



# 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! Attend the "live" session or watch a recording up to one week later.

*Courses offered by Nebraska Extension may be accepted by Nebraska, Colorado, South Dakota and Iowa to meet annual in-service training requirements.*

## Web-based Sessions for Early Childhood Professionals - 2020-2021

### THE EARLY CHILDHOOD ASIAN CULTURE AND ITS SIMILARITIES TO THE UNITED STATES

October 5, 2020 7:00-8:00 p.m. CST

Let us take a peek into raising a child in Asia. We will explore the culture and customs of Asian families and see how we can intertwine the culture into our early childhood center or home.

*Instructor: Jian Chen, Vice President/ China - Holt International*



### LIGHTS, CAMERA, TEACH! KEY FEATURES OF ANTI-BIAS AND CULTURALLY RELEVANT EDUCATION

November 2, 2020, 7:00-8:00 p.m. CST

This interactive presentation will engage participants in exploring key features and strategies in implementing anti-bias and culturally relevant teaching for young children.

*Instructor: Tonia Durden, Ph.D., Clinical Associate Professor and Birth-Five Program Coordinator*



### KEEPING KIDS SAFE

December 7, 2020, 7:00-8:00 p.m. CST

Young children are at high risk for food-borne illnesses. Early childhood professionals can help protect children by following proper food handling practices. Learn the latest information on keeping children healthy with safe storing, preparing, and serving of foods.

*Instructors: Carol Schwarz and Cami Wells, Nebraska Extension Educators*



### SERVE AND RETURN: PLAY WITH BABIES PROMOTES THEIR EARLY LEARNING

January 11, 2021, 7:00-8:00 p.m. CST

Participate in this hour-long session to learn about the importance of serve and return and how these important interactions foster young children's learning and development. Participants will also learn some key ways to engage in serve and return interactions during everyday moments.

*Instructor: Holly Hatton-Bowers, Assistant Professor University of Nebraska-Lincoln*



### BLOCKS AS A LEARNING TOOL

February 1, 2021, 7:00-8:00 p.m. CST

Block play is so important to children's social-emotional development and also teaches them problem-solving skills, math, engineering, and creative thinking. We will dive into the top reasons block play is so necessary in your home or center.

*Instructors: Lisa Poppe and LaDonna Werth, Nebraska Extension Educators*



### LET THEM MAKE A MESS: PLAY EXPERIENCES

March 1, 2021, 7:00-8:00 p.m. CST

This presentation will give you ideas to help foster those play experiences and will be interactive to help you build your resources and creativity when thinking about play.

*Instructor: Audrey Rider, South Dakota State University Extension Early Childhood Field Specialist*



**To register go to: <http://food.unl.edu/fit-and-healthy-kids>**

*There is an option to register for the "live" or "recorded" version of each session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.*

Questions? Email Cami Wells at [cwells2@unl.edu](mailto:cwells2@unl.edu) or call (308) 385-5088



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