, social, and physical—are effectively addressed. For example, a collaborative team might design an inclusive curriculum that recognizes and celebrates cultural differences, thus enriching children's learning experiences. Moreover, addressing individual challenges becomes more manageable when multiple professionals contribute insights and resources tailored to specific children, leading to improved outcomes and a more supportive environment. In contrast, other options limit the potential for positive impacts on children. Relying on a single professional or avoiding interaction with parents may restrict the breadth of support and understanding needed for comprehensive child development. Additionally, restricting access to educational resources can hinder a child's learning opportunities, which is counterproductive to the goals of early childhood education. Thus, the positive impact of collaboration is evident in the enriched support and diverse resources it provides for children's developmental needs.

4. Which emotional skill is commonly observed in toddlers?

- A. The ability to understand abstract concepts
- B. The ability to describe their feelings accurately**
- C. The ability to share toys and possessions
- D. The ability to express frustration without tantrums

The ability to describe their feelings accurately is a significant emotional skill that develops during the toddler years. At this stage, toddlers begin to gain an awareness of their emotions and can start to express them verbally, although they might not have a vast vocabulary yet. They may say things like "I'm sad" or "I'm happy," which indicates their emerging capacity to understand and articulate their feelings. This development is crucial, as it lays the groundwork for emotional intelligence, helping them navigate social interactions and relationships as they grow. While toddlers may show signs of understanding emotions, other options either reflect skills that are less developed at this age or underestimate the complexity of emotional regulation. For instance, the ability to understand abstract concepts comes much later in cognitive development. Sharing toys may develop, but it often occurs with adult guidance and is still a challenge at this age. Expressing frustration without tantrums is a skill that younger toddlers are still learning and may not have fully developed yet, as tantrums often serve as a primary means of expressing overwhelming emotions.

5. Where are laboratory schools typically located?

- A. Public school districts
- B. Community centers
- C. Post-secondary or college campuses**
- D. Private educational institutions

Laboratory schools are educational facilities that are associated with colleges or universities and are used primarily for training future educators. They serve multiple purposes, including providing a hands-on learning environment for students pursuing degrees in education and acting as a research site for educational theories and practices. Because they are directly linked to higher education institutions, laboratory schools provide unique opportunities for teacher candidates to observe and engage with diverse teaching methods and classroom management strategies in real-world settings. This closeness to a college environment facilitates collaboration between faculty and students, enhancing the learning experience. In contrast, while public school districts, community centers, and private educational institutions may support educational initiatives or programs, they do not typically function as laboratory schools in the context of teacher education and professional training. Their primary roles differ significantly from those of laboratory schools, which focus on experimentation, research, and practical teacher training in a university setting.

6. What is an essential part of creating a developmentally appropriate learning environment?

- A. Providing a safe, inclusive, and engaging space for children to explore**
- B. Using only digital tools for learning
- C. Favoring a strict classroom structure with little flexibility
- D. Discounting the importance of physical space

Creating a developmentally appropriate learning environment revolves around the foundational principle of ensuring that the space is safe, inclusive, and engaging for children. This approach recognizes that children learn best when they feel secure and accepted, which fosters their willingness to explore and take risks in their learning. Such an environment supports the physical, emotional, and social well-being of children, allowing them to engage with materials, interact with peers, and develop new skills in a manner that's suited to their developmental stage. A focus on safety ensures that children can explore their surroundings without the fear of injury, while inclusivity ensures that all children, regardless of their backgrounds or abilities, feel welcome and valued within the space. Engaging elements, such as varied learning materials and opportunities for hands-on experiences, further enhance children's curiosity and motivation to learn. In contrast, options that emphasize only digital tools, enforce strict structures, or diminish the importance of physical space overlook critical aspects of children's development. Children benefit from a balance of digital and hands-on learning experiences, flexible structures that adapt to their needs, and thoughtfully designed physical spaces that promote interaction and exploration.

7. How do children typically express their emotions?

- A. Through financial transactions
- B. Through verbal communication and body language**
- C. Through aggressive behaviors only
- D. Through abstract art forms

Children primarily express their emotions through verbal communication and body language. As they develop, they learn to articulate their feelings using words, which allows them to communicate thoughts, needs, and experiences effectively. For example, a child might say they feel happy or sad, providing insight into their emotional state. In addition to verbal communication, body language plays a significant role in emotional expression. Nonverbal cues such as facial expressions, gestures, and posture can convey a child's feelings more powerfully than words alone. A smile might indicate joy, while crossed arms could suggest anger or defensiveness. Together, verbal communication and body language enable children to express a wide range of emotions in a clear and relatable manner. Other options do not align with typical ways that children express their feelings. Financial transactions are not a means of emotional expression in childhood, while limiting expressions strictly to aggressive behaviors overlooks the numerous other emotions children can feel and convey. Abstract art forms can be a method of expression but are not the primary way children communicate their emotions in everyday interactions.

8. What are the three main areas of child development?

- A. Physical, cognitive, and artistic development
- B. Physical, cognitive, and socio-emotional development**
- C. Aesthetic, physical, and cognitive development
- D. Cognitive, emotional, and social development

The three main areas of child development are indeed physical, cognitive, and socio-emotional development. Physical development refers to the growth and changes in a child's body, including fine and gross motor skills, strength, and overall health. This area emphasizes how children learn to control their bodies and how physical activity contributes to their health and well-being. Cognitive development involves the ways children think, learn, and understand the world around them. This includes processes related to problem-solving, memory, and language skills. Cognitive development is crucial as it lays the groundwork for educational achievement and lifelong learning. Socio-emotional development focuses on children's ability to form relationships, manage emotions, and interact with others. This aspect is vital for social skills, empathy, and emotional regulation, which are essential for navigating social environments and forming healthy relationships later in life. Understanding these three areas provides a comprehensive framework for evaluating and supporting a child's overall development. The other choices, while related to child development, either emphasize parts of these areas or introduce concepts that are less central to the foundational aspects of child growth.

9. Which term describes the ability to express needs clearly through speech?

- A. Articulation**
- B. Pronunciation
- C. Fluency
- D. Comprehension

The ability to express needs clearly through speech is best captured by the term "articulation." Articulation refers to the clarity and distinctness of speech sounds, allowing individuals to convey their thoughts and needs effectively. Good articulation ensures that the listener can understand what the speaker is saying without confusion. In the context of child development, strong articulation skills are crucial as they contribute to a child's ability to communicate effectively and develop social skills. While pronunciation pertains to the correct way of saying words, it does not encompass the broader ability to express needs or ideas clearly. Fluency relates to the smoothness and flow of speech and does not specifically address clarity of needs. Comprehension, on the other hand, refers to the ability to understand spoken or written language, which is a different aspect of communication and does not directly relate to expressing needs. Thus, articulation is the most appropriate term for the ability to express needs clearly and effectively through speech.

10. In what way can early childhood educators encourage physical development in children?

- A. By restricting movement and playtime
- B. By incorporating activities that promote gross and fine motor skills**
- C. By focusing only on indoor activities
- D. By minimizing active play opportunities

Incorporating activities that promote gross and fine motor skills is vital for encouraging physical development in early childhood education. Gross motor skills involve the larger muscles used for activities such as running, jumping, and climbing, which are essential for overall physical health and coordination. Activities like obstacle courses, dance, or simple games that require movement enhance these skills. Fine motor skills, on the other hand, involve the smaller muscles used for tasks such as writing, drawing, and manipulating small objects. Activities such as arts and crafts, playing with building blocks, or using scissors can significantly enhance these skills. Developmentally appropriate practices encourage children to explore their environment and engage in physical activities that are crucial for their growth and health. By creating a dynamic and stimulating environment with varied activities that focus on both types of motor skills, early childhood educators help children build the foundations for more complex physical abilities as they grow. This approach supports not only physical development but also cognitive and social-emotional development as children learn to interact with their environment and peers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://cda-childcare.examzify.com>

We wish you the very best on your exam journey. You've got this!

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