

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!

Web-based Sessions for Early Childhood Professionals

8:00-9:00 p.m. CST

November 7, 2016 **Tuning in and Embracing the Challenging Toddler**

During the years of birth to three, young children are developing self-control and challenging behaviors can be a common and typical experience. This webinar will examine different reasons for why toddlers demonstrate challenging behaviors and share strategies that early childhood educators can use as they facilitate responsive and caring interactions. *Instructor: Holly Hatton-Bowers, Assistant Professor and Infant & Toddler Specialist, UNL*

December 5, 2016 **Nature Around Us**

Nature is a free teaching tool that is readily available for unlimited use to all of us. We will learn how to incorporate nature with the teaching of preschoolers to support their social and cognitive development. *Instructor: Julia Torquati, Professor of Child, Youth and Family Studies, UNL*

January 9, 2017 **Mobile Learning with Young Children**

In this session we will discuss current research about children using mobile devices to learn math and language skills. It will focus on the combined research between the general education classrooms and UNL's Reading Center. The session will discuss the potential benefits of using mobile devices for the skills children need to have and the boundaries providers must place. *Instructor: Guy Trainin, Professor of Education, UNL*

February 6, 2017 **Using the Temperament Toolbox to Scaffold Children's Growing Compassion**

Helping children understand their own emotions and interact well with others can benefit children, parents, and teachers alike. In this session you will learn some basics about prosocial, and empathy/compassion skills. *Instructor: Katie Miller, Graduate Student, UNL*

March 6, 2017 **Family Style Dining**

You will learn low cost simple strategies using behavior principles to encourage healthier meal choices in preschool age children. *Instructor: Dipti Dev, Assistant Professor and Child Health Behavior Specialist, UNL*

To register go to:

<http://food.unl.edu/fit-and-healthy-kids>

Questions? Email Cami Wells at cwells2@unl.edu or call her at (308) 385-5088



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