



Florida's HEROs Monthly Newsletter

Welcome to the Florida's HEROs Monthly Newsletter for Early Care and Education providers!

Below you'll find key resources and information on encouraging healthy habits among children, along with professional development opportunities for you and your staff. This month, there is also an important focus group opportunity.

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

Important Update

Focus Group Opportunity: Share Your Experiences

 FOCUS GROUP OPPORTUNITY

Are you an early care and education provider in Florida?

We are currently looking for early care and education providers to take part in a one-hour focus group!



What we ask of participants:

- To answer questions about:
 - Go NAPSACC
 - Florida's HEROs Recognition Program
 - Healthy eating and physical activity professional development

*No prior knowledge is required!

Things to know:

- Your participation will remain **anonymous**
- You can participate in **one session only**
- All sessions will be **one-hour long** and held via **Zoom**

MULTIPLE SESSION OPTIONS

September 29th 12:00 PM - 1:00 PM
 September 29th 4:00 PM - 5:00 PM
 October 12th 12:00 PM - 1:00 PM
 October 13th 3:00 PM - 4:00 PM

READY TO REGISTER?
CLICK ON A DATE AND TIME THAT WORKS FOR YOU



NEED MORE INFORMATION?
EMAIL US AT FLORIDASHEROS@GMAIL.COM



Florida's HEROs and Go NAPSACC are looking for ECE program directors to participate in a one-hour focus group. You will be asked to share your thoughts on Florida's HEROs and GO NAPSACC (*no prior experience required*), any challenges you have faced with participating, and what might encourage you to engage with these programs further.

- **Interested?** Click the link below to sign up for one, one-hour focus group session.
- Sessions will be held in **September and October**.
- All responses will be **completely anonymous**.
- **No prior experience with Florida's HEROs or Go NAPSACC necessary.**

[Register Now](#)

Happy National Breastfeeding Month!

NEW RESOURCE!

USDA My Plate Breastfeeding Handouts

Maintaining a healthy diet is very important, especially if a mother is pregnant or breastfeeding. A mother's diet can directly impact the health of their baby.

This resource from the United States Department of Agriculture (USDA) MyPlate has multiple family engagement resources on breastfeeding.

Find the handouts **available in English and Spanish** at the link below.



Breastfeeding gives your baby a healthy start in life. But it may not be easy. It takes time, practice, patience, and teamwork. Your support and encouragement are critical to breastfeeding success. Learn why breastfeeding is important and how you can be involved in every step of the breastfeeding journey.

Why is breastfeeding the healthiest option for my baby?

- Breast milk lowers your baby's risk of certain infections and diseases, such as ear infections, asthma, and childhood obesity.
- Breast milk is easier to digest. Breastfed babies have less diarrhea, constipation, and colic.
- Breastfeeding provides important physical contact that makes your baby feel safe, secure, and loved.
- Breast milk contains vitamins, minerals, antibodies, and nutrients to help your baby grow healthy and strong.



The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

WIC-738 August 2018 USDA is an equal opportunity provider, employer, and lender.

[Read More](#)

Florida's HEROs Award & Recognition

Apply Now to Become a Florida's HERO

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 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

Become a Breastfeeding Friendly Child Care Facility

Breastfeeding has many health benefits for both the mother and baby. Providing a supportive environment for breastfeeding at your child care facility can encourage new moms to continue breastfeeding, if they have the ability and choose to, after returning to work or school.

Learn how your facility can become designated as a Breastfeeding Friendly Child Care Facility at the link below.

Creating a Breastfeeding Friendly Child Care Facility



[Application Information](#)

[Training Module](#)

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 at the link below.

Contact Us

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

ABC's of a Healthy Me 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.

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



ABC's of a Healthy Me

Session 1 - Overview



[Complete Training](#)

NEW FREE TRAINING!

Active Play for Preschoolers with Autism



This course is designed to provide early childhood educators with tools and support to facilitate active play with preschool children. Wellness Enhancing Physical Activity for Young Children (WE PLAY) offers strategies for incorporating physically active play into preschool, including adaptations for children with autism spectrum disorder.

Complete the course to earn
2 Credit Hours!

[Sign-Up](#)

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



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