

Fit and Healthy Kids

Need FREE continuing education hours? Don't want to travel?

Pull up a comfortable chair and join us on the web!

Hours approved in the state of Nebraska for childcare providers.

Web-based Sessions for Early Childhood Professionals

7:00-8:00 p.m. CST



October 2, 2017 The Importance of Sleep from the Perspective of Children, Youth and Parents

This presentation will discuss what we know from research studies about how the amount of sleep and the quality of sleep influences behaviors in children, youth, and parents. *Instructor: Victoria J. Molfese, Ph.D., Chancellor Professor of Department of Child, Youth & Family Studies, UNL*



November 6, 2017 Tinkering with STEM

Tinkering helps children to understand you have to fail a few times, sometimes many times, in order to get the right answer. It is a safe way for children to go through the process of trial and error- which is an experience that children need, to develop the kind of higher-order thinking skills necessary in our rapidly changing world. *Instructors: Lisa Poppe, LaDonna Werth, Extension Educators, UNL and Soo-Young Hong Ph.D. Assistant Professor, Department of Child, Youth and Family Studies, UNL*



December 4, 2017 Introduction to Autism in Childcare Settings

This presentation will provide learners with an introduction to autism spectrum disorder. Participants will learn how to identify the signs and symptoms of autism in their childcare setting. They will learn strategies for discussing the diagnosis with caregivers and next steps for accessing diagnosis and support. *Instructor: Johanna Taylor, PhD, BCBA - Assistant Professor of Practice at Special Education and Communication Disorders Department, UNL*



January 8, 2018 Strategies for Young Children with Autism in Childcare Settings

This presentation will provide learners with a brief overview of autism spectrum disorder. Participants will learn strategies they can embed within the daily routines of childcare settings to help support children with autism in their programs. Limitations, areas of need, and ways of accessing additional support will be discussed. *Instructor: Johanna Taylor, PhD, BCBA - Assistant Professor of Practice at Special Education and Communication Disorders Department, UNL*



February 5, 2018 What You Need to Know about Food Allergies

Researchers estimate that up to 15 million Americans have food allergies, including 5.9 million children under age 18. Caring for a child with a food allergy can be challenging. Topics in the session will include food allergy basics, preparing food safely and reducing allergy risks. *Instructors: Cami Wells, Carol Schwartz, Extension Educators, UNL*



March 5, 2018 Blocks BUILDing Math Talk in Early Childhood Setting

Engaging in block play provides a vast array of Science, Technology, Engineering and Mathematical (STEM) concepts. This workshop will focus on STEM concepts that can be addressed through block play experiences and specifically emphasize strategies to enhance and increase potential for mathematical talk. Participants will engage in reflective activities that identify opportunities to explore STEM concepts through applications of developmentally appropriate practice. This workshop is designed to aid participants in designing environments that promote STEM thinking through block play. *Instructor: Kelley Buchheister, Assistant Professor Child, Youth & Family Studies, UNL*

To register go to:

<http://http://food.unl.edu/fit-and-healthy-kids>

Questions? Email Cami Wells at cwells2@unl.edu or call her at (308) 385-5088