Fit & Healthy Kids
EARLY CHILDHOOD EDUCATION
2025-2026

ONLINE PROFESSIONAL DEVELOPMENT WORKSHOPS

For Early Childhood Professionals and Caregivers

Complimentary continuing education hours? Don't want to travel? Pull up a comfortable chair and join us on the web! Attend the live session or watch a recording up to one week later.

Learn more and register at: go.unl.edu/fhkonehour

Safe Food Safe Kids ..... Oct 6

This session highlights the vital role early childhood professionals play in protecting young children—who are especially vulnerable to food-borne illnesses—by using safe food storage, preparation, and serving practices.

Instructors: Cami Wells & Cindy Brison, Nebraska Extension Educators

I Build Brains! ..... Nov 3

When someone asks what you do for a living, don't just say you take care of kids—tell them the truth: as an early childhood educator, you build brains by creating safe, healthy, and engaging environments that support lifelong learning.

Instructor: Jodi Nerren, Assistant Professor & Extension Specialist - Early Childhood at Texas A&M AgriLife Extension

Creating Literacy Rich Experiences in Early Childhood Programs ..... Dec 1

This session invites participants to explore open-ended literacy experiences and strategies that support children's growth and development across multiple content areas.

Instructor: Tristen Cope, Family and Youth Development Agent - Kansas State University

Inquiring Minds Want to Know: Science for Young Children .... Jan 12

This program shows how early science experiences foster child development by building confidence, curiosity, language skills, and a foundation for future learning

Instructor: Courtney Aldrich Program Instructor, Child and Family Development, Michigan State University Extension

Lights & Shadows ..... Feb 2

This hands-on session helps early childhood educators explore the many ways children learn through light and shadow play, and how to use it to extend and enhance their learning.

Instructors: LaDonna Werth, Lisa Poppe & Tasha Wulf, Nebraska Early Childhood Extension Educators

Kindness Counts: Teaching Children Prosocial Skills that Stick .... Mar 2

This research-based session offers practical strategies for promoting prosocial behavior and guiding young children in child care settings to foster kindness, cooperation, and emotional growth.

Instructor: Aileen Garcia, Assistant Professor State Specialist for Early Childhood Education, Development, and Care for Health & Human Sciences Extension - Univ. of Missouri

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