



Florida's HEROs Monthly Newsletter

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

Below you'll find key resources and information on **promoting healthy beverages** among your children, **award opportunities**, and **professional development opportunities** for you and your staff.

Thank you for all that you do. Check out our new **Awardee Celebration Corner**, and join us in congratulating all awardees!

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.

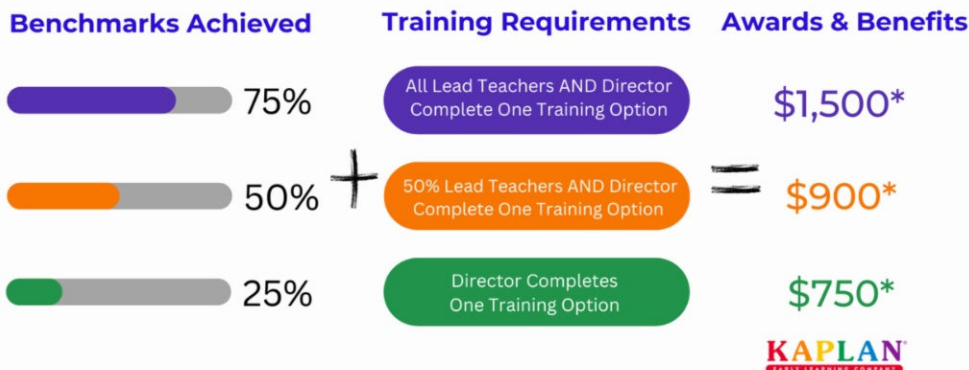
The goal is to take proactive steps to improve your program's practices and policies for encouraging healthy behaviors among the children and families you serve.

Find more information about the application process at [our website](#) and check out our application at the links below.



Increased Award Levels

The Florida's HEROs award levels have now increased to \$750, \$900, and \$1,500 based on the percentage of benchmarks achieved in each focus area and professional development requirements. For more information, please get in touch with Florida's HEROs directly at FloridasHEROs@gmail.com.



Additionally, if a child care program (1) submits additional documents within two years of submitting their original application and (2) increases the percentage of benchmarks achieved, they will be eligible to receive an additional award of the difference between their previous award level and the new award level.

Ready to apply? Submit your application to floridasheross@gmail.com.

Application Materials

Go NAPSACC Announcements

Need help with goal setting or applying to the FL HEROs Recognition Program?



The Let's Be HEROs Technical Assistance Program provides free access to Go NAPSACC and personalized support for your program from a local technical assistance (TA) consultant. Go NAPSACC is an evidence-based tool designed to help child care providers improve the health of young children by providing step-by-step guidance to enhance

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 through the Let's Be HEROs Technical Assistance Program and getting access to Go NAPSACC, contact Florida's HEROs at the link below.

Contact Us

NEW AMOUNT INCREASE! Let's Be HEROs Award Opportunity

Child care programs will now receive an award amount of **\$600 (an increase from \$400)** in Kaplan dollars for participating in Go NAPSACC technical assistance in Florida **after** completing the following steps:

- Initial Self-Assessment
- Action Plan
- Post-Assessment (i.e. self-assessment >30 days after initial self-assessment)
- Four (4) touchpoints with a TA consultant (must be tracked by TA in Go NAPSACC)
- Signed attestation letter with TA



Once the above steps are complete, the award will be distributed directly to the program director through the [Kaplan Early Learning Company](#).

Interested in getting started? Submit an interest form below.

Submit an Interest Form

Please note: Child care programs that started the Go NAPSACC TA process before August 1, 2022, and complete any of the steps listed above after August 1, 2023, will also be eligible.

Trainings now qualify for annual in-service credits!

Go NAPSACC trainings now qualify for annual in-service credits (10-hour annual requirement) for childcare personnel who care directly for children. Child care personnel must submit a Go NAPSACC training certificate to the Department of Children and Families for credit.

NEW!

Awardee Celebration Corner

Please join us in congratulating our awardees!

FL HEROs

- Dawn's Home Preschool

Let's Be HEROs

- Dawn's Home Preschool
- Kid City USA Edgewater
- Nature Coast Preschool
- Trinity Christian Academy Preschool
- Sunshine Christian Academy

Apply Today!



Thank you for taking the steps to create healthy environments for the children you serve!

Resources of the Month

Potter the Otter: A Tale About Water

Research shows that drinking water can offer many benefits. It helps limit sugar intake and prevents dehydration, constipation, and fatigue. Read this book, [Potter the Otter: A Tale About Water](#), to help young children develop healthy habits early.

Click on the button below or the image to access the FREE online version.

FREE eBook



Early Childhood Education Activities for Promoting Water

Child care programs offer a unique opportunity to support the development of healthy drinking habits from an early age. Rev your Bev developed this Lesson Plan to



INTRODUCTION

Healthy hydration habits start in early childhood! Because young children spend the majority of their day in child care, it is important that safe drinking water is available at all times – served inside and outside, during meals, and be easily accessible throughout the day.

Establishing water drinking habits at an early age protects children's health now and for the future!



help encourage children to drink more water. [Rev your Bev](#) is part of the Virginia Foundation for Healthy Youth's initiative to increase water consumption.

The lesson plan guide is available in English, Spanish, French, and Arabic!

LESSON PLAN SUMMARY	DID YOU KNOW?
1. Coloring Crown	• Dietary preferences are established in early childhood.
2. What Does Hydration Look Like?	• Drinking water can help children feel more alert and energized.
3. Fruity Popsicles	• Children get fewer cavities when they drink water. Water contains fluoride which protects teeth and prevents cavities.
4. Sink or Float	• Water makes up 60% of children's bodies, so it is important to keep them hydrated.
5. RYB Storytime	• Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.

Lesson Plan- English

Lesson Plan- Multiple Languages



Learn more about [providing healthy beverages for young children in child care](#) at the link below!

[Additional Resources on Promoting Healthy Beverages](#)

Additional Resources, Trainings & Events

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](#)

[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 can 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



Application Information

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 enrolled with participating childcare providers.

CCFP funds can even be used for garden supplies!

Learn how to apply at the link below.

Learn More

ABC's of a Healthy Me Online Professional Development

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 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 the 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 for the FREE Training Today

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

Next Quarterly Meeting:
Wednesday, March 22, 2023
10:30 - 12:00 PM, via Zoom

[Register Here](#)

Join the Farm2ECE Workgroup

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

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



[Learn More](#)

The Florida's HEROs ECE Recognition
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