Preventing Obesity and Promoting Wellness
Child Care Health Consultant (CCHC)
Technical Assistance Visit

Training hours are approved after CCHC visit. If training hours are needed by a certain date for licensing or incentive requirements, be sure to allow enough time to schedule the CCHC visit.

In preparation for the CCHC technical assistance visit, please consider the following:

- Director or Child Care Provider materials
- Provider or director will share the materials they’ve compiled as requested by the reflective activity instructions which may include journaling, photos or video, inventory checklists, etc.
- Be prepared to discuss the questions from the activity titled “reflection/discussion questions”.

Each training module can be taken separately for 5 training hours, however they must be taken sequentially. The recommended time for completing each module is 1 – 3 months. Each provider must begin with Module 1 and move through each consecutively. Completion of each module consists of the following steps:

- Review training instructions
- Watch training vignettes
- Submit quiz
- Training Office approves quiz (80% mastery)
- Reflective Activity complete and documented
- CCHC technical assistance visit scheduled
- CCHC technical assistance visit complete