



On Demand Child Care Training

Featured series:

Taking Steps to Healthy Success

The Taking Steps to Healthy Success series shows how early care and education (ECE) program policies and practices can support optimal health for young children, their families, and care providers. Completing the series will help you to:

1. Successfully implement national best practices in ECE settings for nutrition, breastfeeding support, physical activity, and screen time.
2. Better engage families as partners in supporting the health and development of children.
3. Support staff wellness, as well as your own.

Series modules (click titles for more information on each 2-hour module):

- [Introduction](#)
- [Active Play](#)
- [Breastfeeding Support](#)
- [Family-Style Dining](#)
- [Healthy Eating](#)
- [Reduce Screen Time](#)
- [Staff Wellness](#)



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Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>



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