



## Building Better Child Care



February 8, 2019

The following Child Care Provider Trainings are being offered in the spring of 2019 by the University of Missouri Extension. Please review the date and place of each class being offered on the back of this sheet. The descriptions of each class being offered can be found below. Each of the following classes will be held from 6:00-8:00 pm; each class is 1 clock hour, totaling 2 hours credit for each session. **Preregistration is required.**

**1. Eating Well – Basic Nutrition for Kids and for You**

This workshop gives an overview of basic nutrition facts and introduces MyPlate as a tool to choosing healthy foods.

**2. Childhood Obesity and Missouri’s Eat Smart Guidelines for Child Care**

This workshop discusses the current childhood obesity epidemic and how it relates to child care. It introduces the *Missouri Eat Smart Child Care* initiative as a way to improve child care meals.

**3. Setting the Stage for Eating Well – The Nutrition Environment**

This workshop discusses why and how to create a child care environment that encourages children to eat well and practice healthy eating habits.

**4. Healthy Habits for Life – Teaching Nutrition to Preschool Children**

This workshop discusses the importance of nutrition education and physical activity in the preschool curriculum. Participants receive teaching resources and share ideas. This is most appropriate for teachers of 3 to 5 year olds.

**5. Moving & Learning - Leading Physical Activity in Child Care (2 hour workshop)**

This workshop discusses the importance of moderate to vigorous physical activity (MVPA) and how to incorporate it into daily classroom activities. Along with helping child care providers feel confident in role modeling and spontaneously leading physical activity.

*For more information contact:*

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### Building Better Child Care Registration Form:

Date	Time	County/Town	Sessions	Cost
Thursday, March 7th	6:00-8:00 pm	Lebanon/Laclede County	1. Eating Well 2. Childhood Obesity	FREE
Monday March 25th	6:00-8:00 pm	Camdenton/Camden County	1. Eating Well 2. Childhood Obesity	FREE
Thursday, April 4th	6:00-8:00 pm	Lebanon/Laclede County	3. Setting the Stage 4. Healthy Habits for Life	FREE
Monday April 15th	6:00-8:00 pm	Camdenton/Camden County	2. Setting the Stage 3. Healthy Habits for Life	FREE
Thursday May 2nd	6:00-8:00 pm	Lebanon/Laclede County	3. Moving & Learning	FREE
Thursday May 9th	6:00-8:00 pm	Camdenton/Camden County	4. Moving & Learning	FREE
Thursday May 23rd	6:00-8:00 pm	Buffalo/Dallas County	5. Moving & Learning	FREE

#### Addresses for locations of classes:

Camdenton Chamber of Commerce: 739 W. Hwy 54 Camdenton, MO 65020

Laclede County MU Extension Office: 186 D N. Adams Lebanon, MO 65536

Dallas County MU Extension Office: O'Bannon Bank community room Buffalo, MO 65622

#### To register please contact the Extension Office in that County:

**Camden County Extension Office: 573-346-2644**

**Laclede County Extension Office: 417-532-7126**

**Dallas County Extension Office: 417-345-7551**

*Minimum enrollment of 8 pre-registered participants is required in order for this session to be presented. In case of cancellation, pre-registered participants will be notified by phone.*