Better Kid Care courses approved for National CACFP professional certification program

Specialty 1 - Nutrition

- Children Can Cook!
- Cooking Matters - Choose Healthy Foods for Kids
- Cooking Matters - Create Positive Mealtime Attitudes
- Cooking Matters - Meal Appeal and Parent Engagement
- Cooking Matters - Safe Cooking with Confidence
- Cooking Matters - Save Time and Money on Menu Planning
- Diabetes Awareness and Management for Young Children*
- EAT Family Style Module 1: Role Modeling Healthy Eating
- EAT Family Style Module 2: Peer Modeling Healthy Eating
- EAT Family Style Module 3: Sensory Exploration of Foods
- EAT Family Style Module 4: Self-Regulation in Eating
- EAT Family Style Module 5: Children Serve Themselves
- EAT Family Style Module 6: Praise and Rewards
- EAT Family Style Module 7: Family Engagement
- Effective Practices to Promote Healthy Eating in ECE
- 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

- Healthy Kids, Healthy Future: An Introduction*
- Healthy Kids, Healthy Future: Provide Healthy Beverages*
- Healthy Kids, Healthy Future: Get Kids Moving*
- Healthy Kids, Healthy Future: Nurture Healthy Eaters*
- Healthy Kids, Healthy Future: Reduce Screen Time*
- Healthy Kids, Healthy Future: Support Breastfeeding*
- Nourish Yourself, Create Healthy Futures: Your Journey to Wellness
- Out-of-School Nutrition and Physical Activity (OSNAP) (7 hours)
- Peer Allies for Children and Youth with Diabetes
- 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
- Supporting Youth with Type 1 Diabetes in Transitioning to Self-Management
- Talk and Think About Health Policies and Practices*
- Taking Steps to Healthy Success: An Introduction
- Taking Steps to Healthy Success: Active Play
- Taking Steps to Healthy Success: Breastfeeding Support
- Taking Steps to Healthy Success: Family-Style Dining
- Taking Steps to Healthy Success: Healthy Eating
- Taking Steps to Healthy Success: Reduce Screen Time
- Taking Steps to Healthy Success: Staff Wellness

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Courses are two hours of professional development credit unless otherwise noted. *Course available in Spanish.
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)
• Coaching + Mindfulness = Mindful Coaching (3 hours)
• Fostering Community through Restorative Practices
• 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
• Antiracism (Part 1): Self-Awareness and Communication
• Antiracism (Part 2): Program Policy and Family Engagement
• Antiracism (Part 3): Culturally Responsive Teaching
• Antiracism (Part 4): Physical and Emotional Environments
• Observation with Purpose: Focused on Equity*
• Prevent Expulsion and Suspension: Effective Practices and Promising Directions (3 hours)
• Social-Emotional Learning and a Positive Classroom
• Social-Emotional Learning and Equitable Practice for ECE Professionals (4 hours)
• Social-Emotional Learning and Equity: Program Policy

Ready to take a course?
Sign in to On Demand at: od.bkc.psu.edu
Search the course title to get started.

Find course descriptions and objectives by searching a course title on our website: extension.psu.edu/programs/betterkidcare

On Demand is now optimized for mobile and tablet use, ensuring convenient and accessible learning. Fit learning into your schedule with our flexible, self-paced courses.

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