

# Healthcare CDA-toddler

Child Development Associate Toddler (CDA-toddler)



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# Latest Version: 6.0

## Question: 1

Effective praise is specific, sincere, and constructive. Which of the following is an example of effective praise in the given situation?

Tina, age three, put on her coat by herself. Her coat is inside out.

- A. I'm so proud of you!
- B. Your coat is inside out. Just let me put it on next time.
- C. You got your coat and put it on all by yourself. That was very helpful.
- D. How could you make such a mistake? Now it will take twice as long to get you ready to go outside.

**Answer: C**

Explanation:

In the scenario provided, where Tina, a three-year-old, manages to put on her coat by herself but inadvertently wears it inside out, the best example of effective praise aligns with being specific, sincere, and constructive.

The correct choice for effective praise in this situation is: "You got your coat and put it on all by yourself. That was very helpful." This statement adheres to the principles of effective praise by:

1. **Specificity**: The praise specifically acknowledges the action Tina accomplished—getting her coat and wearing it by herself. This specificity helps reinforce what she did right and encourages her to continue attempting tasks independently.
2. **Sincerity**: The praise sounds genuine and not overstated. It's straightforward and reflects a realistic appreciation of Tina's effort. Children, even very young ones, can often discern when praise is insincere or overly effusive, which might confuse them about what aspects of their behavior to repeat.
3. **Constructiveness**: While the praise acknowledges what Tina did right, it also sets a positive tone for future learning. It does not criticize her for wearing the coat inside out, which might discourage her. Instead, it focuses on her independence and helpfulness, traits that are beneficial to encourage at her age.

In contrast, other statements like "I'm so proud of you!" although positive, lack specificity about what Tina did well. Moreover, saying "Your coat is inside out. Just let me put it on next time," while it points out the mistake, it does so in a discouraging way that undermines her independence and might dissuade her from trying again. Similarly, the remark "How could you make such a mistake? Now it will take twice as long to get you ready to go outside." is overtly negative and not constructive, likely impacting her confidence adversely.

Effective praise, therefore, involves recognizing and reinforcing specific positive behaviors while fostering an encouraging environment for learning and growth, even when mistakes are made. The chosen response does this by positively acknowledging the effort and the self-help skill, crucial at Tina's developmental stage.

## Question: 2

Children in your care may have a rise in temperature for several reasons. The currently-recommended tool for taking a child's temperature is:

- A. By using the back of your hand on the forehead
- B. Using a mercury thermometer
- C. Using a digital thermometer
- D. Using disposable temperature strips

**Answer: C**

Explanation:

The currently-recommended tool for taking a child's temperature is using a digital thermometer. Digital thermometers are preferred for several reasons:

Firstly, they are known for providing quick and accurate measurements. This is crucial when monitoring the health of children, as precise temperature readings can help determine the severity of illnesses and guide necessary medical interventions.

Secondly, digital thermometers are safer compared to mercury thermometers. Mercury thermometers carry a risk of breaking, which is dangerous as mercury is a toxic substance that can pose health threats if exposed. Due to these safety concerns, experts strongly advise against their use, especially around children.

Thirdly, while temperature strips might appear convenient because they are easy to use and disposable, they lack the accuracy of digital thermometers. Accurate temperature readings are essential for effective health management, making digital thermometers the superior choice.

Lastly, it is important to follow the manufacturer's instructions on the proper use, cleaning, and care of digital thermometers to ensure they provide reliable readings and maintain their effectiveness over time. Being informed about the correct usage and maintenance can help caregivers obtain the most accurate health assessments when caring for children.

### Question: 3

Which of the following equipment is least appropriate for toddlers in the classroom?

- A. Unit blocks
- B. Battery-powered cars
- C. Rolling pins and clay
- D. Funnels, strainers, measuring cups

**Answer: B**

Explanation:

When selecting appropriate equipment for toddlers in a classroom setting, the focus should be on fostering active learning and physical, cognitive, and social development. The ideal toys and tools are those that encourage creativity, imagination, and interaction, assisting in the holistic development of the child.

Among the options presented — unit blocks, battery-powered cars, rolling pins and clay, and funnels, strainers, measuring cups — battery-powered cars are considered the least appropriate for toddlers.

This choice can be primarily attributed to the nature of the play these toys encourage. Battery-powered cars are typically "spectator" toys, meaning they require minimal physical interaction and creativity from toddlers. These toys often function automatically and limit the child's role to mere observation, which does not actively engage them in the play process.

In contrast, toys like unit blocks, rolling pins with clay, and various kitchen tools like funnels, strainers, and measuring cups promote active participation. For instance, unit blocks allow children to build and create structures, enhancing their motor skills, spatial awareness, and problem-solving abilities.

Similarly, rolling pins and clay provide a sensory experience and the opportunity to mold and shape materials, which is excellent for creativity and fine motor development. Tools like funnels and strainers encourage exploration and experimentation with materials, fostering scientific thinking and curiosity.

Therefore, while battery-powered cars might be entertaining, they do not contribute effectively to the educational and developmental goals in a toddler's classroom environment. Instead, emphasis should be on toys that are interactive and allow children to be participants in their play, exploring their environment and learning through active engagement.

### Question: 4

Head lice can live on children's hair and scalp and can be spread by direct contact. If a child in your care has lice, which of the following should be done?

- A. Wash the child's head with soap and water.
- B. Notify the affected child's parents when they pick him/her up from school at the end of the day.
- C. Encase the child's hair in a plastic bag until parents arrive. The child can return to play.
- D. Notify all parents that a child has been infected and advise them to check their own child for lice.

**Answer: D**

Explanation:

Head lice are a common problem among children and can spread quickly through direct contact. When managing a case of head lice in a childcare or school setting, it's important to take effective and considerate actions to control the spread, provide proper treatment, and maintain the privacy and dignity of the affected child.

Firstly, the immediate step should be to separate the child with lice from other children to prevent further spread. This does not mean isolating the child in a stigmatizing manner, but rather discreetly managing their participation in group activities where head-to-head contact is likely.

Simultaneously, the parents of the affected child should be notified immediately. It's crucial to communicate with sensitivity and provide them with information about effective treatment options.

Parents should be advised to start treatment immediately as recommended by health professionals, which typically involves the application of medicated lice treatment shampoos and thorough combing of the hair with a nit comb. It's also recommended for the family members of the affected child to be checked and treated if necessary to prevent re-infestation.

Next, notify all parents of children in the care setting about the presence of head lice without revealing the identity of the infected child, to maintain confidentiality. This notification should advise parents to check their own children for head lice and to continue monitoring them for a few days. Providing parents with information on detecting and treating head lice can be very helpful and can prevent the spread or worsening of infestations.

Additionally, it is not recommended to wash the child's head with just soap and water as it is ineffective against lice, which require specific treatments to eliminate. Encasing a child's hair in a plastic bag is also not advisable as it poses suffocation risks and can cause psychological distress. Both of these methods are ineffective and inappropriate for handling head lice infestations.

Cleaning measures should also be implemented in the childcare or school environment. This includes washing any fabric items that have come into contact with the infected child in hot water and drying them at high temperatures, vacuuming carpets and furniture, and storing any items that cannot be washed in sealed bags for a couple of weeks to ensure any lingering lice die off.

By taking these steps, the spread of lice can be controlled effectively while ensuring that the dignity and privacy of the affected child are maintained. Proper education and communication are key in managing head lice outbreaks in a community setting responsibly and effectively.

## Question: 5

You discover a fire in the center. Which is the first action you should take?

- A. Close all doors and windows.
- B. Evacuate the children.
- C. Sound the alarm.
- D. Turn off the lights.

**Answer: C**

Explanation:

When you discover a fire, the first and most crucial action to take is to sound the alarm. This is essential to alert all occupants in the building about the danger and to initiate the evacuation process as swiftly as possible.

Sounding the alarm serves multiple purposes: It not only warns everyone in the immediate area but also notifies emergency services if the alarm system is connected to a monitoring service. This step should be taken without hesitation to ensure that everyone has the maximum available time to safely evacuate the premises.

After sounding the alarm, it is important to stay calm. Panicking can lead to rushed and unsafe decisions. Once the alarm is sounded, you should then focus on evacuating all individuals from the building, particularly vulnerable ones such as children, the elderly, or those with disabilities.

As part of the evacuation process, it is recommended to leave the lights on if it is safe to do so. This helps in maintaining visibility, which is crucial for a safe evacuation, especially under smoky conditions. Additionally, make sure to close all doors behind you as you leave. This can help slow the spread of fire and smoke, buying more time for everyone to get out safely.

Finally, once everyone has reached a safe location, taking roll is essential. This ensures that all individuals are accounted for, and if someone is missing, rescuers can be informed promptly about who and how many people to search for. This is a critical step in ensuring everyone's safety.

In summary, when you discover a fire, immediately sound the alarm to alert all occupants and begin the evacuation process. Stay calm, keep the lights on for visibility, close the doors to hinder fire spread, and conduct a headcount once everyone is safe. These actions collectively contribute to a structured and efficient response to a fire emergency.

## Question: 6

Providing proper nutrition is an important part of care. Children's appetites can vary from day to day. What is the recommended portion size of cereal for children ages three to five?

- A. 1/2 cup
- B. 3/4 cup
- C. 1/4 cup
- D. 1 cup

**Answer: A**

Explanation:

\* Providing proper nutrition is crucial in the developmental stages of children, particularly between the ages of three to five. During these years, children experience significant growth and development that require adequate and balanced nutrition to support their rapidly changing bodies and increased activity levels. Hence, understanding portion control and proper serving sizes is essential for caregivers and parents. \*

\* For children aged three to five, the recommended portion size for cereal, whether hot or cold, is 1/2 cup. This portion size is also suggested for similar textured foods such as pasta and noodles. It is important to note that children at this age have smaller stomach capacities and higher energy needs relative to their size, which necessitates frequent small meals and snacks throughout the day rather than large meals. \*

\* The recommendation of a 1/2 cup serving helps ensure that children do not overeat a single type of food, allowing room in their diet for a variety of foods. Variety is key in a child's diet as it exposes them to different nutrients necessary for their growth. Different foods contribute different nutrients; for instance, fruits and vegetables provide vitamins and minerals, while proteins are crucial for muscle development. \*

\* Furthermore, serving children smaller portions like 1/2 cup can help prevent obesity, which is becoming increasingly common in young children. It also teaches them to recognize feelings of fullness and hunger, aiding in the development of healthy eating habits that can last a lifetime. Therefore, adhering to recommended portion sizes while ensuring a balanced diet rich in all food groups is the cornerstone of promoting healthy growth and development in young children.

## Question: 7

Practicing fire safety includes having fire safety equipment, practicing for emergencies, and correcting fire hazards. How often should smoke detectors be checked?

- A. At least every week
- B. At least once each month
- C. At least twice a year
- D. Every day

**Answer: B**

Explanation:

Smoke detectors are crucial components of home safety, serving as early warning devices in the event of a fire. They can save lives by alerting residents to smoke before flames become uncontrollable.

Therefore, ensuring that these detectors are functioning correctly is essential. The recommendation for checking smoke detectors is to do so at least once each month. This involves testing the alarm to ensure it produces sound and checking the battery status to confirm it has enough power to function effectively.

Monthly tests can be done by pressing the test button on the unit. If the alarm sounds loudly, it indicates that the smoke detector is operational. If it does not sound, or sounds weak, the batteries may need to be replaced or the unit itself may need to be repaired or replaced. Additionally, it's wise to visually inspect the detector for any signs of damage or obstruction that could impair its function. Moreover, it's advisable to change the batteries in smoke detectors at least once a year, unless the model is hardwired or uses a long-life battery. A common practice is to schedule battery replacements at a consistent time each year, such as when adjusting clocks for daylight saving time. This makes it easier to remember to perform this critical maintenance task.

Beyond monthly testing and regular battery replacement, smoke detectors should also be kept clean, free from dust and other particles that could interfere with their operation. They typically have a useful life of about 10 years, after which they should be replaced, regardless of their apparent functionality. Always refer to the manufacturer's instructions for specific maintenance guidelines and replacement recommendations.

Practicing these safety measures ensures that smoke detectors are reliable and effective, thereby providing families with a greater chance of safely escaping in the unfortunate event of a fire. Regular checks and maintenance not only comply with fire safety regulations but also instill peace of mind, knowing that your home is equipped to alert you promptly in case of danger.

## Question: 8

According to the National Safety Council, the average home contains over 40 poisonous products. Children often put things into their mouths. Which of the following substances is NOT poisonous for children?

- A. Candle wax
- B. Crayons
- C. Dishwashing liquid
- D. Vitamins

**Answer: B**

Explanation:

The question presented requires us to identify which among the listed substances is not poisonous for children. The options are: candle wax, crayons, dishwashing liquid, and vitamins.

Candle wax, commonly used in making candles, is generally considered non-toxic when ingested in small amounts. It mainly consists of paraffin, beeswax, or stearin—all of which are not highly toxic. However, it can cause intestinal obstruction if consumed in large quantities, which is a different concern from poisoning.

Crayons, a popular art material for children, are typically made from non-toxic materials. They are specifically designed to be safe for use by children, who may put them in their mouths. Despite being non-toxic, they are not intended for consumption and can pose risks if ingested in large amounts, similar to candle wax.

Dishwashing liquid, while commonly found in homes and often having a pleasant smell, contains chemicals that can be harmful if ingested. Its ingredients can include surfactants, fragrance, and dyes which are safe for cleaning but not for human consumption. Ingestion can lead to nausea, vomiting, and diarrhea.

Vitamins might seem safe as they are essential nutrients for health. However, certain types of vitamins, especially fat-soluble ones such as vitamins A, D, E, and K, can be toxic if consumed in excessive amounts. Overdose of vitamins, particularly in children, can lead to serious health issues.

From the options given, crayons are the least likely to be poisonous when ingested in small amounts, as they are specifically manufactured to be safe for children's use, including the scenario where a child might put a crayon in their mouth. Therefore, the answer to the question is "Crayons" — they are not poisonous to children, especially when compared to the potential harmful effects of the other substances listed.

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