



## *Welcome Back!*

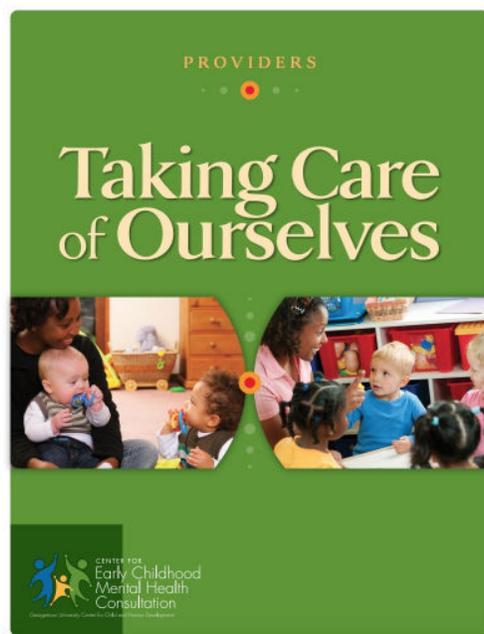
*Welcome to the Florida's HEROs ECE Provider Newsletter!*

*Below you'll find key resources and information on the Florida's HEROs recognition application, events, and trainings.*

*Thank you for all that you do. We're glad you're here.*

## *Resource of the Month*

### **Taking Care of Ourselves**



Providing care to young children is demanding and can be very stressful at times. It is important to **remember to take care of yourselves**, so you can manage stress and stay mentally healthy when taking care of others.

The Center for Early Childhood Mental Health Consultation (CECMHC) published **a guide to help you identify stressors and signs of stress** as a child care provider, so you can develop healthy strategies and habits for properly

managing stress.

*Complete the exercise at the links below.*

English

Español

## *Florida's HEROs ECE Application*

Florida's HEROs (Healthy Environments for Reducing Obesity) recognizes Florida's ECE providers that focus on creating healthy environments that combat obesity for children ages 0 to 5.

The goal is to encourage YOU to take proactive steps to improve your program's practices and policies related to encouraging healthy behaviors among the children and families you serve.

*Find more information about the application process at [our website](#) and check out our application at the [links below](#).*



English Application

aplicación en Español

## *Training, Resources, & Events*

**Need help with goal setting or applying to the FL HEROs Recognition Program?**



Go NAPSACC is an evidence-based platform designed to help ECE providers improve the health of young children by providing step-by-step guidance to enhance childcare program practices and policies.

This tool is **FREE** for ECE programs in Florida working with a local Technical Assistant (TA) Consultant.

To learn more about working with a TA Consultant and using Go NAPSACC, contact FL HEROs here.

Contact Us

## New Resource!

### Enhancing Emotional Vocabulary in Young Children

The Center for Early Childhood Mental Health Consultation (CECMHC) has compiled *Creating Teaching Tools* to provide easily accessible ideas to promote positive behavior.

Read this article titled "Enhancing Emotional Vocabulary in Young Children" and use the resources at the links below **to support children as they learn how to appropriately express their feelings.**



English

Español

### Become a Child Care Food Program (CCFP) Provider

Children who eat nutritious food early in life are at lower risk for developing childhood obesity. However, many children are not getting enough nutritious food to eat at home.



The Florida Department of Health's Child Care Food Program (CCFP) is a federally-funded program that **provides nutritious meals and snacks to eligible children who are enrolled with participating child care providers.**

*CCFP funds can even be used for garden supplies!*

Learn how to apply here.

Learn More

# Online Professional Development

Watch this **FREE** six-part online professional development training, ABC's of a Healthy Me. You will learn about the five best practice areas for promoting a healthy weight in children ages 0 to 5 in the ECE setting and the Florida's HEROs statewide recognition program.



ABC's of a Healthy Me  
Session 1 - Overview

Complete all six sessions to earn  
**1 Continuing Education (CE) Credit!**



[Complete Training](#)

## School Garden Leadership Training



**FLORIDA**  
**Agriculture**  
IN THE CLASSROOM

**UF** | **IFAS Extension**  
UNIVERSITY of FLORIDA



Florida Agriculture in the Classroom and UF/IFAS Extension Family Nutrition Program are excited to host a series of 8 free virtual School Garden Leadership Trainings for the 2021-2022 school year. This training and networking experience is designed for Florida school garden leaders of all levels to build gardening confidence, foster collaboration among leaders, and strengthen garden programs for long-term success.

**Sessions will take place online  
via Zoom on Thursdays  
from 3:30 - 5:00 PM.**

[More Info](#)

The Florida's HEROs ECE Recognition  
is supported by the following:



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