

# Childcare and Youth Training & Technical Assistance Project (CYTTAP)

January 2013 | Evaluation Report

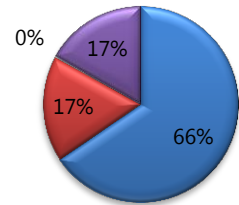


From November 2011 through December 2012, 181 face-to-face trainings and 25 train-the-trainer events were offered to individuals as part of the Childcare and Youth training and Technical Assistance Project (CYTTAP) across 13 states.

- **CYTTAP trainings were attended by over 4,800 individuals, including child care providers and professionals that work for local, educational, and governmental agencies.**
- **95 online training modules were taken by over 7,200 CYTTAP-sponsored participants.**
- **CYTTAP training participants reached over 100,000 military children, who are benefitting either directly or indirectly (through improved quality at care centers they attend).**

- Facility-based child care center
- Home-based child care
- Neighborhood-relative child care
- Not caring for children

Type of child care setting



Participants gave very positive ratings (92-99% positive) about the training quality in the post-training surveys.

	Very little	Little	Much	Very much
How much did you learn today that applies to your work in childcare settings?	0.2%	5.8%	35%	59%
How much of what you learned will you be able to use in your childcare setting?	0.2%	7.1%	37.1%	55.6%
	Very unsatisfied	Not satisfied	Satisfied	Very satisfied
How satisfied were you with this professional development program?	0.2%	0.6%	34.3%	64.8%
How satisfied were you with the on-site instructors?	0%	0.2%	23.3%	76.5%

## Better Kid Care Face-to-Face Training Modules

*Better Kid Care (BKC)* face-to-face trainings cover a wide range of topics, from arts and math to challenging behaviors and physical activity. Participants reported:

- Learning new science activities to incorporate into their lesson plans
- Obtaining ideas for building relationships with children and their parents
- Increase in confidence from 32.7% before to 88.6% after the training to implement the strategies and practices discussed in *Better Kid Care* modules.

"Getting Started in Family Child Care" is a *BKC* training module attended by individuals interested in learning more about starting a family child care business. After the training, one participant said:

*"I plan to approach opening a Day Care more as a Business instead of just something to do."*

Paired Samples T-tests of retrospective pre- and post- training survey responses resulted in significant results in participants' responses:

Improved Knowledge	Improved Practice
<ul style="list-style-type: none"> <li>• Knowledge of state regulations for family childcare provider</li> <li>• The business side of child care</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the pros and cons of opening a family childcare home with your family</li> <li>• *Contact the childcare licensing agency in your state to get more information about becoming licensed</li> <li>• *Use the home safety checklist to look for safety hazards for children in your home and make changes in your home to make it safer for children.</li> <li>• Consider the age and stage of development when handling a situation with a child</li> </ul>

\*indicates change with largest magnitudes.



## I am Moving I am Learning Training Modules

Providers that attended *I am Moving I am Learning* face-to-face trainings about preventing childhood obesity left with new strategies to implement in their work. Participants shared that they plan to:

*"Call farm to school mentoring programs, teach my teachers new songs."*

*"Add music/movement to transitions and connecting all aspects of physical development."*

*"Increase the amount of food focused discussions I encourage during each meal."*

Significant changes occurred between retrospective pre- and post- training survey responses in all questionnaire items, including:



Improved Knowledge	Improved Practice
<ul style="list-style-type: none"> <li>• *How to use appropriate verbal cues to encourage movement</li> <li>• Health benefits associated with daily moderate to vigorous physical activity (MVPA), including preschool readiness</li> <li>• *Strategies to support families &amp; staff in applying MVPA</li> <li>• The impact of good nutrition</li> <li>• How culture and unique experiences of children and families influence children's healthy development</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies to promote healthy food choices for children</li> <li>• Discussing strategies with parents to support MVPA with children at home</li> <li>• Building in movement activities with children that achieve 60 minutes of MVPA per day</li> <li>• Implementing strategies for improving nutritional choices among parents and children</li> </ul>

\*indicates change with largest magnitudes.

## Rock Solid Foundations Training Modules

*Rock Solid Foundations* is a series of programs that introduces training participants to strategies on supporting young children's social and emotional growth and development. Participant noted the impact of the training in helping them to understand how a provider's own social emotional health relates to the way they build relationships and teach the young children they serve and strategies they intend to use:

*"Encourage parents to be our partner in parenting children's emotional development."*

*"[Knowing where] my 'grrr' area is and how to stop it from affecting the children around me."*

*"As a site supervisor, I will encourage teachers the importance of making genuine connections with their students and their parents."*



Providers reported significant change between retrospective pre- and post- training responses in all questionnaire items, including:

Improved Knowledge	Improved Practice
<ul style="list-style-type: none"> <li>• Being intentional about supporting children's social emotional competency &amp; how to promote social emotional development</li> <li>• The importance of and strategies for building positive relationships with children</li> <li>• The impact of the environment on helping children expand their social skills</li> <li>• Strategies that can be used to design classroom environments, schedules, and routines</li> <li>• How to use positive feedback and encouragement to effectively support children's positive social behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• *Design environments to promote children's social and emotional development</li> <li>• *Implement strategies for preventing challenging behaviors and promoting social emotional development</li> <li>• Develop a pattern of positive relationships with young children to enhance the attachment relationship</li> <li>• Encourage other adults and peers to use positive feedback and encouragement</li> <li>• Focus on prevention and teaching social skills</li> </ul>

\*indicates change with largest magnitudes.

For more information about the Childcare and Youth Training Assistant Project please visit our website at

<http://www.extension.unl.edu/web/child/cyttap>.