



Child Care Health Educators focus on providing the most up-to-date information on health, safety, and nutrition topics to child care providers to improve the overall health of the child. They can provide trainings, handouts, recipe ideas, or advice on many health related topics. They have flexible schedules and can work with you to schedule trainings at your center. Online and in person trainings are available.

CHILD CARE HEALTH EDUCATOR NORTH

Child Care Resource Center Resource and Referral Region, Choices Resource and Referral Region, and MountainHeart North Resource and Referral Region

Chrissy Lafferty

304-710-9695

clafferty@rvcds.org

CHILD CARE HEALTH EDUCATOR SOUTH

Connect Resource and Referral Region, Link Resource and Referral Region, and MountainHeart South

Resource and Referral Region

Harmony Vance-Tissenbaum

304-529-7603 ext. 3437

hvance@rvcds.org

www.wvearlychildhood.org

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Training Topics:

2 Hours:

Bed Bugs and Beyond

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

Steps to Keeping Classrooms Healthy and Clean Part 1

Steps to Keeping Classrooms Healthy and Clean Part 2

Stress Management

Understanding Special Dietary Needs

1.5 Hours:

Leading by Example

1 Hour:

Beans...More Than Just Cute Songs

Breastfeeding Basics

Fun and Healthy Snacks

Infant Feeding