



Preventing Obesity and Promoting Wellness Child Care Health Consultant (CCHC) Technical Assistance Visit

This training series includes four training modules. This training series is to be completed in order starting with Module 1. The recommended amount of time to complete each module is 1 to 3 months to allow an appropriate amount of time on the Reflective Activity components of each lesson. After completion of a module, your CCHC will provide you with materials for the next module.

Completion of each module consists of the following steps:

Step 1: On your own

- Review Training Instructions
- Watch Training Videos for the module
- Complete Training Quiz for the module
- Submit Training Quiz to the IdahoSTARS Training Office
 - You will receive a notification to contact your local CCHC once your quiz is processed.

Mail to: IdahoSTARS Training Office
Center on Disabilities and Human Development
University of Idaho
1187 Alturas Drive
Moscow, ID 83843-8331

Email to: idahostars@uidaho.edu

- Complete Reflective Activities for the module

Step 2: Preparing for your CCHC Technical Assistance Visit

- Contact your local CCHC to schedule your visit
- Review your Reflective Activities and Training Quiz for the module

Step 3: During your CCHC Technical Assistance Visit

- Review Reflective Activities and Training Quiz for the module
- Set goals and discuss next steps

Additional Information:

- Remember to complete your Training Evaluation through your Provider Account after your CCHC Technical Assistance Visit to receive training hours.
- Training hours will post to your Training Log after completing all steps for this module. The completion date reflected on your Training Log will be the date the Training Office received your Training Quiz.
- Be thoughtful of your timeline and if you need training hours by a certain date/deadline. The recommended time for each module's completion is 1 to 3 months.