



Free Training for Early Educators - 10 Contact Hours/1.0 CEU! **Healthy Starts in Early Childhood Care and Education Training Series**

made possible with support from the Blue Cross and Blue Shield of North Carolina Foundation

The *Healthy Starts in Early Childhood Care and Education Training Series* is a 10-hour, online professional development opportunity designed for early educators interested in learning practical strategies and gaining access to resources to increase their knowledge, skills and confidence in creating learning environments that promote healthy practices for young children and role modeling best practices for the children in their care.

Designed by leading experts in the fields of health, nutrition, physical activity and outdoor environmental design, this series is a training component of the *Shape NC: Healthy Starts for Young Children*, an initiative of the Blue Cross and Blue Shield of North Carolina Foundation.

Eligibility

The online training series is being piloted in mid-February 2013 with free access to up to 250 total early educators. Participation in the 10-hour series will be open to early educators, with spaces reserved for Shape NC Partners (Smart Start Local Partnership Staff and Model Early Learning Center Directors, Teachers, Cooks, Technical Assistance Staff, etc. working in or with model centers). Non-Shape NC partners must hold a current NC Early Educator Certification (EEC) and/or have applied for EEC by February 1, 2013 and be currently working in early childhood programs in North Carolina to be eligible.

Webinar Access

The online series begins on February 12 and ends May 4, 2013. Seven online modules (see below) are offered one at a time, with a new module opening typically every two weeks. The final assignment must be submitted by May 7, 2013. A link to participate in the first module will be emailed to early educators prior to the series start date.

Project Partners

This project is supported by a grant from the Blue Cross and Blue Shield of North Carolina Foundation administered by Smart Start's NC Partnership for Children, Inc. The series was developed in partnership with Shape NC project partners (Be Active Kids, NCSU's Natural Learning Initiative and UNC-CH's Center for Health Promotion and Disease Prevention) and the North Carolina Institute for Child Development Professionals.

To learn more about Shape NC, visit <http://www.smartstart.org/tag/shape-nc>.

To learn more about the NC Institute for Child Development Professionals, visit www.ncicdp.org.

To apply for NC Early Educator Certification, access an application at <http://ncicdp.org/certification-licensure/eec-overview/>.

Questions? Email info@ncicdp.org or call 919-442-7442.

All modules are accessed by participants online via a provided web link, based on the dates available and the educator's own schedule. Participants receive the link after completing the module and required assignments. Participants must complete all sessions and assignments to receive credit.

Series Timeline

<u>Dates</u>	<u>Modules</u>
February 12 - 26	Module 1 - Introduction Module 2 - Overview of Obesity
February 27 – March 14	Module 3 - Physical Activity & Play
March 15 – March 28	Module 4 - Nutrition & Healthy Eating
March 29 – April 13	Module 5 - Outdoor Learning Environments
April 14 – April 28	Module 6 - Personal Wellness
April 29 – May 4	Module 7 - Review, Summary & Evaluation (*Final assignment due no later than May 7, 2013)
May 15 - 22	CEU certificates issued

***No makeup dates are available for this series.**

Registration

Space is limited! To register, complete the online registration form available at <http://www.surveymonkey.com/s/LGTJL7>. The online registration system will close automatically on February 10, 2013 at 9 PM. Eligible registrations will be accepted on a first come, first served basis (see Eligibility section above).

Credit

Participants who complete all modules and assignments will receive 1.0 CEU (can be used as 10 DCDEE contact hours) from UNC Wilmington (UNCW). Partial credit and make up dates are not available for this series. Credit documentation will be emailed to successful participants from UNCW no later than May 22, 2013.

Questions?

Email Pat Hansen at The North Carolina Partnership for Children at PHansen@ncsmartstart.org.