



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. TA Consultants are welcome to drop in

Go NAPSACC TA Consultant Training

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

and ask questions about Go NAPSACC.

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

Wednesday, June 29th
1:00 PM EST

Register Here

July 11th & 25th
3:00 PM EST

Register Here

Resources, Trainings & Events

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. Choosing to waiting and preparing for the next activity can all be times when children need extra support. You can ease children through these transitions by making them fun, interactive and engaging – all while building brain power!

TELL ME A TALE
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.

FOLLOW THE LEADER
Tip Turn your tip into follow the leader. Ask your child, "Can you do what I do?" while you put your head. Then switch it up. If you put your head, have them put 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. This helps them learn to pay attention and exercise self-control – essential skills for school and life success.

WHAT'S NEXT?
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!

FROM

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 and share with your ECE programs.

Read More

NEW RESOURCE!

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.

	Low Cost & Minimal Time (Less than 2 hours)	Medium Cost & Time Intensive (2 - 4 hours)	High Cost & Time Intensive (4 - 8 hours)	Very High Cost & Time Intensive (8 - 12 hours)	
Process	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.
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Step 1. Assess	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	
Step 2. Plan	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	
Step 3. Take Action	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	
Step 4. Learn More	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	
Step 5. Keep it Up	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	
Consultant	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	Facilitator leads a group of child care providers including the Go NAPSACC consultant and NAPSACC consultant(s). Share with the facilitator what you see, share what you think you need to do, and what you expect for your next steps.	

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 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 Environment**
Submit pictures of your childcare program's healthy environment for each benchmark.
- Childcare Policies**
Submit a copy of your childcare program's policies that align with each benchmark's best practices.
- 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*
 - Window Cling & Banner
 - \$500-1000 in Kaplan credits

*Incentives are based on the percentage of best practices met and are subject to change based on funding.



SCAN ME

Scan QR code to submit an interest form or contact us for more information.
www.eces4healthykids.org
Floridasherose@gmail.com

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

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:
August 18th, 3PM - 5PM
October 20th, 3PM - 5PM



NEW RESOURCE!

Early Childhood Nature Connections Toolkit

According to the Children & Nature Network, providing young children, ages 0 to 5 regular access to nature "improves physical and mental health, develops social-emotional skills and better prepares children for school."

This website compiles national resources designed to help cities and

Cities
Connecting
Children to
Nature

EARLY CHILDHOOD NATURE CONNECTION
Young children benefit from regular
time outdoors



partners support the nature connection to help young children benefit from the outdoors with equity in mind.

[Learn More](#)

Get Involved



[Get Involved](#)

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

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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