

*Extension Cares ...
Independent Study Course
For Early Childhood
Professionals*



The *Extension Cares ... Independent Study Course for Early Childhood Professionals* is available by Internet. The target audience for the course is early care professionals in home and day care settings.

The course topics meet the prerequisites for The Council for Professional Recognition of the Child Development Associate National Credential Program (CDA), Continuing Education Units CEUs, and most local requirements for training. The course is created for an environment that provides "on demand" access for educational and training needs of early care professionals. The cost for each training hour is \$5.00. The currently available topics are:

**Nutrients: Getting the Most From Your
Nutrients - 2 training hours**

Judy Driskell, Ph.D., R.D. and Darlene Pohlman,
Ph.D., R.D., University of Nebraska-Lincoln

**Creating a Healthy and Safe Eating
Environment - 2 training hours**

Janie Burney, Ph.D., R.D., University of Tennessee

**Nutrition for Infants and Children - 1 training
hour**

Lisa Lachenmayr, M.S., and Liat Mackey, M.S.,
University of Maryland Cooperative Extension

Nutrition for Older Children - 1 training hour

Lisa Lachenmayr, M.S., and Liat Mackey, M.S.,
University of Maryland Cooperative Extension

**Helping Young Children Get Enough
antioxidant Nutrients - 1 training hour**

Judy Driskell, Ph.D., R.D. and Darlene Pohlman,
Ph.D., R.D., University of Nebraska-Lincoln

**Food Safety in the Childcare Setting - 1 training
hour**

Kim Asche, M.S. and Mary Hedin, M.P.H., R.D.,
University of Minnesota

**Fighting Foodborne Illness in the Childcare
Setting - 1 training hour**

Naomi Fruechte, M.S. and Joan Hegerfeld, M.S.,
University of Minnesota

Indoor Air Quality - 3 training hours

Shirley Niemeyer, Ph.D., Rebecca Versch, M.S.,
and Carroll Welte, M.S., University of Nebraska-
Lincoln

Nutrition for Young Children - 1 training hour

Lisa Lachenmayr, M.S., and Liat Mackey, M.S.,
University of Maryland Cooperative Extension

Feeding the Children Safely - 1 training hour

Diane Miller, Cassandra Corridon, Sharon Gandy,
Madeleine Greene, Mark Kantor and Lynn Little,
University of Maryland

**For more information contact:
Darlene Pohlman, Ph.D., University of Nebraska
Phone: 402-370-4000; E-mail: dpohlman2@unl.edu**

Extension Cares ... Independent Study Course For Early Childhood Professionals 2008 Available Topics

Check the topic(s) you wish to enroll in. The numbers of training hours approved in Nebraska are indicated.

Check Here	Title	Cost
<input type="checkbox"/>	Getting the Most From Your Nutrients - 2 hour	\$10.00
<input type="checkbox"/>	Creating a Healthy and Safe Eating Environment - 2 hours	\$10.00
<input type="checkbox"/>	Food Safety in the Childcare Setting - 1 hour	\$5.00
<input type="checkbox"/>	Fighting Foodborne Illness in Childcare Setting - 1 hour	\$5.00
<input type="checkbox"/>	Indoor Air Quality - 3 hours	\$15.00
<input type="checkbox"/>	Nutrition for Infants and Children - 1 hour	\$5.00
<input type="checkbox"/>	Nutrition for Young Children - 1 hour	\$5.00
<input type="checkbox"/>	Nutrition for Older Children - 1 hour	\$5.00
<input type="checkbox"/>	Feeding the Children Safely - 1 hour	\$5.00
<input type="checkbox"/>	Helping Young Children Get Enough Antioxidant Nutrients - 1hour	\$5.00

Total number of hours: _____ Total cost: \$ _____

Name: _____

Address: _____

Street Apartment/Box

City St Zip

Phone: _____ E-mail: _____

To enroll in the course:

- Send a check for the number of training hours desired. The cost is \$5.00 per training hour. Make check payable to the University of Nebraska. An e-mail address should be included on the check or on a note enclosed with the check so that the check and the e-mail address can be linked together in our files.
- When the check is received, an e-mail will be sent with the web address and the password to get into the course.
- When the answers to the quizzes are submitted and received electronically, we will mail a certificate of completion by U.S. postal mail.

Checks are to be mailed to:
Darlene Pohlman
University of Nebraska - Lincoln Extension
Northeast Research & Extension Center
601 East Benjamin Avenue, Suite 104
Norfolk, NE 68701-0812

