**Physical Activity/Outdoor Play & Learning/Screen Time Trainings**

**Online**

**Penn State Extension’s Better Kid Care:** Better Kid Care online learning offers several on demand lessons covering a wide range of healthy living topics such as physical activity, obesity prevention, and screen time.  
**LINK:** [http://extension.psu.edu/youth/betterkidcare/on-demand](http://extension.psu.edu/youth/betterkidcare/on-demand)

- Infant and Toddlers
  - Infant-Toddler Care: Learning Through Play
  - Infant-Toddler Care: Physical and Cognitive Development

- Preschool
  - Smart from the Start: Teacher Training for Pre-K Wellness Curriculum
  - Fresh Harvest: Children Grow in the Garden

- All
  - Childhood Obesity Prevention:
    - Let’s Move! Child Care Introduction
    - Increase Physical Activity
    - Limit Screen Time
  - How to Turn Good Play into GREAT Play
  - Supporting Families in Healthy Living
  - Physical Activities for Young Children: Lead with Confidence
  - I Am Moving, I Am Learning – Active Play Every Day!
  - I Am Moving, I Am Learning – Take It Outside!
  - Get Outdoors. Explore.
  - Keeping Children Safe on Playgrounds
  - The Ups and Downs of Outdoor Play

**UNL Extension’s Early Childhood Professional Development:** Provides online professional development lessons covering a range of early childhood educational topics. Each topic area provides research based information and strategies on how you can support the early growth and development of young children. Offers 3 lessons specific to physical activity.

**LINK:** [http://childpd.unl.edu/index.php?menu=health_lessons](http://childpd.unl.edu/index.php?menu=health_lessons)

**The Nemours Foundation (Let’s Move Childcare):** Provides childcare and early education providers the tools to help children develop healthy habits for life. Focuses on 5 key areas (Get Kids Moving, Reduce Screen Time, Nurture Healthy Eaters, Provide Healthy Beverages, and Support Breastfeeding) to aid in the role of reducing childhood obesity.

**LINK:** [https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/resources/](https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/resources/)
Physical Activity/Outdoor Play & Learning/Screen Time Trainings

**Texas A&M Agrilife Extension:** Online professional development lessons covering a range of early childhood educational topics.

**LINK:** [https://agrilifelearn.tamu.edu/catalog?pagename=Child-Care](https://agrilifelearn.tamu.edu/catalog?pagename=Child-Care)

Young Children
- Age-Appropriate Physical Activity for Children
- Healthy Habits: Encouraging Healthy Eating and Physical Activity in Young Children

**ChildCare Aware Training Academy:** Promoting Nutrition & Physical Activity in Child Care is a series of two 60-minute online courses (Physical Development and Outdoor Play; Nutrition and Menu Planning) and resources designed to help child care providers understand the causes of childhood obesity and how to most effectively address them in a childcare setting through active play and nutritional meal planning. These courses include helpful, printable resource guides, family letters, activity ideas and planning forms. For providers working with children from birth to age 8.

**LINK:** [https://www.quorumlearning.com/](https://www.quorumlearning.com/)

**In-Person Trainings**

**Nebraska Department of Education (Early Learning Connection Partnership):** Nebraska's Early Learning Connection (ELC) is an integrated system of early childhood professional development. The ELC consists of a statewide hub at the Early Childhood Training Center and seven regional Early Learning Connection partnerships, along with other state and regional partners. It is designed as a system that supports the career and professional development of all who provide programs and services for young children birth through age eight.

**LINK:** [https://www.education.ne.gov/oec/early-learning-connection/](https://www.education.ne.gov/oec/early-learning-connection/)

- Central Early Learning Connection Partnership: 308-698-1986; adillon@esu10.org
- Panhandle Early Learning Connection Partnership: 308-254-4677; nrobinson@esu13.org
- Early Learning Connection Omaha Region: 402-597-4991; jhaggart@esu3.org
- Platte Valley Early Learning Connection Partnership: 402-564-5753; amayberry@esu7.org
- High Plains Early Learning Connection Partnership: 308-284-8481; croche@esusixteen.org
- Southeast Early Learning Connection Partnership: 402-761-3341; csmall@esu6.org
- Northern early learning Connection Partnership: 402-287-2061; efink@esu1.org