



Welcome Back!

Welcome to the Florida's HEROs Stakeholder and TA Consultant Monthly Newsletter!

Below you'll find key resources and information on Go NAPSACC, along with events, trainings, and opportunities to get involved.

Thank you for your hard work promoting and establishing healthy habits among young children. We're so glad you're here.

Go NAPSACC Support



Go NAPSACC is an evidence-based tool used to help child care providers improve their practices, policies, and environments to instill healthy habits that support life long health.

Go NAPSACC Office Hours

Go NAPSACC is now offering Office Hours every other month starting in February. TA Consultants are

Go NAPSACC TA Consultant Training

Still need to complete your training with Go NAPSACC? You'll learn how to support child care programs through

welcome to drop in and ask questions about Go NAPSACC.

Go NAPSACC's five-step improvement process. Register below.

Wednesday, April 27th
1:00 PM EST

May 9th & 23rd
12:00 PM EST

Register Here

Register Here

Resources, Trainings & Events

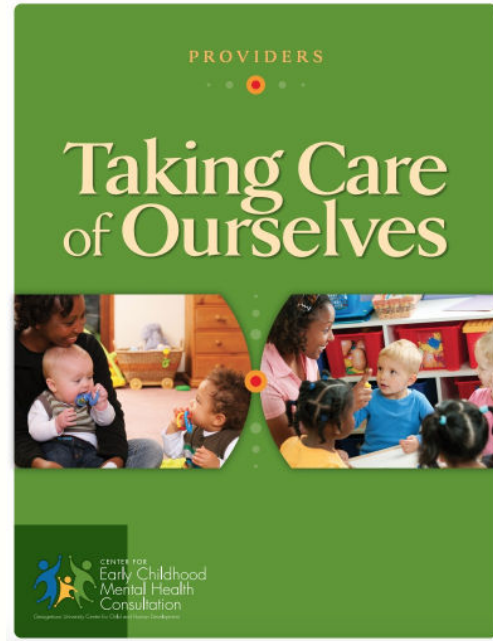
New Resource!

"Taking Care of Ourselves" for Providers

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

The Center for Early Childhood Mental Health Consultation (CECMHC) published a guide to helping child care providers identify stressors and signs of stress.

Share this resource with the providers you work with using the links below.



English

Spanish

New Resource!

Go NAPSACC Continuum of Support

Go NAPSACC Continuum of Support by Consultants	Low Cost & Minimal Time	Low to Moderate Cost & Time	High Cost & Time Intensive
Low Cost & Minimal Time	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets.
Low to Moderate Cost & Time	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets.
High Cost & Time Intensive	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets. 	<ul style="list-style-type: none"> 1. Review and update policies and procedures. 2. Review and update staff training materials. 3. Review and update staff training schedules. 4. Review and update staff training content. 5. Review and update staff training delivery methods. 6. Review and update staff training evaluation methods. 7. Review and update staff training documentation. 8. Review and update staff training records. 9. Review and update staff training reports. 10. Review and update staff training budgets.

Go NAPSACC encourages consultants to use professional judgement and creativity to help child care programs successfully complete the entire 5-step improvement process.

Check out this **step-by-step guide for providing technical assistance** to child care providers that require a range from "Low Cost & Minimal Time" to "High Cost & Time Intensive" support.

Read More

New Webinar!

Unplugged Play: Reducing Screen Time

Attention, TA Consultants!

Are your providers interested in learning how to meet screen time recommendations?

Go NAPSACC is hosting a webinar on this **important and evolving part of our world**. You'll learn about what helps and hinders child care providers towards meeting screen time best practices.

Wednesday, May 25th
1:00 PM EST



Register Here

TA Shared Folder

Florida's HEROes is focused on recognizing healthy environments for reducing obesity in Florida's early care and education (ECE) settings. We support ECEs that apply for recognition by providing free technical assistance and continuing education opportunities related to the benchmarks for nutrition and physical activity.

Recognition Benchmarks

- Provide Healthy Food
- Offer Healthy Beverages
- Support Breastfeeding
- Limit Screen Time
- Increase Physical Activity

Recognition Requirements

- Professional Development:** Submit certificates of completion from approved trainings for directors and/or staff.
- Childcare Policies:** Submit a copy of your childcare program's policies that align with each benchmark's best practices.
- Family Engagement:** Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.
- Challenged Environment:** Submit pictures of your childcare program's healthy environment for each benchmark.
- Staff Practices:** Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.

Benefits

- Free Technical Assistance
- Award Package*
 - Windows Cling & Banner
 - \$500-1000 in Kaplan credits

*Benefits are based on the achievement of best practices and are not subject to change based on funding.

Scan QR code to submit an interest form or contact us for more information.
www.floridasheroes.org
floridasheroes@gmail.com

SCAN ME

Here is your one-stop-shop for TA resources including **ECE outreach materials, Go NAPSACC how-to guides, and FL HEROes application supporting documents.**

Click the link below to access the OneDrive TA shared folder.

Please reach out and let us know if there is anything missing that you'd like to see included!

TA Shared Folder

Quarterly ECE Provider Meetings

Do you provide early childcare services in Palm Beach County?

[Email Gina Carello](#) to share information about the childcare programs and services you offer.

Upcoming Virtual Meetings:
April 13th, 10:30 AM - 11:30 AM
April 13th, 6:30 PM - 8:00 PM



Get Involved

Join the Florida's HEROs Stakeholder Committee



The Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings.

This committee meets quarterly with the goal of promoting healthy weight among children ages 0 to 5 in Florida by guiding the development and expansion of the statewide technical assistance network and ECE recognition program.



Next Meeting:
June TBD

Get Involved

Join the Farm 2 ECE Workgroup

The Farm 2 ECE Workgroup is a group of **statewide nutrition and ECE partners working to coordinate Farm 2 ECE efforts** across the state with the goal of increasing usage of Farm 2 ECE best practices in ECE settings.

Join us the first
Wednesday of every month
11:30 AM - 12:30 PM EST.

Get in touch with the link below.



Get in Touch

Partner With Us!

Refer a Childcare Program



Do you have ECE programs that are ready to apply and need application assistance? Or do you need help recruiting ECE programs in your county?

We are here to support you!

Contact us to set up a meeting.

Contact Us

Become a TA Consultant

Does your organization implement policy, systems, and environmental changes to promote healthy eating habits and physical activity for children ages 0 to 5?

If so, **contact us to learn more** about the benefits of becoming a TA Consultant.

Join Us



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



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