



On Demand Child Care Training

Featured module:

Family Child Care: Advancing Healthy Practices for a Healthy Future

Family child care providers play an important role in the health of young children in their care. This module focuses on action steps suggested by thought leaders, researchers, practitioners, and policy makers at the Healthy Kids, Healthy Future Summit (2016). These collected next steps are opportunities for early care and education settings, and specifically the family child care setting, to support healthy weight in young children and improve provider wellness.



Learn to:

- Describe the benefits of improving provider wellness.
- Identify barriers and solutions for family child care (FCC) providers in promoting healthy practices for young children.
- Examine opportunities for FCC providers to promote healthy practices within their child care setting.
- Plan at least one action step to implement within the child care setting based on information in this module.

Spanish modules available
 Eligible for CEUs
 Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/youth/betterkidcare



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