



Department  
of Health

Ohio Department of Health

Early Childhood Health Program



## Parenting at Mealtime and Playtime Courses for Early Childhood Professionals

The Ohio Department of Health is proud to partner with the Ohio Chapter, Ohio American Academy of Pediatrics to bring a series of one hour independent study courses for public health workers, home visitors, child care providers, and other professionals working with families in the early childhood populations.

These courses use local experts to address the latest information about Parenting at Mealtime and Playtime (PMP) program that discusses approaches to prevent obesity and improve health for children 0-5 years of age. The purposes of the trainings are to increase understanding of developmentally appropriate guidelines on nutrition, healthy activity, and sleep all within the context of building resilient family-child interactions that support healthy habits.

To take these trainings, please go to OhioTRAIN (<https://www.train.org/odh/home>). If you do not have an OhioTRAIN account, please follow the instructions to create one. *If you have an account but have forgotten your password, do NOT create a new account. Instead, request a new password from the OhioTRAIN site.* You may search the course using their title or course number listed below.

Course Title	OhioTRAIN Course #
PMP/AAP Breastfeeding Benefits	1089088
PMP/AAP Working with Families	1089316
PMP/AAP Helpful Resources in Ohio	1089073
PMP/AAP Feeding in the First 2 Years	1089078

For questions, please contact Katie Dean at 614-752-7501 or [mary.dean@odh.ohio.gov](mailto:mary.dean@odh.ohio.gov)



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