



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

Training hours are approved after Child Care Health Consultant visit. If training hours are needed by a certain date for licensing or incentive requirements, be sure to allow enough time to schedule the CCHC visit. If you are uncertain how to prepare for the CCHC technical assistance visit, you are encouraged to call your regional office by dialing 211 or 1-800-926-2588 and ask for your Child Care Health Consultant for guidance at any point in the process.

In preparation for the CCHC technical assistance visit, please consider the following:

- Director or Child Care Provider materials
- Provider or director will share the materials they've compiled as requested by the reflective activity instructions which may include journaling, photos or video, inventory checklists, etc.
- Be prepared to discuss the questions from the activity titled "reflection/discussion questions".

Each training module can be taken separately for 5 training hours, however they must be taken sequentially. The recommended time for completing each module is 1 – 3 months. Each provider must begin with Module 1 and move through each consecutively. Completion of each module consists of the following steps:

- Review training instructions
- Watch training vignettes
- Submit quiz
- Training Office approves quiz (80% mastery)
- Reflective Activity complete and documented
- CCHC technical assistance visit scheduled
- CCHC technical assistance visit complete