

Early Childhood Learning Community for Wilmington Centers: Fun Physical Activity!

Nemours and its partners are offering **free** resources and quality assured professional development hours to early care and education centers in the city of Wilmington.

Join us! We know that you care deeply about children and their future – or you wouldn't be doing the work you are doing. So we invite you to work together to help our children reach their potential by showing them ways to be healthier, move more and grow up ready to learn!

This professional development opportunity will equip you to offer high quality physical activity to your preschool children. It will be interactive, responsive, and FUN! It doesn't matter what you are doing with physical activity now or how much you know about active play and fitness. You just need to be ready to help your preschool kids take the next step toward fun, fitness and a lifetime of learning.

What is this professional development opportunity all about? It is a kind of learning community made up of early childhood professionals in Wilmington who gather together for two learning sessions to learn and share ideas and best practices. After each learning session, participants will take new resources and ideas back to try out in their programs. At each session, there will many opportunities to learn with and from each other, use new tools and resources, share experiences and build a wider network of support.

You will develop the knowledge and skills to create and implement fun physical activity practices and the policies to support them. As needed, a technical assistant (TA) will support and encourage you throughout the process as you select strategies that make sense for the children in your program. You will make decisions to make your program even healthier. Your TA will be there for you with information, support, or when you just want to talk things through.

If you join us, you will receive a wealth of benefits, in addition to the two training sessions:

- **Toolkits:** The Sesame Street Toolkit, *Healthy Habits for Life* and *Active Play!*, an activity toolkit focused on movement skills and physical fitness for toddlers and preschoolers;
- **Resources to support your work:** *I'm Moving, I'm Learning* CDs to get your preschool kids moving after your first Learning Session, physical activity guidelines to guide lesson planning, resources for engaging families, and more!
- **Technical assistance and mentoring for you and your team.**
- **Opportunity to be a part of an on-going network committed to children's health and well-being**

Learning Sessions are being scheduled at The Delaware Center for Horticulture, 1810 North Dupont Street, Wilmington, DE 19806, where there is ample parking in their lot across the street from the center. **A delicious free lunch will be included.** Please plan to register through the Delaware Institute for Excellence in Early Childhood (DIEEC) and attend both learning sessions on the following dates:

Learning Session 1: Wednesday, January 13: 11 am-3:45pm, includes lunch
Thursday, January 21 (snow date)

Learning Session 2: Wednesday, February 17: 11 am-3:45pm, includes lunch
Friday, February 19 (snow date)

Centers must send their Directors (and/or Owners), but they may also send up to two additional staff members (preferably preschool teachers) to be part of their center teams to attend the learning sessions. If selected to participate, we ask you to commit to the two learning sessions as well as to share information, ideas and resources that you receive with staff in your program after the learning sessions.

Registration will be open soon on the DIEEC website. We will send out registration information as soon as registration opens. You will earn 8 hours of quality assured professional development hours for attending the two learning sessions.

Questions? Contact Alanna Drake at adrake@nemours.org or Mary Neal Jones at mnjones@nemours.org