

# Take Free Trainings with Go NAPSACC & to Help Meet Kentucky's New Regulations!

**Free. Flexible. Easy to Use.**

Go NAPSACC is a comprehensive **free online program** that can help you **meet** and even **exceed** the updated Kentucky child care licensing regulations related to nutrition and physical activity.

Go NAPSACC offers 35 trainings that are approximately 30 minutes each covering topics like Child Nutrition, Physical Activity, Outdoor Play, and Screen Time. To access these trainings, you simply need to create a Go NAPSACC Account.

To create your Go NAPSACC account and start taking trainings, email [Cindy.Sullivan@ky.gov](mailto:Cindy.Sullivan@ky.gov).

## Regulation Topic

## Go NAPSACC Module

Nutrition



Child Nutrition



Gross Motor Play



Physical Activity  
AND/OR  
Outdoor Play &  
Learning



Electronic Viewing



Screen Time



Additionally, Go NAPSACC offers more than training!

Creating a Go NAPSACC account gives you:

- Access to **self-assessments** for seven child wellness modules
- **Action plans** for meeting best practices
- A library of **tips and materials** to share with staff and families
- Sample **policy language** for child nutrition, physical activity, screen time, and outdoor play and learning



All Go NAPSACC Trainings are approved in ECE TRIS!

