

Name of Training: **Socializing Healthy Habits in Young Children
(Part 1: Nutrition)**

Length: 2 hours

Training Goals:

- Become aware of national & local concern with the increases in childhood overweight
- Recognize possible causes of the increase in childhood overweight
- Be familiar with the components of a healthy nutrition environment for young children
- Recognize the adult behaviors and attitudes that help children adopt healthy eating habits
- Develop nutrition environment policies for your child care program

Name of Training: **Socializing Healthy Habits in Young Children
(Part 2: Physical Activity)**

Length: 2 hours

Training Goals:

- Identify national concern with children's physical inactivity
- State why physical activity is important to children
- Explain personal physical activity attitudes and behaviors
- Recognize and implement age-appropriate ways to guide children in activity and movement settings
- Plan and implement age-appropriate activity and movement policies for a childcare program

Name of Training: **Caring for Kids with Asthma**

Length: 2 hours

Training Goals:

- Identify key facts about childhood asthma relevant to the childcare setting
- Discuss rationale for and use of an asthma action plan
- Recognize/record physical signs that are relevant to a child's asthma pattern
- Discuss ways to implement measures to reduce environmental asthma triggers
- Distinguish between asthma and quick relief control medications
- Describe reasons for contacting parents and for seeking emergency care (911)
- Access additional information about childhood asthma for staff and parents