Does your program need additional training to be ready to apply for IQ4K?
Here are the trainings that will help you be ready!

**Nutrition and Physical Activity:**
- Staff who prepare meals can choose one
  - Food Safety in Child Care-4 hours (Institute of Child Nutrition online training)
  - Other DHS or IQ4K-approved Food Safety training
    - Food Safety Escape Challenge - Offered by ISU
    - Safe Food for a Healthy Future - Offered by ISU
    - ServSafe Food Handler
  - ServSafe
  - CACFP Steps to Success Modules – i-PoWeR

**Professional Development:**
- New Staff Training - Passport to Early Childhood Education (all center staff)
- ChildNet (homes)
- Medication Administration
- Program for Infant and Toddler Care (PITC)
- Early Childhood Positive Behavior Interventions and Supports (EC PBIS) - online option
- Infant Toddler Positive Behavior Interventions and Supports (IT PBIS) - online option
- Early Childhood Positive Behavior Interventions and Supports for Family Child Care (EC PBIS FCC) - online option
- 6 hours of Social-Emotional Behavioral Mental Health (school-age)
  - Option - Foundations of Understanding Trauma
- School-age Matters

**Teaching and Learning:**
- Iowa Early Learning Standards (IELS)

**Environment:**
- Environmental Rating Scale (ERS)- Offered by ISU
  - Family Child Care Environmental Rating Scale (FCCERS for homes)
  - Infant Toddler Environmental Rating Scale: infant/toddler teachers (ITERS for infant and toddler staff in centers)
  - Early Childhood Environmental Rating Scale: 3–5-year-old teachers (ECERS for preschool staff in centers)
Leadership and Administration:

- National Administration Credential (NAC) - online option