CHILD NUTRITION & PHYSICAL ACTIVITY

PROFESSIONAL DEVELOPMENT

FREE PROFESSIONAL DEVELOPMENT!

TRAININGS ARE 100% FREE & PDR CREDIT IS AVAILABLE.

COACHING!

FOLLOWING EACH TRAINING(S), A TRAINER WILL FOLLOW UP WITH CHECK-INS, SUPPORT, AND RESOURCES.

RESOURCES!

RESOURCES ARE PROVIDED TO EACH PARTICIPATING CHILD CARE PROGRAM, WITH AN OPPORTUNITY TO WIN EVEN MORE!

TOPICS INCLUDE:

- **INFANT & CHILD PHYSICAL ACTIVITY (2 hours*)**
- **CHILD NUTRITION (2 hours*)**
- **BREASTFEEDING & INFANT FEEDING (1 hour)**
- **SCREEN TIME (1 hour)**

*May be completed in 2 one hour sessions

CLICK OR SCAN THE QR CODE TO REGISTER NOW!

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SPAN
State Physical Activity & Nutrition for Arkansas

CONTACT US
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WANT TO BOOST BETTER BEGINNINGS LEVELS?

HERE ARE SOME WAYS THESE TRAININGS CAN HELP!

- PDR credit (up to 6 hours)
- Meet requirement for two hours of child nutrition training
- Strategies for staff to get children moving in developmentally appropriate ways
- Ideas for creating a breastfeeding friendly environment for staff and parents
- Tips to make the most of screen time usage in child care programs
- Plan for ways to connect with families about their child's healthy development

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