



Welcome Back!

Dear Stakeholders and TA Consultants,

Thank you so much for your continued support of Florida's HEROES! We are excited to continue making an impact on the lives of children and families across Florida in 2022.

We have some exciting updates, so we hope you continue reading below. As always, please reach out with any questions or concerns.

NEW Go NAPSACC Office Hours



Go NAPSACC is now offering Office Hours every other month starting in February. TA Consultants are welcome to drop in and ask questions about Go NAPSACC. Meetings will be held on Zoom.

Join Go NAPSACC for Office Hours on
Wednesday, February 32rd at 1:00 PM EST

[Register Here](#)

Events, Trainings & Resources

Go NAPSACC TA Training



Still need to complete your training with Go NAPSACC? Register below for the next two-part training.

February 2nd & 16th
12:00 PM EST

[Register Here](#)

Leading Go NAPSACC Trainings

Single Provider	Single Child Care Program, Multiple Staff	Single Child Care Program, Multiple Staff, With a Consultant	Multiple Child Care Programs, With a Consultant
Child care provider watches training individually in their program's Go NAPSACC account.	A group of child care providers from the same program watch the training from their program's Go NAPSACC account.	A group of child care providers from the same program watch the training from their program's Go NAPSACC account.	The Go NAPSACC Consultant organizes a training group event to view one or more Go NAPSACC trainings.
Their certificate is available in their Go NAPSACC Account	Their certificate is available in their Go NAPSACC Account	The Go NAPSACC consultant is on zoom (or present in person) with them to facilitate discussion. Their certificate is available in their Go NAPSACC Account	A group of child care providers from multiple child care programs watch Go NAPSACC trainings from a common Go NAPSACC account. The consultant facilitates discussion. The consultant provides certificates to all participants after the training.

If you missed November's Go NAPSACC webinar on how to lead Go NAPSACC provider trainings, [click on the link below to watch it now!](#)

This webinar covers information on how to provide trainings to a single provider, multiple staff members, and even multiple child care programs at the same time.

[Watch Now](#)

15 Simple Ways to Get Moving

It's the season to be outside and moving in the Sunshine State! According to this resource from the National Center for Physical Development and Outdoor Play, "Physical activity for young children is an important component of early brain development and learning."

When working with your ECE

providers, share this resource on 15 ways to get moving outside with young children.

[Read More](#)

TAKE IT OUTSIDE! WEEK

15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways- go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run- talk about the colors of the rainbow as you name colors, run & touch 3 things that are that color.
5. Go for a walk- breath in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal- move and sound like that animal.
12. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon - first without air, being blown up, floating around, and then being popped.
14. Motions of the weather- use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.
15. Pretend to move like different foods- melt like a popsicle or pop like popcorn.

Use these simple 15 outdoor activities to get your children moving. The activities listed only require you, your child, and your imagination.

Did You Know? Physical activity for young children is an important component of early brain development and learning.

When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

www.headstartbodystart.org | Duplicated with permission from Head Start Body Start.



TA Resources

Attention all TA consultants! Here is your one-stop-shop for TA resources including application documents, TA resources, and outreach materials.

[Click the link below to access the Shared Drive.](#)

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

[TA Shared Drive](#)



Early Learning Coalition of Palm Beach 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 FL HEROs Stakeholder Committee



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 and recognition program.

Next Meeting:
Thursday, March 17th
10:30 AM - 12:00 PM

[Learn More](#)

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 for more information.

[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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