



GO NAPSACC Trainings

An overview of training topics provided

Go NAPSACC



If you are seeking information about earning contact hours or clock hours for completing Go NAPSACC Trainings in contact

Training in All 7 Modules



Child Nutrition



Breastfeeding & Infant Feeding



Farm to ECE



Oral Health



Infant & Child Physical Activity



Screen Time



Outdoor Play & Learning

Go NAPSACC uses a 5 Step Improvement Process to guide child care programs in making healthy changes. Professional development is an important step in this improvement process.

By completing Go NAPSACC trainings, you can learn more about best practices, build skills, and gather resources to use in your child care program.

About Go NAPSACC Trainings

- All trainings are free as a part of Go NAPSACC
- Watch trainings as a group or individually
- Trainings are about **30 minutes** in length
- Participants receive a certificate for 0.5 contact hours/training
- To receive a certificate you must complete the full training, pass the knowledge quiz, and complete the training evaluation



Child Nutrition

There's a lot of confusing nutrition information out there. Go NAPSACC trainings are here to give you nutrition knowledge that is simple, scientific, appropriate for children, and realistic for child care settings. These **7 trainings** cover types of foods to serve and limit, how to talk to children about food, how to create a feeding environment, and how to provide education to children, families, and staff on the importance of nutrition in childhood!



Foods Provided

Children grow so fast, and getting the right nutrition is key to supporting their growth and development. Healthy eating affects a child's physical health, sensory skills, cognitive development, and long-term wellbeing. This training teaches how to build a healthy plate, things to consider when creating child care menus, and resources you can use to meet best practices.

Beverages Provided

Children's drinks are often forgotten about as part of a child's nutrition. Yet they are so important! This training discusses the importance of healthy beverage choices for children. You can meet best practices by learning more about water, milk, and juice recommendations. You'll also gain the skills needed for reducing the amount of sugary drinks served and helping children drink more water.



Feeding Environment

If you've been around child care long, you may have heard the term "family-style meals." Serving meals family-style can help children become comfortable and confident in their eating habits and set them up for a lifetime of healthy eating habits. But family-style meals aren't the only way to create a positive feeding environment for children! This training goes into detail about how to start serving family-style meals, how to role model healthy eating habits, and how to create a classroom space that encourages healthy eating.

Feeding Practices

Helping a toddler or preschooler learn how to feed themselves can be a challenging task, especially if children are not used to eating the foods you serve. This training provides strategies you can use to help children form a good relationship with food and make mealtimes less stressful. You'll learn how to decrease the pressure at mealtimes by giving children control of their bodies and still encouraging them to become healthy, well rounded eaters.



Child Nutrition



Menus & Variety

Serving a variety of foods helps children get all the nutrients needed for healthy growth. This training provides resources, planning tips, and directions to cycle through menus that provide plenty of variety. You'll learn the basics of a cycle menu, the benefits of incorporating seasonal foods, and tips for reducing cost.

Education & Professional Development

Professional development and education for staff and families can help everyone feel more prepared and confident about healthy eating habits. This training helps identify education topics, shares tips on how to partner with families, and professional development resources you can start using today.



Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include child nutrition and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.



GO NAPSACC TRAININGS

Breastfeeding & Infant Feeding

The nutrition infants receive, or don't receive, in the first year of life lays a foundation for their physical, cognitive, and social development. These **6 trainings** provide a deep dive into the importance of nutrition in infancy and how your child care program can support breastfeeding mothers, infants and their families!



Breastfeeding Environment

It's important to give breastfeeding moms a welcoming and functional environment to breastfeed or express breastmilk. This training teaches you how to create a supportive breastfeeding space, the correct way to store breast milk, and how to talk about breastfeeding with children and families.

Breastfeeding Support Practices

Breastfeeding benefits infants, families, staff, and child care programs. This training covers why breastfeeding is important, common barriers mothers face when breastfeeding, and how you can help families meet their breastfeeding goals. You will also learn how to connect families with community resources and spread a positive attitude about breastfeeding.



Foods Provided

In this training, you can learn about the value of healthy eating for infants. Iron-fortified infant formula and cereals, infant food variety, and when to offer finger foods are all discussed. You will also learn how to identify low-salt and salt-free infant foods and ways to reduce the amount of sugar and salt served to infants.

Feeding Practices

How infants are fed is just as important as what they are fed! This training covers feeding recommendations by age, how to spot hunger and fullness cues, and teaches you how to use responsive feeding practices with infants. The strategies in this training can help create a more relaxed feeding time, support infants as they learn to feed themselves, and start sharing this information with families.



Breastfeeding & Infant Feeding



Education & Professional Development

It's okay if this topic is new to you, your staff, and the families you serve! Professional development and education for staff and families can help everyone feel more prepared and confident about infant feeding practices. This training helps identify education topics, shares tips on how to partner with families, and provides professional development resources you can start using today.

Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of breastfeeding and infant feeding policies and shares ideas for what written policies might look like. Information on identifying policies, what to include, who should be informed, and how to enforce the policy, are all included in this training.



Farm to ECE

Farm to ECE may seem intimidating at first, but it can be one of the most fun modules to explore! The three pillars of Farm to ECE are serving local foods, gardening, and providing education on food, nutrition, and agriculture. These **4 trainings** cover all of that, plus working with families in inclusive ways as you make changes to your program's menu.



Local Foods Provided

What are local foods, and why should you start serving them in your child care program? How can you purchase local foods and include them in meal and snack time? How would you promote and explain the benefits of serving local foods to families? This training answers all these questions while providing resources and steps you can take to start serving more local foods in your child care program.

Gardening

Have you ever considered starting a garden at your child care program, but maybe aren't sure where to start? This training provides a solid introduction to gardening in child care settings. You'll learn tips for starting a garden on a budget, working with limited space, how to use gardening for educational purposes, and the overall benefits of gardening for children. No matter if it's small container gardens or larger raised beds, this training can help you get started.



Education & Professional Development

Education is one of the three pillars of Farm to ECE. This training provides resources and activities that you can use to engage children, staff, and families in food, nutrition, and agricultural education. This training shares ideas for formal education, ways to support cultural inclusion, and topics you can share with staff and families.

Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include Farm to ECE activities and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.



Oral Health

A healthy mouth is part of having a healthy body! There are **5 trainings** available for Oral Health best practices. These trainings provide a deeper dive into the importance of oral health habits on a child's health and tools your program can utilize today!



Tooth Brushing

Little teeth deserve care and attention! In this training you'll learn about oral health, toothbrushing, and fluoride toothpaste. You will also discover resources and strategies for successful toothbrushing and how to incorporate this healthy activity into your child care program.

Foods & Beverages Provided

The foods we eat play a huge role in preventing tooth decay! This training teaches you how foods and beverages affect oral health, what types of foods and beverages to limit, and steps you can take to serve less sugar each day. The knowledge shared in this training will help you meet oral health best practices.



Daily Practices

How can your daily practices help or hinder children's oral health? How can a consistent routine make toothbrushing go more smoothly? Adding toothbrushing to your daily schedule can feel overwhelming, but positive, consistent routines can help! This training reviews how to help children brush their teeth and other practices you can put into place to support oral health. Use this section to learn how to make your daily routines more consistently tooth-friendly.

Education & Professional Development

This training provides resources for educating families and staff on the importance of oral health along with strategies on how to share this information with children. After this training, you will be able to identify what activities and educational resources will work best for your child care center.



Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include oral health and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.

Infant & Child Physical Activity

The benefits of physical activity cannot be over exaggerated! These **5 trainings** discuss the importance of active play for a child's health and development, how the env and strategies your program can use today to help children be more active!



Time Provided

You may know that physical activity is important for physical health and development, but did you know it also builds social skills and increases academic success? This training will help you create more opportunities for physical activity throughout the day. Topics include the importance of physical activity, ways to decrease time sitting, how much active play is needed for different age groups, and resources to help you meet best practices.

Indoor Play Environment

How can you make the best use of indoor playtime? This training provides strategies and tricks to help you make the most of your indoor space and how to select appropriate play equipment. Schedules, activities, and setting up the play space are all covered in this training.



Daily Practices

Children's daily activities build habits for the rest of their life. Providing quality physical activity opportunities in your classroom can help ensure that children develop a positive relationship with being active. In this training, you can learn more about physical activity options, developmental milestones, and ways you can include and promote physical activity into your daily routines.

Education & Professional Development

Identifying opportunities for education and professional development can help build healthy futures for children. This training will discuss types of education available to childcare providers, free resources, and how to partner with families to encourage children's physical activity.



Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include physical activity and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.

Outdoor Play & Learning

Exposure to nature is important for physical health, mental health, and learning. Unfortunately, children today spend less time outside than ever before. These **4 trainings** will share background information about why children need to spend time outside, how to create an awesome outdoor play space, making outdoor play part of your program's policies, and how to share recommendations and ideas for outdoor play with families.



Outdoor Playtime

Why is outdoor playtime so important for children's development? How much outdoor playtime should children receive at child care? What do you need to consider when planning for outdoor playtime? This training will answer all these questions and provide strategies to help you give children more high quality time outside.

Outdoor Play Environment

Every child care program has unique strengths and challenges when it comes to their outdoor play space. Two outdoor play environments can look different, have different equipment, and still both promote active playtime. This training will give you ideas for creating stimulating outdoor play spaces that promote high levels of physical activity. You'll identify areas of improvement in your current outdoor play space, and become more confident in leading outdoor activities.



Education & Professional Development

Play is an essential part of children's physical, cognitive, and social development. Professional development and education for staff and families can help everyone understand why outdoor play is so important for children and give them the skills to make it possible. This training helps identify education topics, shares tips on how to facilitate education with families, and professional development resources you can start using today.

Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include outdoor play and learning and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.



Screen Time

The way technology is used and the amount of time spent on screens has changed the world over the past few decades. But how do screens affect children? These **4 trainings** will provide some background information about screens and recommended screen time limits by age. These trainings include strategies for using screens productively when they are used and decreasing screen time overall in child care.



Availability

Screens seem to be everywhere. On the wall, on the table, in our pockets, and in our hands. This training will help you take a good look at where and how often screens are available to children in your child care program. You'll learn what amounts of screen time are developmentally appropriate for different age groups, and why limiting screen time is important for children's health and development. You'll also discover why children shouldn't watch programs with advertising, and you'll be offered suggestions for replacing screen time with more interactive activities.

Daily Practices

Have you ever thought about what purpose screen time programming serves in your child care program? For screen time to be educational, it needs to have an interactive component because children learn best from you! This training explains the teacher's role during screen time and offers strategies and resources to keep screen time interactive. It also explains why in the long run screens are not an effective reward, and offers healthier alternatives.



Education & Professional Development

The world of screens has changed, and keeps changing, so quickly! It is difficult for teachers and families to keep up with technology and recommendations. This training offers some suggestions for providing education and professional development to families and staff on the ever-changing topic of screen time.

Policy

Written policies are an important way to inform your staff and families about the practices and standards in your child care program. This training explains the importance of having policies that include screen time and what these policies might look like for your child care program. Identifying topics, writing a draft policy, and tips on how to enforce the policy are all topics covered in this section.

