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**From:** Holz, Robin [IDOE]  
**Sent:** Monday, April 28, 2014 12:24 PM  
**To:** 'cnp\_childcare@lists.ed.iowa.gov'  
**Subject:** Let's Move! Child Care--Online Training Modules Available

### **Let's Move! Child Care (LMCC) Online Training Modules Available**

Penn State University and the Centers for Disease Control and Prevention have partnered to create six Let's Move! Child Care (LMCC) training modules. The free online training modules provide practical strategies for implementing best practices in early care and education (ECE) settings for promoting healthy weight in young children. The modules are also an opportunity for ECE providers to obtain CEUs from Penn State and professional development credits from many states' licensing and/or quality improvement systems. The training series includes six lessons that cover background information for childhood obesity prevention and the five best practice goals: increase physical activity, limit screen time, offer healthy beverages, serve healthy food, and support

*The modules are not required but can be used to fulfill CACFP annual training requirements. Because the training is offered by Penn State I am very limited in my ability to respond to questions. However, we wanted to extend the Let's Move! modules as training options that Iowa CACFP will accept.*

To access:

1. Go to: <http://extension.psu.edu/youth/betterkidcare>
2. Select "On Demand Web Lessons" button on the left menu bar
3. Create an account and sign in
4. Select the title of the lesson:  
Childhood Obesity Prevention: LMCC  
Childhood Obesity Prevention: LMCC - Increase Physical Activity  
Childhood Obesity Prevention: LMCC - Limit Screen Time  
Childhood Obesity Prevention: LMCC - Support Infant Feeding

The remaining two modules will be released in the coming months.

Note: All of Better Kid Care's On Demand lessons are available at no cost to the participant. To receive professional development credit and obtain a certificate of completion from Penn State, there is a small fee of \$5.

Better Kid Care also has many research-to-practice resources and more than 150 online modules for early care and education and school-age professionals in the areas of child growth and development, curriculum, family engagement and communication, nutrition, health and safety, and professionalism. *Only the nutrition modules could be used to fulfill CACFP training requirements.*

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