



## Professional Development

Implementing changes in your center on breastfeeding, physical activity, child nutrition, screen time, oral health and outdoor play and learning can be intimidating at first. Training and professional development is a great way to gain new skills and strategies on implementing healthy changes. Professional development is an ongoing process which prepares early childhood educators to obtain, develop, and expand the knowledge, skills, and abilities required to assist and support childcare programs in providing safe and healthy environments—improving the quality of care for the children they serve.

In Louisiana, all child care facilities are required by the Bureau of Licensing to receive a total of 15 clock hours of education and training annually. By achieving this benchmark, the childcare center will enhance the requirements set by licensing by obtaining an additional 3 hours of training in 1 of the 7 Go NAPSACC best practice modules. For more information on child care facility licensing [click here](#).

### The breakdown of these 15 required training hours is as follows:

- 3 hours annually come from the Child Care Health Consultant (CCHC) program. Specifically, topics are on health and safety and must be provided by an approved Child Care Health Consultant. To find a consultant in your area [click here](#).
- 12 hours annually come from the Department of Education by an approved Pathways trainer (a partner of the Department of Education). To find a Pathways trainer in your area [click here](#).

### Childcare Center WellSpot Designation benchmark requirement:

- 3 additional hours of training in at least one of the following Go NAPSACC best practice modules: Child Nutrition, Farm to ECE, Infant & Child Physical Activity, Screen Time, Breastfeeding & Infant Feeding, Oral Health, and Outdoor Play & Learning.

### Request a Training Today!

To arrange a date and time for additional training, identify and contact a CCHC in your area to request a training on breastfeeding, physical activity, child nutrition, screen time, oral health and/or outdoor play and learning. For a list of CCHCs [click here](#).

### Online Training Opportunities

- Go NAPSACC offers online trainings on [Child Nutrition and Physical Activity](#).
- Nemours Healthy Kids Health Future: [Infant Feeding Course](#)
- [Penn State Better Kid Care](#) offers courses on various topics.

**Prior to selecting a training topic, sites are encouraged to complete the GO NAPSACC assessment. To learn more click [here](#).**