

Active Collaborative Training (A.C.T.) Series: Obesity Prevention in the Early Care & Education Setting



Training Description: Are you concerned about the impact that Covid-19, with the decreased amount of physical activity and increased amount of screen time, is having on the health of children? Then, this is the training for you! Child Care Aware of NH, powered by Southern NH Services, invites you to participate in a three-hour training on supporting children's physical health!

In today's current landscape, supporting children's health through healthy eating and physical activity is more important than ever. Join Scot Foster from NH Division of Public Health Services, NH Healthy Lives Section as he presents on what child care programs in New Hampshire are doing to improve the nutrition and physical activity opportunities for staff, families, and the children they care for. Scot will also provide current obesity data in the State of NH.

We will follow the training with a guided Question and Answer Session moderated by the Professional Development Support Coordinator from Child Care Aware of New Hampshire, Donna Lake.

Trainer: Scot Foster, NH Division of Public Health Services, NH Healthy Lives Section
Trainer Bio: Scot Foster has worked for the NH Department of Division of Public Health Services in both the Obesity Prevention Program and the Comprehensive Cancer



Control Program for 11 years, and has been the state project coordinator for the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) Program since 2010. In a previous life, Scot was a Physical Education Teacher, nursing student, and stay-at-home Dad. Scot enjoys taking long, socially-distanced walks in his new hometown of Loudon, NH.

Training Information

Saturday, February 6, 2021

8:30 AM to 12:00 PM

Online Zoom Training

Three (3) hours of professional development awarded

Core Knowledge Areas: Developing as a Professional and Promoting Child Growth and Development

Schedule of Day

8:30-9:30 AM Welcome/Training

9:30-9:45 AM Break

9:45-10:45 AM Training

10:45-11:00 AM Break

11:00 AM-12:00 PM Q&A Guided Discussion

Registration Information

Registration fee is \$15.00.

Register through [Eventbrite](#).

Registration is online only and pre-registration is required.



NH Healthy Lives
PREVENT • PROMOTE • PROTECT



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