



## Florida's HEROs Monthly Newsletter

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

This month you'll find a few very important updates on an opportunity to share your experiences as a TA consultant and important information to share with your ECE programs.

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

## Important Updates

### Announcing Florida's CCFP GIS Story Map



May children in Florida spend the majority of their daytime and eat the majority of their meals in child care. A healthy diet and proper nutrition support children as they grow and develop, which is why it is so important for child care providers to serve healthy food.

Encouraging Child Care Food Program (CCFP) participation among child care providers is one, proven way to increase access to healthy and affordable food for children. This map, developed by Child Care Aware of American (CCAoA) and the Health Council of Southeast Florida (HCSEF), shows CCFP participation

among providers and areas with high poverty rates and low food security.

Our hope is that local, regional, and state child care leaders in Florida use the map to strategize ways to increase CCFP participation, reduce food security, and increase health equity across the state.

You can view the map at the link below. If you have questions or having ideas for using the map, please reach out to the HCSEF directly at [planning@hcsef.org](mailto:planning@hcsef.org).

Florida's CCFP GIS Story Map

## Focus Group Opportunity: For TA Consultants

**FOCUS GROUP OPPORTUNITY**

### Go NAPSACC & Florida's HEROs TA Consultants

Your voice is needed! We are currently looking for all Go NAPSACC and FL HEROs TA Consultants 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
  - Your experience as a technical assistance consultant recruiting and engaging child care providers in the programs above

**Things to know:**

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

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

**MULTIPLE SESSION OPTIONS**

- September 16th 12:00 PM - 1:00 PM
- September 19th 4:00 PM - 5:00 PM
- September 23rd 12:00 PM - 1:00 PM
- October 6th 12:00 PM - 1:00 PM
- October 7th 10:00 AM - 11:00 AM
- October 11th 3:00 PM - 4:00 PM
- October 18th 2:00 PM - 3:00 PM
- October 18th 4:00 PM - 5:00 PM
- October 19th 12:00 PM - 1:00 PM
- October 20th 12:00 PM - 1:00 PM

**NEED MORE INFORMATION?**  
EMAIL US AT [FLORIDASHEROS@GMAIL.COM](mailto:FLORIDASHEROS@GMAIL.COM)

Go NAPSACC and Florida's HEROs are teaming up to host focus groups to gain a better understanding of your successes and challenges as a TA Consultant. Our hope is that the knowledge gained from these sessions will help inform recruitment strategies and efforts to increase participation and engagement in these programs moving forward.

- Please register for one, one-hour focus group session
- Sessions will be held in September and October
- Your responses will be completely anonymous

Register for a time to attend at the link below.

Register Now!

## Focus Group Opportunity: For ECE Programs

ECE program directors also have the opportunity to participate in a focus group to share their experiences with Go NAPSACC and Florida's HEROs, any challenges they have faced in participating in these two programs, and what might encourage them to engage further.

- Please share the flyer at the link below with any ECE programs you are working with or have worked with in the past
- ECE program directors can register for one, one-hour focus group session
- Sessions will be held in September and October
- All responses will be completely anonymous

**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

Focus Group Flyer for ECE Directors

## Focus Group Opportunity: For Child Care Leaders and Stakeholders

**FOCUS GROUP OPPORTUNITY**

**Are you a leader in early childhood education in Florida?**

We are currently looking for early childhood education leaders and stakeholders 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 resources for child care providers

**\*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 27th 4:00 PM - 5:00 PM  
 September 30th 12:00 PM - 1:00 PM  
 October 4th 4:00 PM - 5:00 PM  
 October 14th 12:00 PM - 1:00 PM

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

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

Local, regional, and state ECE leaders and stakeholders - You are invited to join a focus group session, as well. We hope to understand your perspective on the challenges child care providers face and what might encourage them to engage with these programs further.

- ECE leaders - Register for one, one-hour focus group session
- TA Consultants - Please share the flyer at the link below with any ELCs, Head Start, or other child care stakeholders you have a relationship with in your area
- Sessions will be held in September and October
- All responses will be completely anonymous

Focus Group Flyer for ECE Stakeholders

# 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. TA Consultants are welcome to drop in and ask questions about Go NAPSACC.

Wednesday, August 31st  
1:00 PM EST

[Register Here](#)

## Go NAPSACC TA Consultant Training

Still need to complete your training with Go NAPSACC? You'll learn how to support child care programs through Go NAPSACC's five-step improvement process. Register below.

September 7th & 21st  
3:00 PM EST

[Register Here](#)

## Resources, Trainings & Events

### NEW RESOURCE!

### USDA MyPlate 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 BASICS FOR DADS: Your Breastfeeding Questions Answered

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 Spanish Supplement to National Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

PHOTO: August 2018. USDA is an equal opportunity provider, employer, and licensee.

breastfeeding.

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

Breastfeeding Handouts

## NEW RESOURCE! Breastfeeding Basics

This guide from Go NAPSACC called "Breastfeeding Basics" has simple, digestible tips for families who are able to and choose to breastfeed.

Share this resource with your ECE programs as another breastfeeding family engagement option for **National Breastfeeding Month**.

*Read more at the link below and share with your ECE programs.*

**BREASTFEEDING & INFANT FEEDING**

### Breastfeeding Basics

**0-6 Months**  
For the first six months of life, doctors recommend that infants are fed only breast milk, with no other foods or beverages except for any prescribed medicine, vitamins, or mineral supplements. When breastfeeding is not possible, iron-fortified formula is the best choice.

**6-12 Months**  
From 6 to 12 months of age, doctors recommend continuing to feed infants breast milk, while beginning to offer solid foods. Early in this stage, breast milk will still be the baby's main source of nutrition. From 8 to 12 months, as babies eat more solid foods, these foods will become the main source of nutrition.

**12 Months and Beyond**  
Ideally, breastfeeding continues through baby's first year, and then for as long as more and baby would like. In many communities and cultures, it is common for children to continue to breastfeed for several years.

**Support for Breastfeeding**  
Breastfeeding is a new skill for more and baby to learn. Finding support can help. Family and friends can provide support. Baby's doctor and local lactation consultants are other great resources. La Leche League is a non-profit organization with local groups throughout the country that provide support and education. Breastfeeding peer counselors at the National Breastfeeding Helpline (1-800-954-9642) can also answer common questions.

**Tip:** Feed baby when you see the first signs of hunger, such as rooting or sucking on fingers. Try not to wait until baby is crying.

Breastfeeding Basics Flyer

## Go NAPSACC Continuum of Support

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

Go NAPSACC Continuum of Support by Causality

Level of Support	Low Cost & Minimal Time	Low to Moderate Cost & Time	High Cost & Time Intensive
Level 1: Screen	Screening for children's development, behavior, and social-emotional skills using a validated tool.	Screening for children's development, behavior, and social-emotional skills using a validated tool.	Screening for children's development, behavior, and social-emotional skills using a validated tool.
Level 2: Triage	Initial assessment and referral to appropriate services.	Initial assessment and referral to appropriate services.	Initial assessment and referral to appropriate services.
Level 3: Intensive	Intensive assessment and referral to appropriate services.	Intensive assessment and referral to appropriate services.	Intensive assessment and referral to appropriate services.
Level 4: Specialized	Specialized assessment and referral to appropriate services.	Specialized assessment and referral to appropriate services.	Specialized assessment and referral to appropriate services.

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](#)

## TA OneDrive Shared Folder

Here is your one-stop-shop for TA resources including [ECE outreach materials](#), [Go NAPSACC how-to guides](#), and [FL HEROs 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](#)



Florida's HEROs 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.
- Childcare 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.
- Family Engagement:** Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.

**Benefits**

- Free Technical Assistance
- Award Package\*
  - Wendover Dining & Housing = \$500-1000 In-Kaplan credits

\*Benefits are based on the percentage of total practices met and are subject to change based on funding.

Scan QR code to submit an interest form or contact us for more information.  
[www.floridahero.org](http://www.floridahero.org)  
[Floridahero@gmail.com](mailto:Floridahero@gmail.com)

## Early Learning Coalition of Palm Beach Quarterly ECE Provider Meetings

Do you provide early child care services in Palm Beach County?

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

Upcoming Virtual Meetings:  
 October 20th  
 3:00 PM - 5:00 PM



## Get Involved

### Join the Florida's HEROs Stakeholder Committee



Get Involved

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

- Meetings are quarterly
- Members promote healthy weight among children 0-5 years of age
- Members guide the development and expansion of the statewide technical assistance network and ECE recognition program

**Next Meeting:**  
**September 15th**  
**1:00 PM - 3:00 PM**

### Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working to coordinate Farm2ECE efforts across the state with the goal of increasing usage of Farm2ECE best practices in ECE settings.

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



[Learn More](#)

## 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 at the link below to set up a meeting.

[Contact Us](#)

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### 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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