

# Training Topics and Descriptions

If you have a topic you want training on that is not on the list, please feel free to request it!

**All that Sugar and Fat**-Healthy and unhealthy types of fat, different types of sugar, and food sources for fat and sugar

**Beans...More Than Just Cute Songs**-Nutritional and health benefits of beans, how to use beans in a CACFP menu, bean recipes, and warnings about beans

**Bed Bugs and Beyond**-Information on bed bugs, head lice, mice and rats, cockroaches, and ants and how to manage them at a child care center

**Being a Good Role Model**-Focuses on how adults' words and actions can affect children's health habits, including personal hygiene, food choices, and physical activity

**Breastfeeding Basics**-How breastmilk is produced, breastfeeding compared to formula feeding, and how to encourage breastfeeding at a child care center

**Indoor/Outdoor Safety**-Reviews common injuries for children, including falls and poisonings, preventive measures to reduce the risk of injury, and playground safety

**Let's Make a Menu**-MyPlate food groups, Leap of Taste guidelines, and how to build a menu with Leap of Taste

**Let's Move**-Physical activity requirements for child care centers, age appropriate physical activities, and causes and prevention of childhood obesity

**Oral Health**-Importance of dental care for children, proper procedure for brushing teeth in a child care center for each age group, and oral health activities

**Picky Eaters**-How to encourage children to eat a variety of foods, including different cooking methods, family style meals, and food shapes

**Safe Sleep Practices**-Guidelines on how to reduce SIDS and suffocation risks for infants 0-1 year old and sleep guidelines for older children

**Stress Management**-Facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children

**Understanding Special Dietary Needs**-Types of special dietary needs, including food allergies and celiac disease, symptoms, menu adjustments, and determining if a child care center has to make menu adjustments for certain dietary needs