

The North Carolina Child Care Health Consultant 2022 Annual Conference

Brighter Days Ahead: Recharging & Reconnecting Breakout Session Information

Virginia Stage, *Associate Professor of Nutrition Science, ECU*

“Don’t like it; Never tried it.” Building a Culture of Healthy Eating in Child Care Settings

You can’t leave the table until you finish all of your vegetables.” We all know pressuring children to eat fruits and vegetables doesn’t work, but what does? This presentation will discuss the daily feeding challenges teachers and families face and best practice strategies and community resources that can be used in classroom and home settings to improve children’s nutrition.

Smokey Brawley, *Statewide Project Manager, Healthy Social Behaviors Project*

“What’s a Pyramid Got to Do with Healthy Social Behaviors?”

Social-emotional development is the foundation of all future learning, negates a child’s need for challenging behaviors, and is best addressed at a young age. Come review the aspects of social-emotional development, delve into the Pyramid Model framework, learn about NC’s Healthy Social Behaviors Project, and explore multiple resources available to support social emotional development.

Shanda Sumpter, *Early Childhood Education Project Direct, NC Child*

“A Day in the Life of a Child Care Provider, Post COVID”

No description available.