



Florida's HEROs Monthly Newsletter

Welcome to the Florida's HEROs Monthly Newsletter for Early Care and Education providers!

Below you'll find key resources and information on encouraging healthy habits among children, along with professional development opportunities for you and your staff. This month, there is also an important focus group opportunity.

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

Important Update

Focus Group Opportunity: Share Your Experiences

 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

Florida's HEROs and Go NAPSACC are looking for ECE program directors to participate in a one-hour focus group. You will be asked to share your thoughts on Florida's HEROs and GO NAPSACC (*no prior experience required*), any challenges you have faced with participating, and what might encourage you to engage with these programs further.

- Interested? Click the link below to sign up for one, one-hour focus group session.
- Sessions will be held in September and October.
- All responses will be completely anonymous.
- No prior experience with Florida's HEROs or Go NAPSACC necessary.

Register Now

Resources

NEW RESOURCE!

Action for Healthy Kids: Skip the Screen Handouts

Too much screen time can negatively impact health and development among children, especially since the first two years of life are critical periods of growth and development for children's brains.

This resource from Action for Healthy Kids has suggestions to help cut back on screen time while still having fun.

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



Technology can eat away huge amounts of time for everyone in the family...computers, televisions, video games and phones. But did you know that the average child watches more than 2,300 hours of television each year, compared with only approximately 1,200 hours spent in school? As parents, we set the limits and examples. Try these suggestions to help your family cut back on screen time while still having fun.

Getting Healthy Together

- 1 Make your family's bedrooms into "no screen zones."** Kids who have TVs in their rooms tend to watch about 1.5 hours more TV per day than those who don't. Turn today and move all of the TVs and computers into your family rooms or living rooms.
- 2 Set firm limits for watching TV, playing video games and using the computer.** Many families use the following rules: no video games or computers (except for homework) on school nights, only two hours of TV on weekends and only 14 hours of screen time overall.
- 3 Turn off the TV during dinner.** Consider that 40% of American families report that they watch TV during the evening meal "always" or "often." Make better use of that time together to talk about the day and find out what's happening with your kids. It's like eating TV, but right at your table!
- 4 Get active when you do spend time in front of the TV.** Stretch, practice yoga, walk on a treadmill or lift weights. You might even select a program the whole family can enjoy. Challenge everyone to see who can do the most knee bends or leg lifts during commercial breaks.
- 5 Don't use TV or other screen time as a reward or punishment.** The more TV and electronic devices seem even more important.

GETTING ACTIVE TIP

- Get up and change the channel instead of using the remote.
- Kids should also do fun jumping jacks during commercial breaks.

Conversation Starters

- How much weekly screen time do your kids feel is reasonable?
- Help them decide when and how often they should watch TV or use the computer.

ACTION FOR HEALTHY KIDS



La tecnología puede quitar mucho tiempo para todos los miembros de la familia...computadoras, televisores, video juegos, incluso teléfonos. ¿Sabía usted que un niño ve un promedio de 2,300 horas de televisión cada año, en comparación con sólo 1,200 horas en la escuela? Como padre, establezca límites y sea un buen ejemplo. Intente estas sugerencias para ayudar a su familia a reducir el tiempo frente a la pantalla con alternativas divertidas.

Saludables Juntos

- 1 Saque las televisiones de las recámaras.** Todos los televisores y computadoras deben estar en la sala. Los niños que tienen televisión en su habitación tienden a mirar cerca de 1.5 horas más televisión por día que los que no tienen.
- 2 Fije límites para mirar la televisión y usar la computadora/ video juegos.** Por ejemplo no use la computadora/ juegos de video en noches de escuela, solamente 2 horas de televisión los fines de semana o solamente 14 horas de tiempo frente a la pantalla por semana.
- 3 Apague la televisión durante la cena.** 40% de familias siempre o a menudo miran la televisión durante la cena. Mejor pise ese tiempo disfrutando, ¿o como una hora de pino en su mesa?
- 4 Este activo cuando pase tiempo frente al televisor.** Estírese, practique yoga, camine alrededor del sofá, o levante pesas. Elija un programa que todos en la familia disfruten. Intente a todos a ver quien puede hacer más saltos o sentadillas.
- 5 No utilice la televisión como recompensa o castigo.** Esto hace que la televisión o el aparato sea aún algo más importante de lo que debería.

CONSEJOS PARA ESTAR ACTIVOS

- Levántese y cambie el canal en lugar de usar el control remoto.
- Haga sentadillas o algún movimiento durante los comerciales.

Ideas para conversar

- ¿Cuánto tiempo frente a la pantalla sienten sus hijos que es razonable?
- Ayúdelos a decidir cuándo y con qué frecuencia deben estar mirando televisión o usando la computadora.

Every kid healthy, active and ready to learn
actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136

NEW GRANT OPPORTUNITY! **School Garden Grants**



Florida Agriculture in the Classroom's (FAITC) School Garden Grant Program is designed to fund school garden projects that will educate Florida's students about the importance of agriculture, healthier meal options and allow teachers to use a school garden to teach Florida standards.

Read more at the link below for additional grant information, guidelines, and requirements.

School Garden Grants

Florida's HEROs Award & Recognition

Apply Now to Become a Florida's HERO

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 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

NEW TRAINING OPPORTUNITY! **School Garden Leadership Training**



Florida Agriculture in the Classroom and UF/IFAS Extension Family Nutrition Program are hosting a series of virtual and in-person School Garden Leadership Trainings. This training series is for Florida school garden leaders to build gardening confidence, foster collaboration, and strengthen garden programs for long-term success.

Two virtual webinar sessions will take place on **Thursday Sept 29 and Dec 1 from 3:30-5:00 pm EST**. Interested ECE Programs can register today for the virtual sessions and find more information at the link below. *Additionally, registration links for regional in-person workshops are forthcoming.*

[Register Here](#)

For additional questions, contact the series co-host and State School Garden Specialist, Tiffany Torres, at Tiffany@agtag.org.

Become a Breastfeeding Friendly Child Care Facility

Breastfeeding has many health benefits for both the mother and baby. Providing a supportive environment for breastfeeding at your child care facility can encourage new moms to continue breastfeeding, if they have the ability and choose to, after returning to work or school.

Learn how your facility can become designated as a Breastfeeding Friendly Child Care Facility at the link below.

Creating a Breastfeeding Friendly Child Care Facility



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

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 is supported by the following:



Funded by:



Managed by:



Health Council of Southeast Florida | 600 Sandtree Drive, Suite 101, Palm Beach Gardens, FL 33403

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