



Welcome Back!

Welcome to the Florida's HEROES ECE Provider Newsletter!

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

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

Resources of the Month

NEW RESOURCE!

Brain Building Tips for Early Childhood Environments

BRAIN BUILDING TIPS for Early Childhood Environments

TRANSITIONS

Even when you have a predictable schedule, those times in the day when children move from one activity to another can be extra challenging. Cleaning up, waiting and preparing for the next activity can all be times when children need extra supports. You can ease children through these transitions by making them fun, interactive and engaging – all while building brain power!

Tip

Look for something in the room to start a story. It could be a picture or an object. Begin with "Once upon a time, there was a..." Encourage your child to continue the story. Take turns adding to it. It doesn't matter if the story makes sense, as long as you're having fun! with them.

Brainy Background™

Having fun with stories is a great way for your child to learn and use many different words. When you make up the story together, your child is practicing the skills of creativity and of working together. They're also using their working memory to remember what has already happened in the story.

Tell Me a Tale

Tip

Turn your tip into follow the leader. Ask your child, "Can you do what I do?" while you pat your head. Then switch it up. If you pat your head, have them pat their stomach. Keep switching!

Brainy Background™

The game of doing the same and then opposite actions helps your child remember the rules of the game, think flexibly, and not go on autopilot. This helps them learn to pay attention and exercise self-control—essential skills for school and life success.

Follow the Leader

Tip

Encourage your child's independence by asking them questions instead of telling them what to do. If you're getting ready to leave the house, instead of telling them to put shoes on, try saying something like, "I see your socks are on. What comes next?"

Brainy Background™

Asking questions encourages them to think before acting instead of just responding automatically. This ability takes focus and self-control—your child must stop what they might want to do so they can reach a goal, even something as simple as putting on shoes!

What's Next?

Tip

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Vroom

Keeping children engaged and providing activities that meet different temperaments can be challenging. This new resource, from Child Care Aware of American (CCAoA) and Vroom, focuses on how to support children through transitions, in small groups, during dramatic play, and outdoors with fun, brain building tips.

Read more at the link below.

Read More

NEW RESOURCE!
Engage Families with Farm to ECE



When families are involved in education, the program and the children benefit. This resource provides helpful tips for engaging families in your Farm to Early Care and Education (Farm to ECE) activities. Best practices for starting Farm to ECE in your program can also be found in [Go NAPSACC](#).

Learn more about how to engage families with Farm to ECE at the link below or email us at floridasheros@gmail.com to learn more about getting started with Go NAPSACC.

Learn More

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

Are you attending the Florida Family Child Care Home Association (FFCCHA) Conference in June?



Florida's HEROs will be attending this year's FFCCHA Conference in Clearwater, FL from Wednesday, June 22nd to Sunday, June 26th.

FL HEROs will be presenting on promoting healthy habits on Saturday, June 25th at 8:00AM. We hope to see you there!

[Conference Brochure](#)

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
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