

# West Virginia Child Care Health Educators

## Training Topics

### 2 Hour:

- All that Sugar and Fat
- Beans...More than Just Cute Songs
- Bed Bugs and Beyond
- Being a Good Role Model
- Breastfeeding Basics
- Identifying Environmental Hazards 1
- Identifying Environmental Hazards 2
- Indoor and Outdoor Safety
- Let's Make a Menu
- Let's Move
- New Recipe Ideas 1
- New Recipe Ideas 2
- Oral Health
- Picky Eaters
- Planting Seeds for Healthy Eating
- Safe Sleep Practices
- Stress Management
- Understanding Special Dietary Needs

### 1 Hour:

- Fun and Healthy Snacks
- Infant Feeding



*West Virginia*  
**Child Care Health  
Educators**

**Child Care Health Educator North**  
Choices, Child Care Resource Center,  
and MountainHeart North  
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**Child Care Health Educator South**  
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**ATTENTION CHILD CARE PROVIDERS**  
The Child Care Health Educators are  
available to provide free 1- and 2-hour  
WV STARS registered trainings on  
health, safety, and nutrition topics.