

Child Care Health Educator Training Topics and Descriptions

If there is a training topic that is not listed, please feel free to send us a request. We are always looking for ways to meet your training needs and interests.

2 Hour Trainings

Bed Bugs and Beyond-This training provides information on pest risks, licensing regulations, integrated pest management, use of pesticides, and ten common pests found in child care settings.

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-This training reviews common injuries for children, including falls and poisoning, preventative measures to reduce the risk of injury, and playground safety.

Let's Make a Menu- This training focuses on how to build a balanced plate using all the different food groups and serving sizes along with discussing the CACFP meal patterns.

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

New Recipe Ideas 1-This training discusses unique foods to try from most food groups, healthy versions of children's favorite foods, and snack ideas.

New Recipe Ideas 2-This training provides nutritional information and recipes for unique foods from most food groups.

Oral Health-This training focuses on the 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-This training focuses on 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-This training discusses the benefits of gardening, several types of gardens, how to grow food in a container, and garden food safety.

Safe Sleep Practices-This training discusses safe sleep guidelines and how to reduce the risk of SIDS and suffocation for infants up to one year old and sleep guidelines for older children.

Steps to Keeping Classrooms Healthy and Clean: Part 1-This training provides information on personal hygiene and standard precautions including teaching tips for hand and respiratory hygiene, personal protection equipment and cleaning up bodily fluids.

Steps to Keeping Classrooms Healthy and Clean: Part 2-This training discusses the proper procedures for cleaning, sanitizing, and disinfecting classroom environment along with safety considerations regarding the cleaning products you use.

Stress Management-This training provides facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children.

Understanding Special Dietary Needs-This training discusses types of special dietary needs, including food allergies and celiac disease, symptoms, menu adjustments, and a menu activity.

1.5 Hours Trainings

Leading by Example-This training discusses ways to be a good role model when it comes to health, nutrition, and safety.

1 Hour Trainings

Beans...More Than Just Cute Songs-This training examines the nutritional and health benefits of beans, how to use beans in a CACFP menu, bean recipes, and warnings about beans.

Breastfeeding Basics-This training discusses breastfeeding facts, advantages and disadvantages, supporting families, handling breast milk at child care, is baby getting enough, techniques for bottle feeding, and community support.

Fun and Healthy Snacks-This training focuses on the importance of snacks and provides many fun and healthy snack ideas.

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

Nutrition Basics- This training focuses on food groups, serving sizes, and food labels.

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