

West Virginia Child Care Health Educators

Training Topics

2 Hour:

- All That Sugar and Fat
- Beans...More Than Just Cute Songs
- Bed Bugs and Beyond
- Being a Good Role Model
- Breastfeeding Basics
- Identifying Environmental Hazards 1
- Identifying Environmental Hazards 2
- Indoor and Outdoor Safety
- Let's Make a Menu
- Let's Move
- New Recipe Ideas 1
- New Recipe Ideas 2
- Oral Health
- Picky Eaters
- Planting Seeds for Healthy Eating
- Safe Sleep Practices
- Stress Management
- Understanding Special Dietary Needs

1 Hour:

- Fun and Healthy Snacks
- Infant Feeding



West Virginia
**Child Care Health
Educators**

Child Care Health Educator North
Choices, Child Care Resource Center,
and MountainHeart North
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ATTENTION CHILD CARE PROVIDERS
The Child Care Health Educators are
available to provide free 1- and 2-hour
WV STARS registered trainings on
health, safety, and nutrition topics.