

CDA Home Visitor Subject Areas

CDA Home Visitor Subject Area Training

The **CDA Home Visitor Subject Areas** describe the core competencies needed by individuals seeking the Child Development Associate (CDA) credential for home visitors. These subject areas guide the training and education of candidates to ensure that they are well-prepared to support children's development, foster positive relationships with families, and manage their professional responsibilities effectively.

Candidates must complete 120 clock hours of formal early childhood education training. This training must focus on the growth and development of children from birth to 5 years and must cover both child development and principles of adult learning.

Within these 120 hours, no fewer than 10 hours must be spent on each of the following eight CDA subject areas.

CDA Home Visitor Subject Areas

CDA Subject Area 1: Promoting Health and Safety in the Home Environment

- **Purpose:** Ensures that home visitors are equipped to maintain a safe and healthy environment for children and families during visits.
- **Involves:** Teaching about safety practices, first aid, health and wellness promotion, and nutrition. This includes how to create safe spaces for children in the home, monitor children's well-being, and educate families on health practices.

CDA Subject Area 2: Enhancing Parents' Skills to Advance Children's Physical and Intellectual Development

- **Purpose:** Helps home visitors guide parents in fostering their children's physical and cognitive growth.
- **Involves:** Topics like large and small muscle development, discovery learning, creative arts, and early literacy. The focus is on teaching parents how to support their child's development through everyday activities and interactions that promote growth.

CDA Subject Area 3: Promoting Parents' Use of Positive Ways to Support Children's Social and Emotional Development

- **Purpose:** Supports parents in understanding and fostering healthy social-emotional development in children.
- **Involves:** Topics like self-regulation, self-esteem, and helping parents respond to distressful events. Home visitors also help parents to model positive behaviors and emotional responses, creating nurturing environments that support emotional resilience.



CDA Subject Area 4: Understanding Family Systems and Development

- **Purpose:** Home visitors learn to understand family dynamics and how to support families in managing challenges and achieving goals.
- **Involves:** Working with diverse families, supporting children with special needs, responding to family crises, early parenting guidance, and family goal setting. Home visitors play a crucial role in linking families to resources and providing guidance in managing their roles as parents.

CDA Subject Area 5: Managing an Effective Program

- **Purpose:** Teaches home visitors how to effectively manage their roles and responsibilities within the home visitation program.
- **Involves:** Home visitation logistics, time management, documentation, and weekly planning. It also includes assessing family and child needs, record keeping, and developing action plans tailored to individual families.

CDA Subject Area 6: Maintaining a Commitment to Professionalism

- **Purpose:** Encourages home visitors to commit to ethical and professional behavior in their work.
- **Involves:** Advocacy for children's and families' rights, understanding professional ethics, workforce issues, relevant legislation, and joining professional organizations. It also includes continued education and staying informed about best practices in the field.

CDA Subject Area 7: Working Across the Child Welfare Continuum

- **Purpose:** Ensures home visitors understand the broad scope of child welfare issues and their role in supporting families at various stages.
- **Involves:** Cultural competence, child and family welfare issues, comprehensive family assessments, housing, foster care, adoption, substance abuse prevention, and cross-system collaboration. This area prepares home visitors to engage with complex issues that families may face, such as child welfare and substance abuse.

CDA Subject Area 8: Understanding Principles of Child Development and Learning

- **Purpose:** Provides home visitors with the foundational knowledge of child development to effectively support parents in fostering their child's growth.
- **Involves:** Topics on typical developmental expectations from birth to age 5, recognizing individual variations such as children with special needs, and understanding the impact of culture and early brain development on a child's learning process.

These subject areas serve as a comprehensive guide for home visitors to ensure they can support children's physical, cognitive, social-emotional development, and family well-being while



maintaining professional standards. Each area contributes to a holistic approach in working with families to provide tailored, developmentally appropriate, and culturally responsive services.

Where can I get more help?

Visit the CDA Council at www.cdacouncil.org for more information.

