



# Let's Be HEROs Technical Assistance Program

## Overview for Child Care Directors

### 2022/2023

Managed by:



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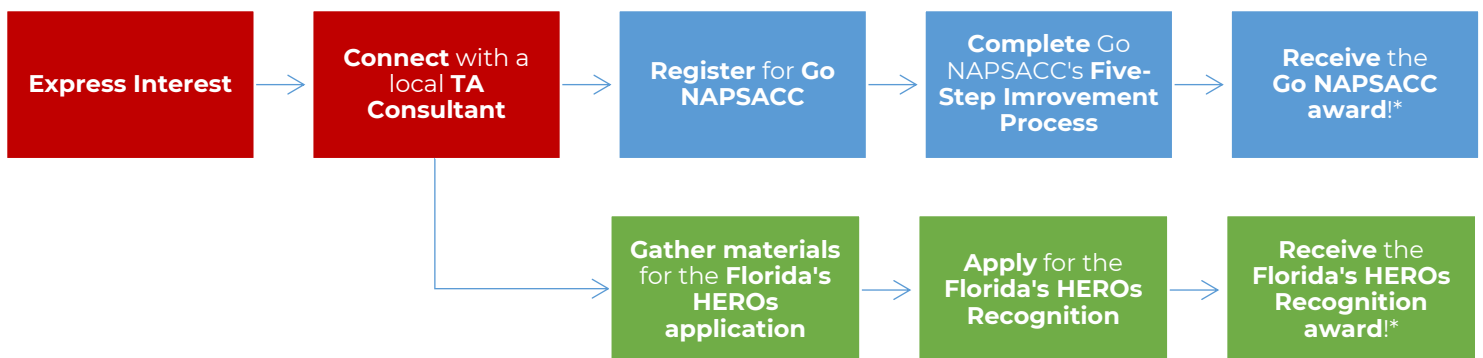


## Let's Be HEROs

### Program Overview

Let's Be Healthy Environments for Reducing Obesity (HEROs) is a program for early care and education (ECE) child care providers in Florida with the goal of increasing the number of child care programs serving children ages 0 to 5 that promote healthy behaviors to reduce childhood obesity. Participating providers are encouraged to implement best practices in focus areas related to obesity prevention, including child nutrition, physical activity, screen time, breastfeeding and infant feeding, oral health, farm to early care and education (ECE), and outdoor play and learning, and to work towards being designated as a Florida's HEROs recognized child care program.

Through Let's Be HEROs, child care providers can engage in free technical assistance with a local technical assistance consultant using the Go Nutritional and Physical Activity Assessment in Child Care (NAPASACC) website. Technical assistance consultants will help providers create goals, implement best practices, and engage in free professional development opportunities. Child care providers are also strongly encouraged to apply for the Florida's HEROs Recognition, an award program to celebrate their achievements for implementing Healthy Eating and Physical Activity (HEPA) best practices. Let's Be HEROs offers monetary incentives through Kaplan Early Learning Company for completing certain milestones, described in detail on the following pages.



\*Incentives are based on funding availability and are subject to change.



## Funding

The Let's Be HEROES initiative is provided by the Health Council of Southeast Florida through funding from the Healthy Kids, Healthy Future Technical Assistance Program (HKHF TAP) grant from Nemours Children's Health System and the Centers for Disease Control and Prevention (CDC). Free access to Go NAPSACC for all child care providers in Florida is generously funded through two state partners, the Florida Department of Health Division of Community Health Promotion and the University of Florida Institute for Food and Agricultural Sciences Extension Family Nutrition Program (UF/IFAS Extension FNP).

## Acknowledgements

Sincerest thanks to our generous state partners, technical assistance consultants, and stakeholders who have dedicated their time and energy collaborating to make this initiative possible.

A special thank you to all the early child care program owners and staff in Florida – We see you working tirelessly day in and day out to provide safe and loving environments for our youngest residents. Without you, some parents and guardians would not be able to seek stable employment and some children would not have enough food to eat.

Lastly, thank you to Nemours Children's Health System for your guidance and support.



## Becoming a HERO

Let's Be HEROES aims to support child care providers on their journey towards implementing best practices that support the healthy growth and development of the children they serve. The primary components of Let's Be HEROES, Go NAPSACC technical assistance and the Florida's HEROES Recognition program, are outlined below, along with information about free professional development opportunities and awards.

### Go NAPSACC Technical Assistance

[Go NAPSACC](#) is an evidence-based program free for all child care programs in Florida and is designed to help child care providers make improvements in their environments and policies to further promote healthy habits among children. During the Let's Be HEROES program, child care providers will attend an orientation meeting or call to set up their Go NAPSACC account, engage in monthly meetings (either one-on-one or as a group) with their local technical assistance consultant, and will have unlimited access to self-assessment and goal setting tools, on-demand professional development training, and an extensive resource library.

There are technical assistance providers located in each county in Florida who are certified as Go NAPSACC consultants with the ability to provide individualized or group support to child care programs wishing to improve their childcare practices and policies.



Technical assistance consultants will use Go NAPSACC to guide child care providers through the five-step improvement process for improving child care environments: (1) Assess, (2) Plan, (3) Take Action, (4) Learn More, and (5) Keep it Up.



Source: <https://www.gonapsacc.org>

Through this process, child care providers will complete self-assessments in any of Go NAPSACC's seven focus areas (Child Nutrition, Breastfeeding and Infant Feeding, Farm to ECE, Oral Health, Infant and Child Physical Activity, Outdoor Play and Learning, and Screen Time) to evaluate program policies, practices, and environments. Then, providers will create an action plan with goals customized to their program and implement best practices with assistance from their technical assistance consultant. During this time, child care providers and their staff can view on-demand professional development trainings. After at least 30 days, providers will complete a post-assessment (i.e. follow-up >30 days after initial self-assessment) to evaluate improvements.



Once child care providers complete the five-step improvement process in Go NAPSACC over the course of at least four interactions with a technical assistance consultant (tracked in Go NAPSACC), they are eligible to receive **\$400 in Kaplan credits** through Kaplan Early Learning Company. Please see the Awards section of this document for more information.

## Florida's HEROs

Child care providers are strongly encouraged to apply for the [Florida's HEROs Recognition Program](#) at any time during this process. Florida's HEROs is a voluntary award program for all licensed child care programs in the state and is managed by the Health Council of Southeast Florida (HCSEF). Florida's HEROs celebrates child care programs for meeting benchmarks related to best practice focus areas: (1) serving healthy food, (2) offering healthy beverages, (3) increasing physical activity, (4) limiting screen time, and (5) supporting breastfeeding. The goal of the recognition is to celebrate child care programs for taking proactive, voluntary steps to improve their program's practices and policies related to encouraging healthy behaviors among the children and families they serve. While providers are better prepared to apply for the Florida's HEROs Recognition after participating in Go NAPSACC technical assistance, child care providers can apply to receive an award *at any time* and regardless of technical assistance engagement.

To receive the Florida's HEROs award, providers are asked to complete an application packet, gather supporting documents, and complete free professional development opportunities, including Go NAPSACC on-demand trainings, the ABCs of a Healthy Me on-demand course, or the Healthy Kids, Healthy Future 12-hour virtual or in-person training. Child care programs are eligible to receive **\$750, \$900, or \$1,500 in Kaplan credits** through Kaplan Early Learning Company. Please see the Awards section of this document for more details. To learn more about the Florida's HEROs recognition and award program, please visit <https://www.ECEs4HealthyKids.org>.



## Professional Development

There are multiple professional development opportunities through the Let's Be HEROES program, including in-person, on-demand, and instructor-led trainings, all at *no cost*. The following table outlines each training option in detail.

Professional Development Options			
Course	Details	Modality	How to Access
<b>ABCs of a Healthy Me</b>	<p>Complete all six sessions to qualify for <b>1.0 Continuing Education Unit (CEU)</b> awarded by Palm Beach State College. Qualifies as professional development requirement for the <b>Florida's HEROES Recognition award</b>.</p> <p><b>Modules:</b> Physical Activity, Screen Time, Healthy Food, Healthy Beverages, Infant Feeding</p> <p><b>Length:</b> ~45 minutes each</p>	Virtual, On-Demand	<a href="https://eces4healthykids.org/best-practices/">https://eces4healthykids.org/best-practices/</a>
<b>Go NAPSACC</b>	<p>Each individual training qualifies towards the 10-hour <b>annual in-service training requirement</b> with the Department of Children and Families (DCF) for all child care personnel. Qualifies as professional development requirement for the <b>Florida's HEROES Recognition award</b>.</p>	Virtual, On-Demand	<a href="https://gonapsacc.org/">https://gonapsacc.org/</a>





	<p><b>Focus Areas:</b> Child Nutrition, Breastfeeding &amp; Infant Feeding, Farm to ECE, Oral Health, Infant &amp; Child Physical Activity, Outdoor Play &amp; Learning, Screen Time</p> <p><b>Length:</b> ~30 minutes each</p>		
<p><b>Healthy Kids, Healthy Future</b></p>	<p>This training is hosted by the University of Florida Institute of Food and Agricultural Sciences Extension Family Nutrition Program (UF/IFAS Extension FNP) and can be customized to meet scheduling needs. Qualifies as professional development requirement for the <b>Florida's HEROs Recognition award.</b></p> <p><b>Focus Areas:</b> Physical Activity, Screen Time, Healthy Food, Healthy Beverages, Infant Feeding</p> <p><b>Length:</b> 12-hours total</p>	<p>Virtual or In-Person, Instructor Led</p>	<p>Contact Jeannie Necessary (<a href="mailto:jnecessary@ufl.edu">jnecessary@ufl.edu</a>) and/or Kathleen Morales-Perez (<a href="mailto:kmoralesperez@ufl.edu">kmoralesperez@ufl.edu</a>) for more information.</p>
<p><b>Additional Training Opportunities</b></p>	<p>Periodically, additional training opportunities will be shared through the Florida's HEROs monthly newsletter.</p>	<p>Virtual, On-Demand, In-Person</p>	<p>Sign up for the Florida's HEROs monthly newsletter by emailing <a href="mailto:FloridasHEROs@gmail.com">FloridasHEROs@gmail.com</a></p>



## Awards

### Let's Be HEROES Award

Child care programs will be eligible to receive the Let's Be HEROES award of \$400 in Kaplan Early Learning Company credits after completing the following steps:

- ✓ Register for Go NAPSACC.
- ✓ Complete an initial self-assessment in any focus area.
- ✓ Complete an action plan in the same focus area.
- ✓ Complete a post-assessment (i.e. self-assessment >30 days after initial self-assessment) in the same focus area.
- ✓ Four (4) touch-points (i.e. phone-call, in-person or virtual meeting, email, etc.) with a technical assistance consultant (tracked in Go NAPSACC).
- ✓ Signed attestation letter with technical assistance consultant.

Each participating child care program is eligible to receive one Let's Be HEROES award from August 1, 2022 to July 31, 2023. For more information on how to complete the steps listed above, please contact your local technical assistance provider or reach out to Florida's HEROES at [FloridasHEROs@gmail.com](mailto:FloridasHEROs@gmail.com).

More information regarding future funding availability and award eligibility will be shared closer to August 1, 2023.

### Florida's HEROES Recognition Award

Child care programs are eligible to earn \$750 - \$1,500\* in Kaplan Early Learning Company credits, redeemable on <https://www.kaplanco.com>, based on the percentage of best practice benchmarks achieved across five focus areas, including serving healthy food, offering healthy beverages, limiting screen time, supporting breastfeeding, and increasing physical activity, listed in the Florida's HEROES Recognition application.

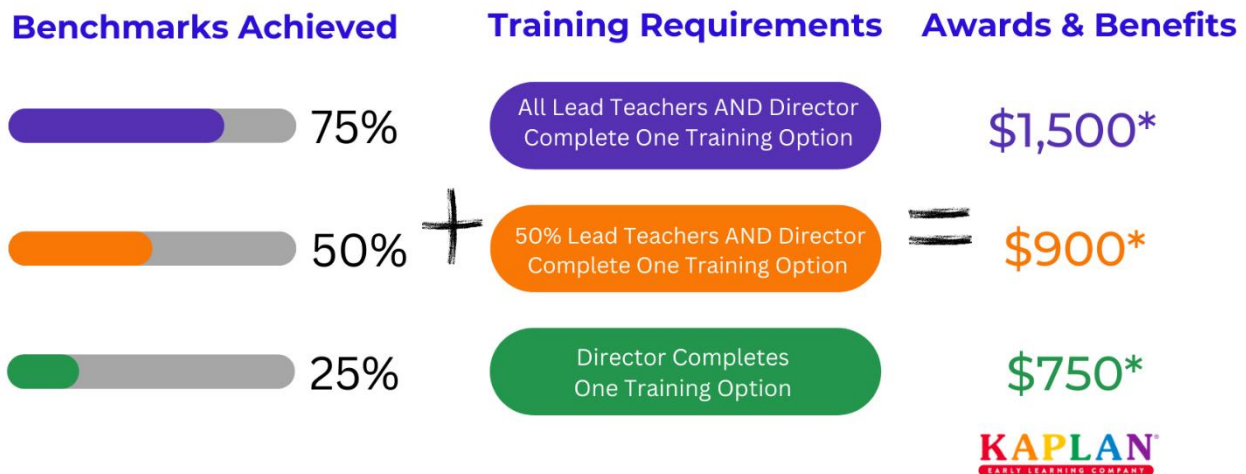


Child care programs are asked to submit the following items to be eligible for the award:

- ✓ Training certificates for any of the free professional development options listed in the Awards section of this packet.
- ✓ Signed and completed application.
- ✓ Supporting documents (i.e. photos, flyers, policies, etc.) notated in the completed application.

All application materials, including the application packet and supporting documents guide, can be found on the Florida's HEROES Recognition website at <https://www.eces4healthykids.org/early-care-education-recognition>. The application is available in English and Spanish.

Award levels are as follows:



Kaplan Early Learning Company credits will be distributed directly to the program director via email and are redeemable on <https://www.kaplanco.com>.



Awarded childcare programs will also receive a window cling and custom banner that highlights their program as a Florida Healthy Environment for Reducing Obesity (HERO) designated site.



## Ora Byrden Family Day Care Home

*Recognized a Florida Healthy Environment for Reducing Obesity (HERO)*



For more information about the Florida HEROs program, visit: [eces4healthykids.org](http://eces4healthykids.org) or email: [floridasheros@gmail.com](mailto:floridasheros@gmail.com)



## Frequently Asked Questions

### **Can I choose more than one technical assistance focus area in Go NAPSACC?**

Yes! We recognize each child care program has different interests and capacity. However, to be eligible to receive the Let's Be HEROES award, your program will only need to focus on one area.

### **How do I get access to Go NAPSACC?**

Your local technical assistance provider will give you a registration code to register for free on the Go NAPSACC website <https://www.gonapsacc.org>. A list of local technical assistance providers can be found on the [Florida's HEROES website](#) or you can reach out to [FloridasHEROs@gmail.com](mailto:FloridasHEROs@gmail.com) directly for more information.

### **Can I only focus on one area for the Florida's HEROES Recognition Program?**

No. In order to be awarded and recognized as a Florida's HEROES designated program, you will need to submit supporting documents for all five benchmark areas: healthy food, healthy beverages, physical activity, screen time, and breastfeeding.

### **How do I apply for the Florida's HEROES Recognition program?**

Visit <https://www.eces4healthykids.org/early-care-education-recognition/> for more information and the full application or reach out to [FloridasHEROs@gmail.com](mailto:FloridasHEROs@gmail.com) to be connected to your local TA consultant.

### **How will awards be issued?**

Awards will be issued by the Health Council of Southeast Florida (HCSEF) through Kaplan Early Learning Company. Once your TA submits your signed attestation letter or you receive a Florida's HEROES award, the program director will receive an email with your Kaplan award credentials redeemable on <https://www.kaplanco.com>. Please note, awards are subject to change based on funding availability.



### **How do I receive professional development credit for the Go NAPSACC on-demand trainings?**

After completing any Go NAPSACC training, be sure to complete the Knowledge Quiz and Evaluation. Once you provide your full name and email, you will be sent a completion certificate that can be used to submit to the Department of Children and Families (DCF). Go NAPSACC trainings qualify for annual in-service credit requirements for any child care personnel. Go NAPSACC trainings *do not* qualify as CEU credits at this time.

### **Can I participate in Go NAPSACC and not Florida's HEROes? Can I participate in Florida's HEROes and not Go NAPSACC?**

Yes! While Go NAPSACC does set your program up for achieving a higher award level in the Florida's HEROes Recognition program, you are not required to participate in both. With that said, we strongly encourage that you do, given all the great benefits.

### **Program Contact Information**

[FloridasHEROs@gmail.com](mailto:FloridasHEROs@gmail.com)