

# Washington | Feb 2013 Evaluation Report

## Childcare and Youth Training & Technical Assistance Project (CYTTAP) & Military Childcare Liaison Initiative (MCCLI)

UNIVERSITY OF  
**Nebraska**  
Lincoln EXTENSION

PENN STATE

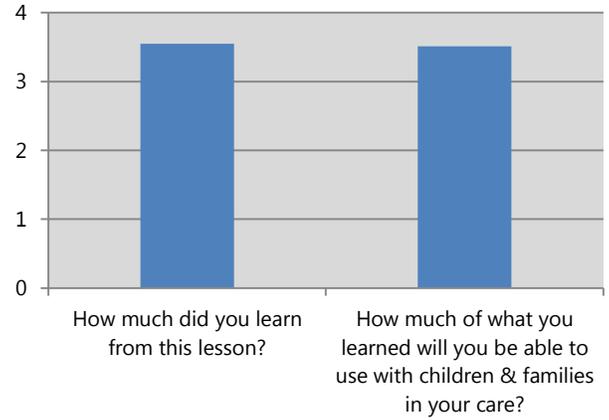


Cooperative Extension  
College of Agricultural Sciences



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EXTENSION

**ONLINE TRAININGS:** Through these initiatives, online trainings were provided at no or low cost to Washington child care providers. *Better Kid Care On Demand* online training modules were completed by 516 providers, totaling 716 training hours as of Jan. 2013. Participants rated on a scale from 1 (Not much at all) to 4 (Quite a lot) how much they learned and were able to use in their work, resulting in averages of 3.55 and 3.51 (see chart to the right).



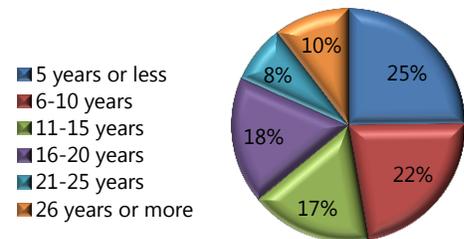
**FACE-TO-FACE TRAININGS:** CYTTAP sponsored 20 training events in Washington between September 2011 and December 2012:

- One face-to-face *Rock Solid Foundation* Train the Trainers event was attended by 25 professionals
- One face-to-face *Better Kid Care* training reached 25 providers
- Eighteen *I am Moving, I am Learning (IMIL)* workshops were delivered, reaching 229 child care providers. Training survey responses from 142 participants are summarized in this report.

*I am Moving, I am Learning (IMIL) Participants:* Four *IMIL* participants were men; 124 were women. They on average had approximately 13 years of experience working with children and families, and had been working in their current positions on average for 8.4 years. There was much variation in the number of children their child care center serves in a typical year, ranging from 0-1500 with a median number of children cared for at 50. The number of military-connected children ranged from 0-300, with a median number of children cared for at 5.

Most *IMIL* participants reported learning a great deal during the training that applies to their work and felt that what they learned can be used in their childcare settings. Most of the providers were satisfied or very satisfied with the program & instructors.

**Total # of years employed in a setting working with children and families**



Quality of <i>IMIL</i> Trainings	Very little	Little	Much	Very much
<b>How much did you learn today that applies to your work in childcare settings?</b>	0.7%	5.7%	31.9%	61.7%
<b>How much of what you learned will you be able to use in your childcare setting?</b>	0%	0.7%	35.0%	59.3%
	<b>Very unsatisfied</b>	<b>Not satisfied</b>	<b>Satisfied</b>	<b>Very satisfied</b>
<b>How satisfied were you with this program?</b>	0%	0.7%	23.0%	76.3%
<b>How satisfied were you with the on-site instructors?</b>	0%	0%	16.1%	83.9%

When asked what they want to know more about, the areas they discussed include:

- Both indoor and outdoor activity and game ideas for children of different age, such as music movement, gardening activities, etc.
- Learning more about nutrition guidelines
- Ways to get parents involved in promoting children's health and well-being

*IMIL Training Outcomes:* The providers who participated in the trainings were eager to do the following based on what they learned:

- Using the songs and activities introduced in the training to encourage more children movement
- Modifying play areas and setting up classrooms in a way that is easier to conduct activities
- Introducing foods to children and families using nutrition vocabulary and encouraging families to choose healthier foods
- Sharing with co-workers the knowledge on nutrition and the benefits of movements
- Including activities and knowledge on nutrition in curriculum

Statistically significant changes between retrospective pre- and post- training survey responses indicate the following:

Improved Knowledge	Improved Practice
<ul style="list-style-type: none"> <li>• Appropriate use of verbal cues to encourage movement/activities</li> <li>• Strategies to increase movement &amp; physical activity (MVPA)</li> <li>• Strategies to support healthy eating</li> <li>• Connection between MVPA and school readiness</li> <li>• Link between nutrition and overall development</li> <li>• Benefits of outdoor play</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss strategies with parents to support MVPA at home</li> <li>• Discuss strategies with parents around improved nutrition at home</li> <li>• Build in at least 60 minutes of movement activities per day</li> <li>• Implement strategies to improve nutrition choices</li> </ul>