

TOP Star Training Options

By having three options, participants can choose how much credit they need and determine how much time, effort, and accountability they want to invest.

- 1. Face-to-face training= 10 hours of credit**
Workshops, handouts, in-class participation; offered by area CCR&R agencies, or the TOP Star LHD Consultant (after becoming an approved CL trainer).
- 2. [EPICC Program's web-based training](http://choosehealth.utah.gov/preK-12/childcare/top-star-program/training.php) =5 hours of credit**
An online option that allows the participants to view the workshops, download handouts, take quizzes, and complete a brief homework assignment. Participants then send in a Professional Development Application along with their certificate, completed homework, and printed copies of each quiz score to the Child Care Professional Development Institute (CCPDI) to be awarded credit. Although the information is valuable, the participant accountability is less. <http://choosehealth.utah.gov/preK-12/childcare/top-star-program/training.php>
- 3. [Hybrid web-based training \(Tooele County\)](http://tooelehealth.org/74/) =10 hours of credit**
A correspondence course developed by Tooele County Health Department that allows participants to view the workshops on their own time, but also requires completed homework assignments to be sent in, and a relationship to be established with the LHD TOP Star Consultant There is a greater degree of accountability with this option than with the on-line option because of the correspondence between the LHD Consultant and the participants. If the participant is outside of Tooele County, the LHD TOP Star Consultant must receive prior approval from Patrice Isabella (pisabella@utah.gov) to receive credit using this option. (<http://tooelehealth.org/74/>)

TOP Star Training Workshops

1. Supersizing Our Children: Childhood Obesity
2. Eat Right, Grow Strong: Nutrition for Young Children
3. Moving Children to Good Health: Physical Activity for Young Children
4. Stepping Towards a Healthy Lifestyle: Personal Health and Wellness
5. Growing Healthy Kids Together: Working with Families to Promote Healthy Weight Behaviors
6. How to Support a Breastfeeding Mother: A Guide for Child Care Providers

