



“Applying New Knowledge:
Learning & Transfer”

Child Care Training Consultants, LLC Winter 2024-2025 NEWSLETTER

Welcome to Child Care Training Consultants, LLC! Online/Self-paced Training Courses!

WHAT'S NEW WITH US!

New Lifelong Wellness Courses

Basic, Intermediate, and Advanced Wellness Training Courses; New Requirements adopted by NV State Child Care Licensing Regulations.

NOTE: The Basic Wellness Training Course must be taken before an Intermediate or Advanced Course

- **Basic Level Wellness Training: Physical Activities, Nutrition & Obesity Prevention**
- **Intermediate Level Well Training: Physical Activities, Nutrition & Menu Planning**
- **Advanced Level Wellness Training: Obesity Prevention, Contributing Factors, Communication with Parents Course**

HOW TO REGISTER

Scan QR Code or Log on to
www.childcaretrainingclasses.org

Click on your state and select courses

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Basic Level WELLNESS TRAINING:

- ❖ PHYSICAL ACTIVITIES
 - ❖ NUTRITION
 - ❖ OBESITY PREVENTION
- (Infants, Toddlers, Preschool, 6-8 Years Old)

Engage in wellness training targeted to specific age groups and follow developmentally appropriate practices that is age-based, with children's developmental abilities, and intentionally based on specific outcomes or goals for individual age groups.



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Intermediate Level Wellness Training: Physical Activities, Nutrition & Menu Planning

(Infants, Toddlers, Preschool, 6-8 Years Old)

Participants will be encouraged to integrate the information into their daily practices by being provided with practical applications and real-world examples on physical activities, nutrition and creating a meal plan. Additionally, offering self-assessment, making it easy for them to understand and apply the knowledge.



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Advanced Level Wellness Training:

- ❖ Obesity Prevention
 - ❖ Contributing Factors
 - ❖ Communication with Parents
- (Infants, Toddlers, Preschool, 6-8 Years Old)

Engage in an advance level of obesity prevention, identify contributing factors and learn how to communicate overweight and obese children with parents. Define how your center can influence what children eat and drink and how active they are, can build a foundation for healthy habits.



CONTACT INFORMATION

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SCAN QR CODE



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