



Penn State **Extension**

## BETTER · KID · CARE

# Online Training for Family Child Care Professionals

Preview modules for free.

\$5.00 fee for certificate of completion.

200+ On Demand professional development modules.

*Spanish available • Accepted for CDA • Eligible for CEUs*

Modules specifically for family child care professionals:

- Family Child Care: Basic Business Practices
- Family Child Care: Get Started
- Family Child Care: Mixed Ages
- Supervising Children in Family Child Care

Better Kid Care online modules are approved for professional development in 30+ states. Check for approval of modules in your state: <http://tinyurl.com/bkc-states>.

**Try these On Demand modules for FREE!**

## Resilient Caregivers: 'Bouncing Back' from Stress

Feeling stressed at work? Learn how to deal with and "bounce back" from stress. Learn more about stress and resiliency, and identify your own strengths and ability to deal with or avoid stress.

## Safe Sleep Practices for Caregivers: Reduce the Risk of SUID

Providing high quality sleep environments and understanding Sudden Unexpected Infant Deaths (SUID) are an essential part of a child care provider's job. Identify behaviors that affect and reduce the risk of sleep-related SUID.



**[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare) • 800-452-9108**

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