Child Care Health Educator Training Topics and Descriptions

If you have a topic you want training on that is not on the list, please feel free to request it!

All That Sugar and Fat-Healthy and unhealthy types of fat, different types of sugar, and food sources for fat and sugar

Beans…More Than Just Cute Songs-Nutritional and health benefits of beans, how to use beans in a CACFP menu, bean recipes, and warnings about beans

Bed Bugs and Beyond-Information on bed bugs, head lice, mice and rats, cockroaches, and ants and how to manage them at a child care center

Being a Good Role Model-Focuses on how adults' words and actions can affect children's health habits, including personal hygiene, food choices, and physical activity

Breastfeeding Basics-How breastmilk is produced, advantages and disadvantages of breastfeeding, and how to encourage breastfeeding at a child care center

Fun and Healthy Snacks-This training talks about the importance of snacks and provides lots of fun and healthy snack ideas.

Identifying Environmental Hazards 1- This training discusses how to eliminate environmental hazards found in or around buildings, including air quality, water quality, and lead.

Identifying Environmental Hazards 2- This training discusses how to eliminate environmental hazards found in or around buildings, including plastics, arsenic, and asbestos.

Indoor and Outdoor Safety-Reviews common injuries for children, including falls and poisonings, preventive measures to reduce the risk of injury, and playground safety

Infant Feeding-This training discusses infant meal planning and how to introduce solid foods to infants.

Let's Make a Menu-MyPlate food groups, Leap of Taste guidelines, and how to build a menu with Leap of Taste

Let's Move-Physical activity requirements for child care centers, age appropriate physical activities, and causes and prevention of childhood obesity

New Recipe Ideas 1-Unique foods to try from most food groups, healthy versions of children's favorite foods, and snack ideas

New Recipe Ideas 2-Provides nutritional information and recipes for unique foods from most food groups

Oral Health-Importance of dental care for children, proper procedure for brushing teeth in a child care center for each age group, and oral health activities

Picky Eaters-How to encourage children to eat a variety of foods, including different cooking methods, family style meals, and food shapes

Planting Seeds for Healthy Eating-Benefits of gardening, different types of gardens, how to grow food in a container, and garden food safety

Safe Sleep Practices-Guidelines on how to reduce the risk of SIDS and suffocation for infants up to 1 year old and sleep guidelines for older children

Stress Management-Facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children

Understanding Special Dietary Needs-Types of special dietary needs, including food allergies and celiac disease, symptoms, menu adjustments, and a menu activity

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