



Opportunity for a Healthy Life

## **Earn Points for Colorado Shines in Child Health**

### **Free Health, Nutrition, and Gardening Training for Your Program**

Child Health Promotion offers a variety of free trainings related to healthy eating, active living, Farm to Early Care and Education, and other child health and safety topics. We tailor the training to what your program wants most.

#### **Choose from the following topics:**

- Creating a Culture of Health at your Child Care Program
- Breastfeeding Friendly Child Care
- Toddler and Preschool Mealtime is More than Food
- Movement and Learning for Children and Caregivers
- Engaging Children in Nature Throughout the Year
- Nutrition and Mental Health
- General Health and Safety
- Farm to Early Care and Education topics including:
  - Gardening with Kids
  - Purchasing and Cooking with Locally-Grown Produce
  - Preserving the Fall Harvest

Let us know if there is something else you want to learn about!

**Time:** Scheduled to meet the needs of your program.

**Where:** Virtual or in-person

**Cost:** Free

**Training credit:** One or more hours of Health, Safety, and Nutrition

**For professional development staff training,** Contact Kyla Pearlman at [kpearlman@bouldercounty.gov](mailto:kpearlman@bouldercounty.gov)

**For parent classes:** Contact Tori Lee at [vlee@bouldercounty.gov](mailto:vlee@bouldercounty.gov)