

Workshop 3 Handouts - 2

Cover Sheet

1. Healthy Bites Handout - 4 pages
2. Example Policies Handout - 1 page

Does your child care provider have a physical activity policy?

yes

↓
high-five them!

don't know

↙ ask! ↘

no

↓
express how important it is!

Why does it matter?

Physical activity helps kids grow up healthy!

Establishing healthy habits at an early age is key to promoting life-long health.

Providers can improve child health and wellness by establishing policies for physical activity.

Movement benefits children's:

- Brain development
- Vision and hearing
- Muscle coordination

Activity benefits everyone

Children who are regularly active:

- Have less behavioral problems
- Sleep better at night
- Feel better about themselves
- Are more alert and ready to learn
- Keep a healthy weight

There are tools that can help!

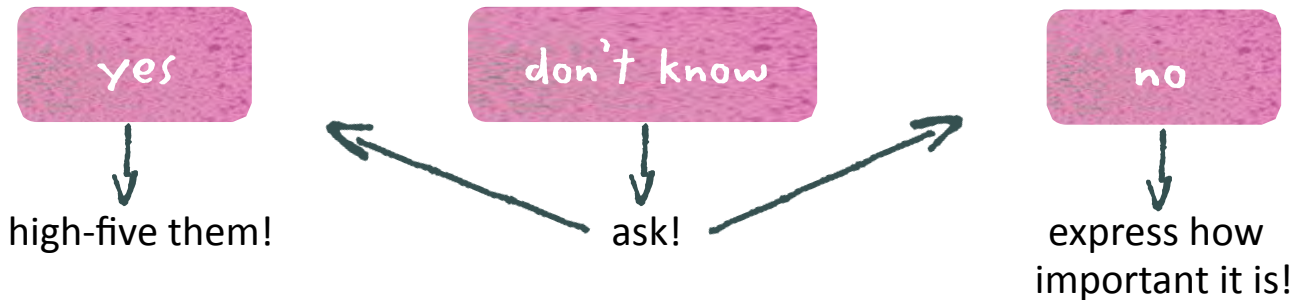
Active Early is a Wisconsin guide for improving physical activity.

It gives providers concrete strategies to get kids active.

Early care and education programs around the state have successfully integrated the expert recommended 120 minutes of physical activity into their schedules, transitions and lesson plans without having to add time to their days!



Does your child care provider have a nutrition policy?



Providers can improve child health and wellness by establishing policies for nutrition. They can help provide consistent messages for children, staff, and parents/caregivers.

Why does it matter?

A healthy eating environment teaches children good nutrition!

Shaping eating behaviors at an early age helps establish life-long health.

Proper nutrition benefits children's:

- Physical growth
- Immune system
- Brain development

Children who are well-nourished:

- Have energy to play and grow
- Keep a healthy weight
- Are more alert and ready to learn
- Enjoy a variety of foods
- Feel better about themselves
- Develop strong, healthy bodies
- Have reduced risk of chronic disease

There are tools that can help!

Healthy Bites is a Wisconsin guide for improving childhood nutrition.

It gives providers concrete strategies to promote healthy eating.

Early care and education programs around the state are successfully incorporating expert recommendations about foods served and the nutrition environment into their programs.



Do you have a physical activity policy?

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- Brain development
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"I find that the children are able to focus and learn better after implementing 120 minutes of physical activity into our daily schedule."

-Linda Groom,
Hudson Community Children's Center

"You can promote fitness, self-esteem, self-confidence, learning and lot more without fancy equipment."

-Toni Nader,
Library Square School, Kenosha

"The children I have had over the years look forward to activity. I have yet to have a child say, 'Do we have to?'. Usually, we hear, 'YAY!!'."

-Julie DeLap,
The Pumpkin Patch Family Child Care

The Active Early toolkit can help!

Active Early is a free Wisconsin guide for improving physical activity.

It provides sample policies and concrete low-cost and no-cost strategies to get kids active.

Early care and education programs around the state have successfully integrated the expert recommended 120 minutes of physical activity into their schedules, transitions and lesson plans without having to add time to their days!



Do you have a nutrition policy?

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Why does it matter?

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Proper nutrition benefits children's:

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Children who are well-nourished:

- Have energy to play and grow
- Maintain a healthy weight
- Are able to concentrate and focus on learning
- Enjoy a variety of foods

"Providing nutritious meals and snacks is very important...It helps their brains grow and gives them energy to learn and play. It prevents them from getting sick."

-Jessica Otto,
Kids-R-Us Day Care, Kennan

"[During] 'Food Week' at our center, the children are learning how different kinds of foods affect them physically and mentally."

-Jessica Schoettle,
Altoona Family Child Care Center, Altoona

"If we are going to teach good eating habits, it is our responsibility to model that component of our daily curriculum."

-Maggie Smith,
R.E.A.L. K.I.D.S., Menominee Falls

The Healthy Bites toolkit can help!

Healthy Bites is a free Wisconsin guide for improving childhood nutrition.

It provides concrete strategies and ready-to-use ideas and resources to promote healthy eating.

Early care and education programs around the state are successfully incorporating expert recommendations about foods served and the nutrition environment into their programs.



Example Policies from National Guidelines

	NAEYC Accreditation Criteria	Head Start Performance Standards
Family-Centered Practices	<ul style="list-style-type: none"> • Written menus are posted for families • Procedures are in place to support breastfeeding • Families are provided with documentation of food consumed by infants and children with disabilities 	<ul style="list-style-type: none"> • Staff and families work together to identify each child's nutritional needs • Families and relevant community agencies are involved in planning, implementing, and evaluating nutritional services • Parent nutrition education opportunities are provided
Nutritional Programming	<ul style="list-style-type: none"> • Teaching staff sit and eat with children and engage in conversation • Snacks are served family style when possible • Teaching staff engage in reflective practice to improve their practices 	<ul style="list-style-type: none"> • Food is not used as punishment or reward, and each child is encouraged, but not forced, to eat or taste the food • Adults eat family style, with all toddlers and preschool children sharing the same menu to the extent possible • A variety of foods are served, which broadens each child's food experiences
Food Safety	<ul style="list-style-type: none"> • Children under four years are not given foods that may cause choking, such as popcorn, whole grapes, and hard pretzels • Formula or human milk is warmed in 120 degree water for 5 minutes or less • Food is prepared in accordance with the USDA CACFP guidelines 	<ul style="list-style-type: none"> • Children under one year old should not be fed honey • In programs that serve infants and toddlers there must be proper storage and handling of breast milk and formula • Evidence of compliance is posted, along with all applicable federal, state, tribal, and local food safety and sanitation laws