Better Kid Care modules approved for National CACFP professional certification program

Specialty 1 – Nutrition
• Childhood Obesity Prevention: Let’s Move! Child Care Introduction*
• Childhood Obesity Prevention: LMCC – Increase Physical Activity*
• Childhood Obesity Prevention: LMCC – Limit Screen Time*
• Childhood Obesity Prevention: LMCC – Offer Healthy Beverages*
• Childhood Obesity Prevention: LMCC – Serve Healthy Food*
• Childhood Obesity Prevention: LMCC – Support Infant Feeding*
• Children Can Cook!
• Cooking Matters for Child Care Professionals: Basics
• Family Child Care: Advancing Healthy Practices for a Healthy Future
• Family Child Care: Ethnic Foods Exploration
• Family Child Care: Overcoming Barriers to Lead Fun Physical Activities
• Food Allergies: Management and Prevention
• Fresh Harvest: Children Grow in the Garden
• Go Healthy! It All Begins With You
• Healthy and Hunger Free Children: Resources for Families
• Physical Activities for Young Children: Lead with Confidence
• Picky Eaters: A Guide to Responsive Feeding
• Smart from the Start: Teacher Training for Pre-K Wellness Curriculum
• Snack Time = Learning Time
• Supporting Families in Healthy Living
• Taking Steps to Healthy Success: Breastfeeding Support
• Taking Steps to Healthy Success: Healthy Eating
• Taking Steps to Healthy Success: Family Style Dining

Specialty 2 – Program Operations
• Food Safety in Child Care: From Prep to Cleanup
• The Ins and Outs of Recordkeeping

Specialty 3 – Training and Technology
• Online Learning: Best Practices to Maximize Professional Development
• There’s Always More to Learn

Specialty 6 – Non-profit Management
• Balancing Child-Staff Ratios
• Be Clear on Clearances
• Coaching Conversations: Support Quality Practice (3 hours)
• Coaching and Mentoring: Supporting Staff (for Center Directors)
• Get Parents and Families Involved in Your Program
• Hiring Staff
• PYD Mastery: Program Planning and Development

Specialty 7 – Civil Rights & Policy
• Advocacy: Raising Awareness for the Early Childhood Professional

NOTE: Modules are 2 hours of professional development credit unless otherwise noted. *Module available in Spanish.