

Growing Healthy Children

Learning Guide for Ongoing Professional Development

Note to Learner: Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
 - Learner sets personal learning goals
 - Learner completes pre-training activities, as required
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During the training, the learner:

- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
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After the training:

- Learner:
 - Completes pre- and post-training activities, as required, and shares them with supervisor
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time
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Training Description:

This 1-hour online module explores the Centers for Disease Control and Prevention's five strategies for growing healthy children and preventing obesity, breastfeeding, nutrition, physical activity, limiting screen time, and eliminating sugary drinks. Home visitors will learn important information about each of the strategies as well as parent education techniques for sharing the information with families.

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Virginia Home Visitor Competencies Addressed:

- 1.1.a. Describes the importance of early parent/caregiver-child relationships and consistent, responsive interactions in building relationships that promote health, development and learning.
- 4.4.a. Understands and communicates the importance of a healthy diet, nutrition, and physical activity for the health and well-being of children and adults.
- 4.4.b. Supports the family’s culture regarding food practices and traditions when appropriate.
- 4.4.c. Identifies and shares community resources to support access to healthy foods for families, including WIC and local food pantries.
- 4.5.a. Understands prenatal development and potential threats to the mother’s and baby’s health during the prenatal period, and provides education to the expectant parents to promote maternal and child health during pregnancy.
- 4.8.a. Understands and communicates basic health promotion and disease prevention information about breastfeeding, basic infant nutrition and introduction of solid foods, and physical growth.

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Identify the Centers for Disease Control and Prevention’s five strategies for growing healthy children and preventing obesity.		
Describe nutrition and physical activity requirements for pregnant and breastfeeding women and children of different ages.		
List important considerations for parents when adding solid foods to their child’s diet.		
Discuss guidelines for limiting screen time for children.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

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After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.)

As a result of this training, I will...

- Update my resource file to include handouts and resources for educating parents about nutrition, physical activity, reducing screen time, and eliminating sugary drinks.
- Learn about food and nutrition practices of cultural groups in my community.
- Develop a list of local resources for physical activity (parks, playgrounds, swimming pools, and community activity centers) to share with families.
- Develop relationships with the local WIC office, nutritionists, and lactation specialists.
- When appropriate, help families set goals for reducing children’s screen time.

My Action Plan

Action	Target Date	Date Completed