



# On Demand Child Care Training

*Featured module:*

## Family Child Care: Overcoming Barriers to Lead Fun Physical Activities

Family child care providers face unique challenges in offering and participating in physical activities with the children in their care. This module provides practical, economic solutions to the barriers that can influence a family child care provider's ability to lead successful physical activities whether the issue is space, cost or provider ability. Learn from a leading physical education expert about fun ways to incorporate more physical activity into every day.



### Learn to:

- Identify barriers to physical activity in family child care settings.
- Examine practical and cost-effective solutions to specific barriers.
- Explore fun and adaptable physical activities to implement in the family child care setting.
- Plan ways to introduce fun activities into the daily routine.

Spanish modules available  
Eligible for CEUs  
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare)



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