

Access Better Kid Care's On Demand professional development system to:

- Create a free account
- Read the research-based module content
- Watch videos highlighting best practices
- Complete reflection activities
- Take the assessment
- Print your certificate of completion (*preview modules for free; \$5 fee for certificate of completion*)

Approved in most states. See the status of module approval in your state:
<http://tinyurl.com/bkc-states>

Available in Spanish • Eligible for CEUs • Accepted for CDA

ABCs of Growing Healthy Kids

The *ABCs of Growing Healthy Kids* is a collection of helpful resources for providing general feeding information from birth through six years of age. Specific topics of interest are also covered such as picky eaters, healthy snacks, and breakfast ideas. Downloadable PDFs are available for printing and sharing.



800-452-9108

extension.psu.edu/programs/betterkidcare



Health, Safety & Nutrition

Online professional
development resources

BETTER • KID • CARE

On Demand Modules

NUTRITION AND PHYSICAL ACTIVITY

- Children Can Cook!
- Cooking Matters for Child Care Professionals: Basics
- Family Child Care: Overcoming Barriers to Lead Fun Physical Activities
- Family Child Care: Advancing Healthy Practices for a Healthy Future
- Food Allergies: Management and Prevention
- Food Safety in Child Care: From Prep to Cleanup
- Fresh Harvest: Children Grow in the Garden
- Get Outdoors. Explore.
- Healthy Kids, Healthy Future: An Introduction
- Healthy Kids, Healthy Future: Get Kids Moving
- Healthy Kids, Healthy Future: Nurture Healthy Eaters
- Healthy Kids, Healthy Future: Provide Healthy Beverages
- Healthy Kids, Healthy Future: Reduce Screen Time
- Healthy Kids, Healthy Future: Support Breastfeeding
- Healthy and Hunger-free Children: Resources for Families
- Out-of-School Nutrition and Physical Activity (OSNAP)
- Physical Activities for Young Children: Lead with Confidence
- Picky Eaters: A Guide to Responsive Feeding
- PYD Foundations: Safety and Wellness
- Smart from the Start: Teacher Training for Pre-K Wellness Curriculum
- Supporting Families in Healthy Living
- Snack Time = Learning Time
- Taking Steps to Healthy Success: Reduce Screen Time
- Taking Steps to Healthy Success: Active Play
- Taking Steps to Healthy Success: Breastfeeding Support
- Taking Steps to Healthy Success: Healthy Eating
- Taking Steps to Healthy Success: An Introduction
- Taking Steps to Healthy Success: Family-style Dining
- The Ups and Downs of Outdoor Play

PROVIDER WELLNESS

- Go Healthy! It All Begins with You
- Mindful Practices for ECE Professionals: Begin the Journey
- Resilient Caregivers: 'Bouncing Back' from Stress
- Self-care for ECE Professionals Who Care for Children Impacted by ACEs
- Stress: Seeing with Optimism
- Taking Steps to Healthy Success: Staff Wellness

SAFE SLEEP PRACTICES

- A Good Night's Sleep: How Sleep Affects Health
- Safe Sleep Practices for Caregivers: Reduce the Risk of SUID

Are you a Child and Adult Care Food Program (CACFP) participant working toward your National CACFP Professional Certification? Modules approved for this certification are available at <http://bit.ly/bkc-cacfp>.

CHILDREN WITH SPECIAL NEEDS

- Are you Ready for a Child with Special Needs?
- Help Parents and Families be Advocates for Children with Disabilities
- Helping Youth with Autism to be Successful in After School Programs
- Inclusion: Exploring the Meaning and the Mindset

INFANT AND EARLY CHILDHOOD MENTAL HEALTH

- Addressing ACEs with Brain-based Approaches in Trauma-informed Care
- Adverse Childhood Experiences: Building Resilience
- Foster and Adoptive Families: Supportive Strategies.
- Understanding Poverty: Strategies for Family Engagement

SAFE SPACES

- Healthy Child Care Environments: Pest Prevention Using IPM
- Healthy Child Care Environments: Pest Treatment Using IPM
- Healthy Child Care Environments: Using Green Cleaners
- Infant-Toddler Care: Guiding Behavior
- Infant-Toddler Care: Healthy Spaces
- Infant-Toddler Care: Safety
- Keep Children Healthy and Safe: Air Quality
- Keep Children Healthy and Safe: Reuse & Recycle
- Keep Children Healthy and Safe: Toxins
- Keeping Children Safe on Playgrounds
- Your #1 Priority: Keeping Children Healthy and Safe

SUPERVISION

- Be Clear on Clearances
- Coaching and Mentoring: Supporting Staff
- Infant-Toddler Care: Quality Supervision
- Supervising Children in Family Child Care
- Supervision: Counting Children
- Supervision: Moving Children
- Supervision: Playground Supervision
- Supervision: Positioning – Where Do I Stand?
- Supervision: Staff:Child Ratios
- Supervision: Teamwork
- Supervision: What's Required?

Required health and safety training

Health and Safety Basics: Requirements for Certification (6 hrs.)

Better Kid Care's online professional development meets the CCDBG training requirements for health and safety in many states. This "overview" module covers basic health and safety requirements and best practices outlined in the Child Care and Development Block Grant (CCDBG) Reauthorization of 2016.

A full listing of health and safety modules is available on our website.

Contact us about developing a custom module to meet your CCDBG training needs.