

# FREE IdahoSTARS Training Hours

Public Health-Idaho North Central District is offering free IdahoSTARS Training Hours, online, through IdahoSTARS Distance Learning & Better Kid Care.

Providers can receive up to 12 training hours by completing 6 modules worth two credits each. Modules are based on the 5 Let's Move Child Care Goals.



**Nurture Healthy Eaters**



**Provide Healthy Beverages**



**Get Kids Moving**



**Reduce Screen Time**



**Support Breast Feeding**

To receive the directions to access the modules & the prepayment code please contact:

**Heidi Henson**

**208-799-0368**

**[HHenson@phd2.idaho.gov](mailto:HHenson@phd2.idaho.gov)**

Or

**Jen Liposchak**

**208-799-0354**

**[JLiposchak@phd2.idaho.gov](mailto:JLiposchak@phd2.idaho.gov)**

Providers are not required to complete all 6 modules and may choose to do less.

