



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA CHILDCARE RESOURCE SERVICE

### Training Topic Information Form

Complete one form per training and submit completed form to [mytraining@ymca.org](mailto:mytraining@ymca.org)

**Trainer Name:** Katie Zolezzi

**Email address:** katiezolezzi@att.net

**Training title:** Health & Nutrition - Concerns about Childhood Obesity

**Duration of training:** 3 hours

**Training series:**  Yes  No

#### TRAINING TOPIC

**Check one primary area:**

- Child Development and Learning
- Culture/Diversity and Equity
- Relationships, Interactions, and Guidance
- Family and Community Engagement
- Dual-Language Development
- Observation, Screening, Assessment, and Documentation
- Special Needs and Inclusion
- Learning Environments and Curriculum
- Health, Safety and Nutrition
- Leadership in Early Childhood Education
- Professionalism
- Administration and Supervision

Other:

**Brief description of purpose and content:** Obesity and Health issues are a serious topic we all need to discuss and address the ways we can reach our parents to help them understand that the health of their child needs to be of their concern. With children playing inside the house on video games, and watching ADS on TV that promot fatty foods, and the

lack of exercise and more - parents are leaving the media to teach their child what is good and not good to eat. It isn't working! It is not just about being obese, there are more and more children having high blood pressure issues, heart problems, asthma and childhood diabetes today more than ever before. Lets meet and talk and share what we know to help make a difference at our preschools and elementary school. This workshop is important for the future health of the children in our care.

## INTENDED AUDIENCE

### Check all that apply:

- Center Care and Teaching Staff
- Center Administration/Leadership Staff
- Family Child Care Provider
- Family, Friend and Neighbor Care Provider
- Parent
- Prospective Provider or Student
- Special Educator/Early Interventionist

## FEE FOR SERVICE

- No Fee
- Per Hour:
- Per training: based on the number of participants

Extra fees for materials: Costs for handouts will vary with the training and # of participants.

Group Discount:  Yes  No If yes, amount of discount:

## LANGUAGE

- English  Spanish  Tagalog  Vietnamese  Somali
- Other:

## FORMAT

- Small Group  Large Group  On-site Staff  One-on-One
- Other:

**Describe the primary resources you used to develop and deliver this training:** I use materials from current professional journals and magazines as well as my 40+ years in the field of Child Development. I have developed a professional library of resources on almost any topic that would interest Child Development Professionals.