



**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
    - i. Food Safety Escape Challenge - Offered by [ISU](#)
    - ii. Safe Food for a Healthy Future - Offered by [ISU](#)
    - iii. [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)
- 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)

- School-Age Environmental Rating Scale (school age staff in centers and school-age programs)

**Leadership and Administration:**

- National Administration Credential (NAC) - [online option](#)