
Taking Steps to Healthy Success: FAQ



What is a Learning Collaborative?

A Learning Collaborative is a community of leadership teams from centers in your region who gather together for five (5) learning sessions beginning in August 2013 until July 2014. Learning Collaboratives will provide new information, share ideas and best practices to implement at your program.

What are the project goals?

To support programs' current efforts to support healthier environments for children, their families and staff through:

- Increasing physical activity
- Reducing screen time
- Increasing fruit and vegetable consumption
- Providing nutrition and breastfeeding support to families
- Engaging families as partners in change

Which centers are eligible?

In the first year of the project, the state of Missouri will establish three (3) Learning Collaboratives targeting:

- Licensed early child care & education (ECE) centers, Head Start and Early Head Start
- Programs in St. Louis City & County, Cole and Boone Counties, and the Springfield area (Greene, Jasper & surrounding counties)
- Centers with licensed capacity of 50+

What benefits does my center receive from the *Taking Steps for Healthy Success Learning Collaboratives*?*

Benefits for centers include:

- FREE toolkits & training materials
- FREE on-site technical assistance by health and nutrition experts
- FREE clock hours for staff attending the Learning Collaboratives
- Networking with other ECE professionals focused on children's health and well-being
- \$100 participation stipend/program for each Learning Session in which your center participates
- State and national recognition including a banner to hang on-site and a seal to post on your website, use on parent newsletters and on social media
- Regional celebration honoring participating centers with plaques for completing the program

Who should be on my center's Leadership Team?

ECE programs selected to participate will choose their own Leadership Team. The team should consist of two to three staff who are able to attend all the learning sessions and initiate change at their center— a Director and/or owner, Assistant Director, Program Coordinator, Lead Teacher, Family Support Worker, Cook, or Health Specialist.

What is required to participate?

The Leadership Team must be committed to attend five (5) inspiring Learning Sessions starting in August 2013 to July 2014. The Learning Sessions will offer on-going learning and skill-building to help center's implement healthy eating and physical activity policies and practices. Centers will establish an action plan for program improvement, and will be required to take steps toward achieving their action plan objectives in between Learning Sessions. Centers will receive technical assistance and support to help them achieve their action steps.

When do the Learning Collaboratives begin?

Learning Collaboratives will begin in August 2013 and continue into the summer of 2014. Collaboratives will meet for in-person Learning Sessions every six (6) to eight (8) weeks.

What if my center has received other nutrition and wellness training or has been certified as an MO “Eat Smart” center?

Having participated in other health and wellness related trainings or programs does not disqualify you from participation in *Taking Steps for Healthy Success*. In fact, programs that are invested in health and wellness are encouraged to apply. The ongoing support you will receive through the Learning Collaboratives will help sustain and broaden your center’s health and wellness goals.

How can my center use the *Taking Steps for Healthy Success* stipend?

Stipends can cover travel costs for participating staff or purchase additional materials and resources to implement health and wellness practices at the center.

How can my center join?

The 2013-2014 Taking Steps to Healthy Success Learning Collaborative enrollment is closed. The next cohort will begin Fall 2014. If you are ready to participate, please contact Megan Klenke at megan@mo.childcareaware.org or (314)754-1603 for more information.



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