

# CDA Reflective Competency Statement Template and Samples

## Template

**Competency Standard #:** *Insert title here*

**Functional Area: Safe**

*Write about how you maintain a safe environment for infants, toddlers, and preschoolers.*

**Functional Area: Healthy**

*Describe how you promote health, nutrition, and wellness.*

**Functional Area: Learning Environments**

*Explain how you design learning spaces that encourage exploration and development.*

*(Repeat this format for all Functional Areas under the standard.)*

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## Sample Statements

### **Competency Standard 1: To establish and maintain a safe, healthy learning environment**

I maintain a safe classroom by performing daily safety checks, practicing monthly emergency drills, and keeping first aid supplies accessible. To promote health, I follow handwashing routines, sanitize toys, and provide nutritious meals. My learning environment encourages exploration with organized spaces, diverse materials, and both active and quiet play areas.

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### **Competency Standard 2: To advance physical and intellectual competence**

I provide daily opportunities for gross and fine motor development through movement games, sensory play, and outdoor activities. Cognitive growth is supported through hands-on projects, guided discovery, and open-ended questions. I encourage communication by modeling active listening and using visual aids. Creativity is celebrated through art, music, and imaginative play, focusing on process over product.



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### **Competency Standard 3: To support social and emotional development and provide positive guidance**

I model kindness, empathy, and inclusion to create a supportive classroom culture. Social skills are taught through group activities, turn-taking games, and positive reinforcement. I address challenges with empathy and redirection, using problem-solving strategies and visual supports to help children understand their emotions.

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### **Competency Standard 4: To establish positive and productive relationships with families**

I build relationships with families by respecting their cultures and values, maintaining open communication, and encouraging participation in classroom activities. I provide resources and regular updates, ensuring they feel involved in their child's growth and learning journey.

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### **Competency Standard 5: To ensure a well-run, purposeful program responsive to participant needs**

I design a structured program with flexibility to meet each child's needs. I collaborate with colleagues, adjust teaching strategies based on observations, and maintain clear communication with families. My classroom is welcoming, organized, and culturally inclusive.

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### **Competency Standard 6: To maintain a commitment to professionalism**

I seek ongoing professional development, reflect on my teaching practices, and advocate for high-quality early childhood education. I maintain ethical standards, collaborate with colleagues, and document children's progress using developmentally appropriate tools.

