

Healthy Children, Healthy Weights

15 hours of FREE Step Up to Quality (SUTQ) approved training for child care centers who are passionate about preventing overweight and obesity in children ages 0-5.

Session 1

Healthy Habits

(4, 2.5 hour sessions; 10 hours total)

Who should attend?

Home care providers and/or the lead teachers from each age level are required to attend all four parts: Healthy Activities, Healthy Eating and Feeding, Healthy Growing and Healthy Families.

What will be covered?

Sessions discuss childhood obesity and health risks, physical activity, basic nutrition, positive role modeling, growing great tasters, and ways to encourage parent outreach through 12 Key Messages.

Session 2

Healthy Habits

(1, 2.5 hour session; 2.5 hours total)

Who should attend?

The cook and/or person planning the menus is required to attend this session.

What will be covered?

The session discusses healthy eating behaviors, what to consider when feeding young children, and how to plan a healthy menu on a budget that offers variety and balance needed.

Session 3

Healthy Habits

(1, 2.5 hour sessions; 2.5 hours total)

Who should attend?

The home care provider, administrator, and/or director must attend this session which focuses on creating a healthier child care environment through policy.

What will be covered?

The session discusses the importance of healthy policies for creating and keeping a healthy environment and ideas on how to adopt and implement a new, effective healthy policy.

Training opportunities for Ohio Healthy Program (OHP):

Healthy Children, Healthy Weights (HCHW) will be posted on the OPDN registry or contact your local instructor, Camille Herby, for training dates and times at 216-201-2001 x 1514 or cherby@ccbh.net.



Cuyahoga County
Early Childhood Wellness Plan

