



Welcome Back!

Welcome to the Florida's HEROs Stakeholder and TA Consultant Newsletter! Below you'll find key resources and information on Go NAPSACC, events, trainings, and opportunities to get involved.

We're 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 starting in February. TA Consultants are welcome to drop in and ask questions about Go NAPSACC.

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.

Register Here

Register Here

Resources, Trainings & Events

Go NAPSACC Continuum of Support

Go NAPSACC Continuum of Support by Consultants

	Low Cost & Minimal Time Less likely to complete 5-step process			High Cost & Time Intensive More likely to complete 5-step process
Recruit	Mass Promotion Advertise Go NAPSACC to a group of child care providers including the Go NAPSACC outreach flyer and Go NAPSACC promotional video. Share by email, provider newsletter, or on social media.	Personal Email Email or call individual child care programs to introduce Go NAPSACC, include the promotional video, and attach the informational flyer. Share what they should expect from you for next steps.	Personal Email + Webinar OR Phone Call + Webinar Call or email child care programs to invite them to a personal introductory overview webinar on Go NAPSACC. Share what they should expect from you for next steps.	Site Visit Provide in-person Go NAPSACC introduction to child care programs. Make connections between Go NAPSACC and other initiatives happening in your state. Share what they should expect from you for next steps.
Enroll and Orient	Go NAPSACC Invitation + Mass Email Send an invitation to child care providers to join Go NAPSACC. Email them a reminder to register, include the Go NAPSACC Orientation video, and the Provider's Navigation Manual.	Go NAPSACC Invitation + Personal Email Send an invitation to child care providers to join Go NAPSACC. Send email letting them know you sent the invitation and provide the link to the Go NAPSACC Orientation video and Provider's Navigation Manual.	Go NAPSACC Invitation + Virtual Orientation Send an invitation to child care providers to join Go NAPSACC. Send email letting them know for the invitation (check junk folder) and schedule orientation. Host virtual orientation over screen sharing using the Go NAPSACC Orientation slides.	Go NAPSACC Invitation + Site Visit Orientation Send an invitation to child care providers to join Go NAPSACC. Call them and/or send an email telling them to look for the invitation (check junk folder) and schedule orientation. Conduct orientation in-person using the Go NAPSACC Orientation slides.
Step 1. Assess	Mass/Personal Email Email child care providers the link to the Self-Assessment How-To Video and prompt them to take a self-assessment.	Phone Call Guide child care providers through taking a self-assessment in one module. Refer to the Provider Navigation Manual and/or Self-Assessment How-To Video for support.	Virtual Meeting + Tailored Feedback Host virtual meeting to guide child care providers through taking a self-assessment in one module. Review results together, encourage reflection, and discuss possible goals.	Site Visit + Tailored Feedback Conduct in-person meeting to guide child care providers through taking a self-assessment in one module. Review results together, encourage honest reflection, and discuss possible goals.
Step 2. Plan	Mass/Personal Email Email child care providers the link to the Action Planning How-To Video and prompt them to create an action plan. Host drop-in video calls to assist child care providers in action planning.	Phone Call + Follow Up Email Provide virtual support on setting goals and writing their first action plan. Send an email with next steps discussed in the phone call and resources to help write additional action plans.	Virtual Meeting In a virtual meeting, provide support on setting goals and writing their first action plan. Brainstorm with the program how action plans may be modified to fit their specific needs.	Site Visit At an in-person meeting, provide support on setting goals and completing all action plans. Brainstorm with the program action plan modifications needed to fit the needs of their specific program.
Step 3. Take Action	Personal Email Once a month, contact the program to check in on action plan progress until goals have been met. Suggest that the child care provider explore the Tips & Materials Library for resources.	Personal Contact + Tailored Feedback Contact the program monthly by phone or email to check on action plan progress until goals have been met. Suggest specific resources from the Tips & Materials Library to support goal completion.	Virtual Check-in + Tailored Feedback Host virtual meeting to check on progress towards goals. Review and discuss relevant resources from the Tips & Materials Library to support goal completion.	Site Visit + Tailored Feedback + Community Resources Conduct in-person meetings to check on progress towards goals. Review and discuss relevant resources from the Tips & Materials Library to support goal completion. Brainstorm strategies for involving staff and overcoming challenges. Connect the program to relevant community resources.
Step 4. Learn More	Personal Email Recommend programs take trainings in the module in which they are working. Share the Provider Training Flyer and/or Training Brochure.	Personal Email + Tailored Recommendations Recommend taking specific trainings aligned to module sections where they have created action plans. Share the Training Brochure so child care providers can read a description of the trainings you recommended.	Virtual Meeting + Tailored Recommendations Recommend specific trainings corresponding to their goals for all staff to take. After training is complete, host virtual meeting to discuss what they learned and how to apply it.	In-person/Virtual Training + Tailored Recommendations Lead an in-person or virtual training for this program or schedule a time for child care providers working on similar goals to watch a relevant Go NAPSACC training together. Facilitate discussion on how to apply what they have learned to their program's implementation.
Step 5. Keep it Up	Personal Email/Phone Call Contact child care providers to prompt them to retake self-assessments and consider setting new goals.	Personal Email/Phone Call + Tailored Feedback Contact child care providers to prompt them to retake self-assessments. Encourage reflection on their results and suggest possible next steps for goal setting or beginning a new module.	Virtual Meeting Prompt child care providers to retake self-assessments. Host a virtual meeting to discuss results, celebrate progress, and plan next steps for goal setting or beginning a new module. Share success story link and encourage programs to submit success stories.	Site Visit Prompt child care providers to retake self-assessment. Conduct a site visit to discuss results and plan next steps for goal setting or beginning a new module. Share success story link and encourage programs to submit success stories. Share their success with others to celebrate the work in your community.
Consultant time per cycle	~ 2 – 4 hours	~ 3 – 6 hours	~ 5 – 8 hours	~ 7 – 12 hours

Note: Any combination of these support scenarios can be used. A child care program may require greater support in one step and lower support in another. Go NAPSACC encourages consultants to use professional judgement and creativity to help child care programs successfully complete the entire 5-step process. A catalog of support materials can be found on page 2.

Child care programs may require a wide range of support from their TA Consultant. Go NAPSACC encourages consultants to use professional judgement and creativity to help child care programs successfully complete the entire 5-step improvement process.

Check out this step-by-step guide for providing TA for scenarios from "Low Cost & Minimal Time" to "High Cost & Time Intensive."

Read More

Healthy Drinks for Children



Encouraging healthy drinks for children is one way to make sure they are limiting extra calories and sugar throughout their day. Water is vital for life and keeps children hydrated and mentally engaged.

When working with your ECE providers, share this resource on recommendations and tips for providing healthy drinks to children.

English

Spanish

TA Resources

Florida's HEROes 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 staff implementing healthy practices 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*
 - Window Cling & Banner
 - \$500-\$1000 in Kaplan credits

*Prizes 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.ecehealthykids.org
floridasheroes@gmail.com

Attention all TA consultants! Here is your one-stop-shop for TA resources including ECE outreach materials, Go NAPSACC how-to's, and FL HEROes application 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:
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:
June TBD

[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.



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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