



## Florida's HEROs Monthly Newsletter

Welcome to the Florida's HEROs Stakeholder and TA Consultant Monthly Newsletter!

This month you'll find a few very important updates on an opportunity to share your experiences as a TA consultant and important information to share with your ECE programs.

Thank you for your hard work promoting and establishing healthy habits among young children. We're so glad you're here.

## Important Updates

*Congratulations to our top 3 most active TA Consultants!*

- Jill Taufer logged 22.5 hours with four child care programs
- Inez Williams logged 15.75 hours with seven child care programs
- Frankie Walker logged 6.5 hours with three child care programs

\*TA activity time is logged in Go NAPSACC. Rankings based on self-entered time.


*Focus Group Opportunity:  
For TA Consultants*

Go NAPSACC and Florida's HEROs are teaming up to host focus groups to gain a better understanding of your successes and challenges as a TA Consultant. Our hope is that the knowledge gained from these sessions will help inform recruitment

**FOCUS GROUP OPPORTUNITY**

## Go NAPSACC & Florida's HEROs TA Consultants

Your voice is needed! We are currently looking for all Go NAPSACC and FL HEROs TA Consultants 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
  - Your experience as a technical assistance consultant recruiting and engaging child care providers in the programs above

**Things to know:**

- Your participation and answers will remain **anonymous**
- You can participate in **one session only**
- All sessions will be **one-hour long** and held via Zoom

**READY TO REGISTER?**  
CLICK ON A DATE AND TIME THAT WORKS FOR YOU

**MULTIPLE SESSION OPTIONS**

- September 18th 12:00 PM - 1:00 PM
- September 19th 4:00 PM - 5:00 PM
- September 23rd 12:00 PM - 1:00 PM
- October 6th 12:00 PM - 1:00 PM
- October 7th 10:00 AM - 11:00 AM
- October 11th 3:00 PM - 4:00 PM
- October 18th 2:00 PM - 3:00 PM
- October 18th 4:00 PM - 5:00 PM
- October 19th 12:00 PM - 1:00 PM
- October 20th 12:00 PM - 1:00 PM

**NEED MORE INFORMATION?**  
EMAIL US AT FLORIDASHEROS@GMAIL.COM

strategies and efforts to increase participation and engagement in these programs moving forward.

- Please register for one, one-hour focus group session
- Sessions will be held in September and October
- Your responses will be completely anonymous

Register for a time to attend at the link below.

[Register Now!](#)

## Focus Group Opportunity: For ECE Programs

ECE program directors also have the opportunity to participate in a focus group to share their experiences with Go NAPSACC and Florida's HEROs, any challenges they have faced in participating in these two programs, and what might encourage them to engage further.

- Please share the flyer at the link below with any ECE programs you are working with or have worked with in the past
- ECE program directors can register for one, one-hour focus group session
- Sessions will be held in September and October
- All responses will be completely anonymous

**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

[Focus Group Flyer for ECE Directors](#)

## Focus Group Opportunity: For Child Care Leaders and Stakeholders

**FOCUS GROUP OPPORTUNITY**

## Are you a leader in early childhood education in Florida?

We are currently looking for early childhood education leaders and stakeholders 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 resources for child care providers

**\*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 27th 4:00 PM - 5:00 PM  
 September 30th 12:00 PM - 1:00 PM  
 October 4th 4:00 PM - 5:00 PM  
 October 14th 12:00 PM - 1:00 PM

**READY TO REGISTER?**  
 CLICK ON A DATE AND TIME THAT WORKS FOR YOU

**NEED MORE INFORMATION?**  
 EMAIL US AT [FLORIDASHEROS@GMAIL.COM](mailto:FLORIDASHEROS@GMAIL.COM)

Local, regional, and state ECE leaders and stakeholders - You are invited to join a focus group session, as well.

We hope to understand your perspective on the challenges child care providers face and what might encourage them to engage with these programs further.

- ECE leaders - Register for one, one-hour focus group session
- TA Consultants - Please share the flyer at the link below with any ELCs, Head Start, or other child care stakeholders you have a relationship with in your area
- Sessions will be held in September and October
- All responses will be completely anonymous

Focus Group Flyer for ECE Stakeholders

## 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 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.

Wednesday, October 26th, 2022  
1:00 PM EST

October 3rd & October 19th, 2022  
3:00 PM EST

[Register Here](#)

[Register Here](#)

## Maximizing Your Go NAPSACC Consultant Account Webinar

Starting a new Go NAPSACC year? Trying to remember how to connect with new child care programs through Go NAPSACC? Join us for this Consultant Training Refresher!

Wednesday, September 28th, 2022  
1 PM EST

[Register Here](#)

## Resources, Trainings & Events

### NEW RESOURCE!

### Action for Healthy Kids: Skip the Screen Handouts

Too much screen time can contribute to negative health and developmental effects in 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 families and/or ECE Providers cut back on screen time while still having fun.

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



SKIP THE SCREEN!

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 2,000 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 bedtime like "no screen zones" and make sure they're not too late to watch about 1.5 hours into TV on days that those who do it. Start today and make it 10 minutes earlier each week.
2 Set firm limits for watching TV, playing video games and using the computer.
3 Turn off the TV during dinner.
4 Get active when you do spend time in front of the TV.
5 Don't use TV or other screen time as a reward or punishment.

GETTING ACTIVE TIP

- Get up and change the channel instead of using the remote.
• Ask your child to do her/his/their favorite physical activity.

Conversation Starters

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



¡APAGUE LA PANTALLA!

La tecnología puede quitar mucho tiempo para todos los miembros de la familia...computadoras, televisores, video juegos, y teléfonos móviles, pueden quitarles que un niño se va promedio de 2,000 horas de actividades escolares, 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 pantallas con alternativas divertidas.

Saludables Juntos

- 1 Sepa los televisores de los celulares, los juegos de video y las computadoras deben estar en la sala.
2 Fija límites para mirar la televisión y usar la computadora/video juegos.
3 Apague la televisión durante la cena.
4 Este activo cuando pasa tiempo frente al televisor.
5 No utilice la televisión como recompensa o castigo.

CONSEJOS PARA ESTAR ACTIVOS

- Desahúcese y quítese el calor en lugar de usar el control remoto.
• Haga ejercicio, aunque sea un minuto, durante la cena.

Ideas para conversar

- ¿Cuánto tiempo frente a la pantalla sienten sus hijos que es razonable?
¿Asídanos a decidir cuándo y cómo que los niños deben estar mirando televisión o usando las computadoras.

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

Screen Time Handout - English

Screen Time Handout - Spanish

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.

Share this resource with your ECE programs who may be interested.

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

School Garden Grants



NEW TRAINING OPPORTUNITY! School Garden Leadership Training



**School Garden Leadership Training**

Learn how to cultivate your school garden program!

- Two Interactive virtual ZOOM trainings
- Regional hands-on training
- Virtual meet-ups for Q&A/Networking
- Facebook group for connection 

UF/IFAS Extension Family Nutrition Program | UF IFAS Extension UNIVERSITY OF FLORIDA | and | Florida Agriculture in the Classroom

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 and State School Garden Specialist, Tiffany Torres, at [Tiffany@agtag.org](mailto:Tiffany@agtag.org).

## Go NAPSACC Continuum of Support

Go NAPSACC Continuum of Support by Consultants

Consultant Level	1 -> 2 hours	2 -> 4 hours	4 -> 8 hours	8 -> 12 hours
High	...	...	...	...
Medium	...	...	...	...
Low	...	...	...	...

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 technical assistance](#) to child care providers that require a range from "Low Cost & Minimal Time" to "High Cost & Time Intensive" support.

[Read More](#)

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!



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\*
  - Windsor Cling & Hamner
  - \$500-1,000 in Kaplan credits

\*Benefits are based on the percentage of staff positions met and are subject to change based on funding.

Scan QR code to submit an Interest form or contact us for more information.  
[www.eces4healthykids.org](http://www.eces4healthykids.org)  
[Floridasheros@gmail.com](mailto:Floridasheros@gmail.com)

[TA Shared Folder](#)

## Early Learning Coalition of Palm Beach Quarterly ECE Provider Meetings



Do you provide early child care services in Palm Beach County?

Email [Gina Carello](mailto:Gina.Carello@elc-pbc.org) to share information about the childcare programs and services you offer.

Upcoming Virtual Meetings:  
 October 20th  
 3:00 PM - 5:00 PM

## Get Involved

### Join the Florida's HEROs Stakeholder Committee



The Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings.

- Meetings are quarterly
- Members promote healthy weight among children 0-5 years of age
- Members guide the development and expansion of



the statewide technical assistance network and ECE recognition program

Next Meeting:  
December, 2022  
Time: TBD

[Get Involved](#)

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## Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working to coordinate Farm2ECE efforts across the state with the goal of increasing usage of Farm2ECE best practices in ECE settings.

Join us the first  
Wednesday of every month  
11:30 AM - 12:30 PM EST.



[Learn More](#)

## 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 at the link below to set up a meeting.

[Contact Us](#)

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## 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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