

Training Latino childcare providers gives children an early start to good health

July, 2014 – Bloomington, Edina and Richfield – Specially trained childcare providers can instill healthy eating and exercise habits in children to give them the best means for a healthy future. With support from UCare, our aim is to give more children this benefit by offering the opportunity for special training to childcare providers who may not otherwise have it.



Spanish-speaking family childcare providers attended this training to help children in their care prepare for school, eat healthy and get plenty of physical activity.

Childcare affordability and cultural practices are barriers for children in Latino families

Culturally, it is common practice for Latino children to spend their early years under the supervision of family, friends and neighbors. Care from providers who lack formal training, along with affordability and language barriers, can contribute to children who are not as prepared for school as their peers or who are more obese.*

Helping Spanish-speaking, home childcare providers to become trained and licensed

Bloomington Public Health with support from community partners is training Spanish-speaking people who are providing child care to include physical activity and healthy eating changes that support school readiness.

It's about giving Latino children a good start for a bright future.

The training also connects Spanish-speaking childcare providers to community resources, and it helps them to become licensed providers. It's about giving Latino children a good start for a bright future.

Contact for more information

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* Sources:

1. Whitaker RC, Orzol SM. Obesity among US urban preschool children: relationships to race, ethnicity, and socioeconomic status. *Arch Pediatr Adolesc Med.* 2006; 160(6):578–584.)
2. <http://www.wilder.org/Blog/Lists/Posts/Post.aspx?ID=68#.U7LEsflDXtp>