



What is *fitCare*?

fitCare is an early childhood education and health promotion program consisting of 4 separate classes. All content is developed to aid caregivers in creating a healthy and nurturing environment while supporting a child's whole-health development.

- Sweet Dreams! Exploring Strategies for Sleep and Relaxation
- Mindful Moments! Support Children's Social and Emotional Development
- We Are What We Eat! Creating Healthy Nutrition Environments
- Ready, Set Move! Promoting Physical Activity and Development

Part 1: Complete each class. Upon completion of each class, providers will receive resources to help implement strategies learned.

Part 2: Complete pre-self-assessment and technical assistance.

A pre-self-assessment will be provided for each class to help caregivers create an action plan relevant to items that may need improvement. An Early Childhood Enrichment staff member will work with each caregiver by providing technical assistance consultations and coaching session to help attain success in reaching the identified goals from the pre-self-assessment.

Part 3: Complete identified goals and post-self-assessment. Once the identified goals have been met, caregivers will complete the post-self-assessment resulting in the completion of technical assistance. Upon completion of technical assistance, providers will receive manipulative items for their classroom and be awarded a certificate of completion.

About *fit*

fit is the Children's Health Initiative from Sanford Health, developed to engage and empower children, families, and communities to make healthy lifestyle choices. *fit* provides free online resources to support that goal.





Course Details

Cost: \$0

Licensing Hours: Up to 16

- **Classes:** up to 8 hours available (2 hours per class)
- **Technical Assistance:** up to 8 hours available (2 hours per topic)

CDA CEU's Available

- **Classes:** 1 CDA CEU available
 - Need to complete all four classes and pre-self-assessments.
- **Technical Assistance:** up to 1 CDA CEU available
 - Credit given based on sessions with Early Childhood Enrichment staff plus completion of post-self-assessments.
 - (10) 1 hour sessions = 1 CDA CEU
 - (5) 1 hour sessions = .5 CDA CEU

Contact Us

Region 1:

Early Childhood Connections
3645 Sturgis Rd, Suite 110
Rapid City, SD 57702
605-342-6464 or 888-999-7759
ecconn@rushmore.com
Fax: 605-394-0153

Region 2:

The Right Turn, Inc.
115 E. Sioux Ave.
Pierre, SD 57501
605-773-4755 or 866-206-8206
bohman@midconetwork.com
Fax: 605-773-5557

Region 3:

CHILD Services
110 6th Ave SE
Aberdeen, SD 57401
605-262-8505 or 800-982-6404
Childservices.Aberdeen@sanfordhealth.org
Fax: 605-262-8509

Region 4:

Child & Family Resource Network
SDSU, Box 2218
Pugsley Center Room 201
Brookings, SD 57007
605-688-5730 or 800-354-8238
SDSU.FRN@sdsu.edu
Fax: 605-688-6763

Region 5:

CHILD Services
5015 S Western Ave Suite 120
Sioux Falls, SD 57108
605-312-8390 or 800-235-5923
Email: childsrv@sanfordhealth.org
Fax: 605-312-8949

Enroll in an Early Childhood Education and Health Promotion Program Today!