

Multilingual Child Health Care, Safety, and Nutrition (CHCSN) Training for Early Childhood Educators

Caitlin Callahan, Director of Development, Urban College of Boston
Clea Andreadis, Chief Academic Officer, Urban College of Boston

About Urban College of Boston

- Two-year, private, non-profit college located in downtown Boston that offers courses in English, Spanish, and Mandarin
- Grants 3 associate degrees and over 10 certificates; long-standing focus on early childhood education
- During the 2018-19 academic year, of the nearly 1,400 students enrolled at UCB, 65% identified as Hispanic/Latino, 15% as Black/African American, 14% as Asian, 4% as White, and 2% as another race of ethnicity; 91% were women; average age of 38

Target Audience for CHCSN Initiative

Early childhood educators in the greater Boston area who teach:

- Children living in low-income households;
- In Spanish or Mandarin; and/or
- In a family child care setting.

Top Three Goals

- Increase UCB students' understanding of the key elements of child health care, safety, and nutrition, and ensure they are equipped to incorporate that knowledge into their early childhood education programs and classrooms.
- Increase early childhood educators' access to professional development centered on CHCSN, regardless of whether those educators are enrolled as students at UCB.
- Work with both new and existing partners to engage parents and strengthen UCB's connections to health-related organizations.

Program in Action



Sonia Carter leads an engaging session at UCB's first CHCSN professional development conference. (4/27/19)



Students in Carrie Jiang's "Cooking for and with Children" class collaborate to make a healthy, colorful meal. (11/6/19)



Students in Adriana Guerra's "Cooking for and with Children" class made fun and healthy "Vegetable Super Heroes" plates. (10/10/19)

Child Health Care, Safety, and Nutrition Certificate

- Boston Children's Collaboration for Community Health funding enabled UCB to launch a new certificate: Child Health Care, Safety, and Nutrition
- Certificate includes three (3) electives newly offered under this initiative: "Child Health Care, Safety, and Nutrition", "Cooking for and with Children", and "Movement and Exercise with Children"
- *Primary objective:* Enroll at least 30 students in each of the three new elective courses
- *Progress toward objective:* Enrolled 38 students in first new course and 31 in second new course

Professional Development Conference

- Focused on topics related to child health care, safety, and nutrition, the professional development sessions are open to any interested early childhood educator (regardless of their affiliation with UCB)
- In April 2019, UCB hosted its first conference in at least eight years, including 10 separate sessions
- *Primary objective:* Enroll 600 early childhood educators in new professional development sessions related to CHCSN over the three years of the grant
- *Progress toward objective:* In first year of the grant, engaged 119 early childhood educators through professional development sessions

Looking Ahead

- Third new elective course ("Movement and Exercise with Children") will be offered in the spring 2020 semester
- Individual and group professional development sessions will be offered throughout the year – including the second annual conference in early May
- Parents will have the opportunity to learn about key CHCSN topics through a new collaboration with Families First