

LET'S MOVE!

ChildCare

INTRODUCTION TO THE INITIATIVE

Paper Plate Skates

Meet 3 New People



# Welcome



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

## □ Introductions

- Name
- Home or center you work for
- One thing you hope to learn from these workshops

## □ Housekeeping

- Restrooms
- Breaks
- Lunch



### Our Goals

Let's Move! Boise is a childhood obesity task force that engages city agencies, partners, and constituents to achieve the goals of Let's Move! Cities, Towns, and Counties (LMCTC). Let's Move! Boise is a subcommittee of the Mayor's Council on Children & Youth, a group of community leaders and volunteers appointed by Boise Mayor David H. Bieter.

#### Goal 1:

To provide children with a healthier start, we commit to raising the importance of local early care and education program providers incorporating best practices for nutrition, physical activity and screen time into their programs.

#### Goal 2:

To empower parents and caregivers, we commit to prominently displaying MyPlate in all municipal or county venues where food is served.

#### Goal 3:

To provide healthy food in schools, we commit to increasing participation in the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).

#### Goal 4:

To improve access to healthy, affordable foods, we commit to implementing healthy and sustainable food service guidelines that are aligned with the Dietary Guidelines for Americans in all municipal and county venues that serve food.

#### Goal 5:

To increase physical activity, we are committed to mapping local playspaces, developing an action plan, and launching a minimum of three programs or initiatives aimed at increasing access to play.

## Workshop Overview



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

### **Day 1:**

Introduction to Let's Move Child Care

Increase Physical Activity

Limit Screen Time

### **Day 2:**

Serve Healthy Food

Offer Healthy Beverages

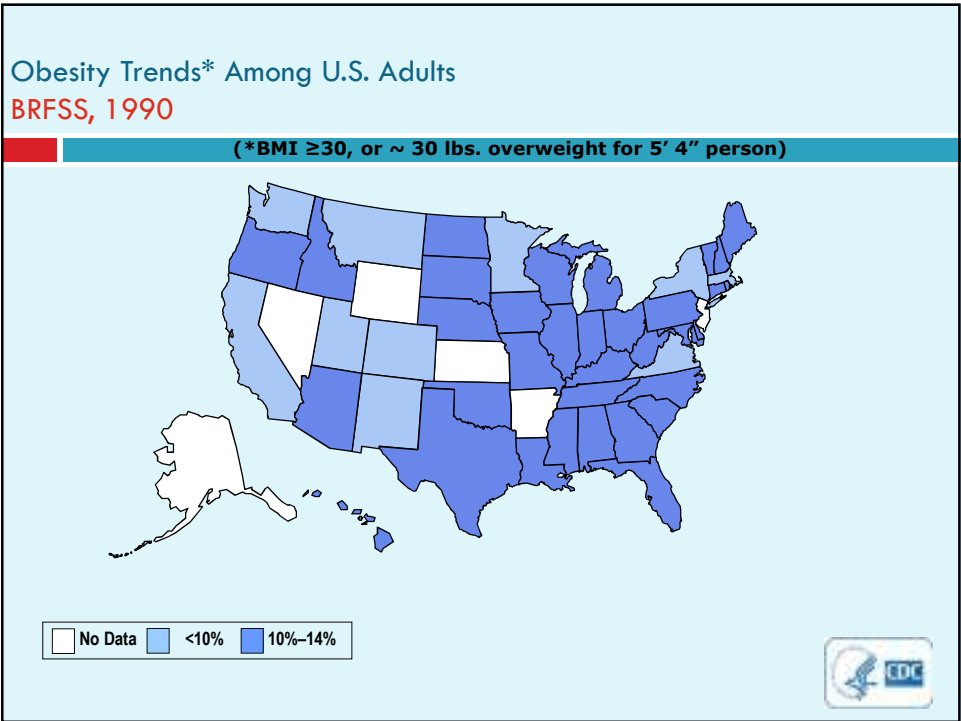
Support Infant Feeding

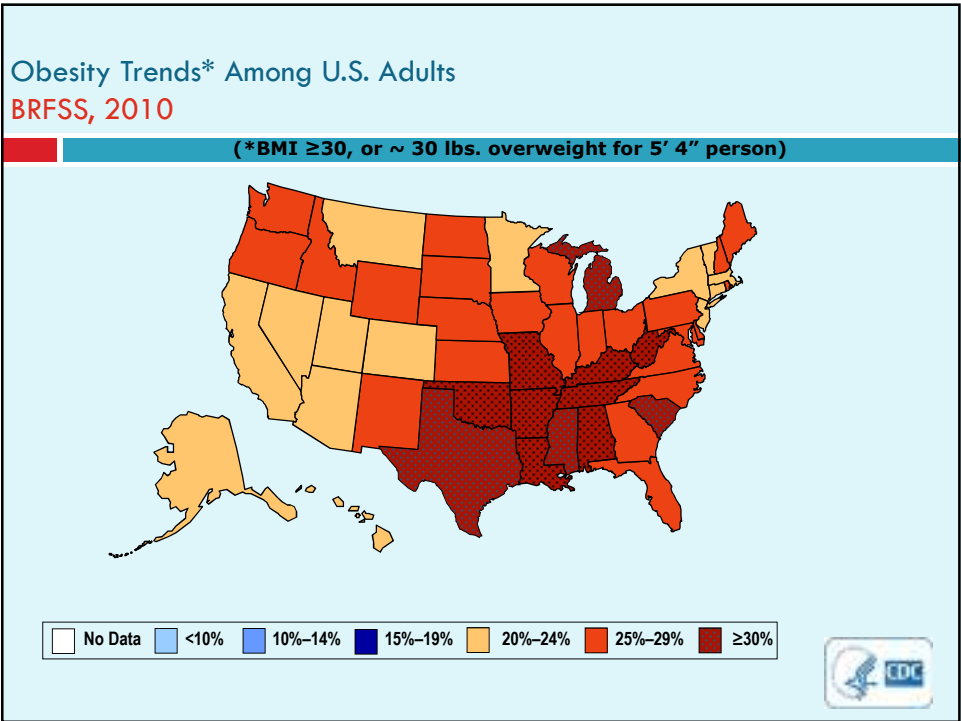
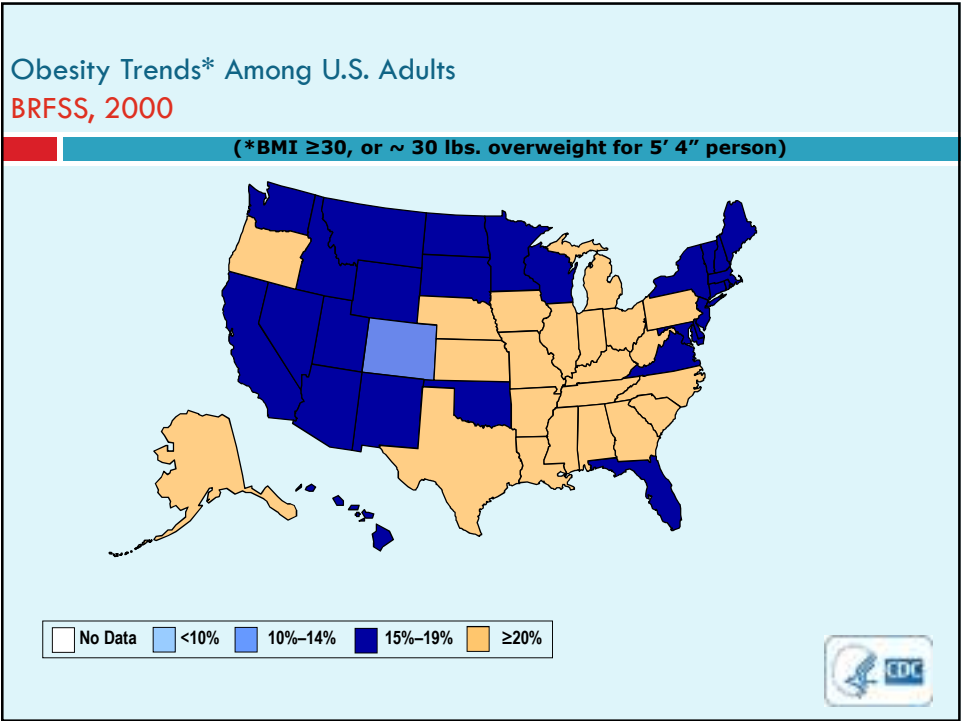
## Learning Objectives

- 1) Understand the basics about childhood obesity prevention and why you play an important role
- 2) Find out how to participate in the Let's Move! Child Care initiative to get kids off to a healthy start and be recognized for your efforts
- 3) Learn about the resources and tips available in your community and on the Let's Move! Child Care website

Basics about Childhood Obesity

It is easier to build  
**STRONG**  
**CHILDREN**  
than to repair broken  
**MEN.**  
—Frederick Douglass





## What's The Skinny On Idaho Kids?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)



## Obesity in Idaho- It Lasts a Lifetime



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- ❑ Children Ages 2-4 Years  
25% are overweight or obese
- ❑ Third Grade Students  
30% are overweight or obese
- ❑ High School Students  
23% are overweight or obese
- ❑ Adults  
63% are overweight or obese



## Education Consequences

Children who are overweight or obese can be undernourished at the same time.

- Nutrition deficiencies impair brain development and cognitive functioning, including learning.

## Education Consequences (2)

- Physical inactivity
  - ▣ Children who are not active have more behavioral and disciplinary problems, shorter attention spans in class and do worse in school compared to active children.
- Screen Time
  - ▣ Interferes with exploration, playing, and interaction with others, which promote social development
  - ▣ Competes with being active, reading, and doing homework

## Health Consequences

Obesity increases the likelihood of certain diseases and health problems, such as:

- ❑ Heart disease
- ❑ Stroke
- ❑ Type 2 diabetes
- ❑ Osteoarthritis
- ❑ Cancer
- ❑ Gynecological problems
- ❑ Sleep apnea and respiratory problems
- ❑ Liver and Gallbladder disease
- ❑ Hypertension
- ❑ High blood cholesterol





## The good news is...

The choices we make are shaped  
by the choices we have.

You can make a difference!

## You Play an Important Role

- Prevention must start early.
- Children spend many hours in your care.
- You can provide a healthy environment for children to eat, play, and grow.
  - ▣ Children who eat nutritious food during every meal stay healthy and have energy to learn.
  - ▣ Activity promotes brain development, improves sleep, builds self confidence, and reduces stress & depression.

## You Play an Important Role (2)

- You can help children build healthy habits for life.
  - ▣ Food preferences and physical activity habits develop during early childhood and continue into adulthood.
  - ▣ You are a role model. Kids do as you do, especially when they're young.
- You are in a unique position to educate parents and caregivers about healthy eating and activity.



Physical Activity



Healthy Eating



Healthy  
Kids,  
Ready to  
Learn

## Participating in Let's Move! Child Care

### What is Let's Move! Child Care?



- Part of the national Let's Move! initiative to raise a generation of healthier kids
- Encourages and supports providers to make positive changes in their programs to help children get off to a healthy start
- Provides a wealth of resources and training materials for providers and parents
- Recognizes providers who meet best practices in 5 goal areas

## 5 Let's Move! Child Care Goals

1 🏀 Physical Activity

2 📺 Screen Time

3 🍏 Food

4 🗑️ Beverages

5 👶 Infant Feeding

### Making Health Easier: Healthy Changes Start in Preschool

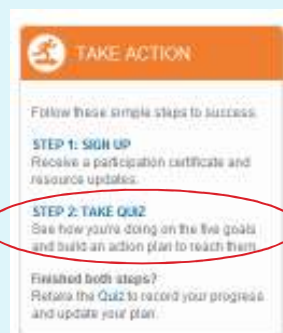


## LMCC Steps to Success

- 1. Sign up online** at [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)
- 2. Take the Checklist Quiz** to see how you are doing on the 5 Let's Move! Child Care goals
- 3. Build an Action Plan** to reach the goals
- 4. Use the free online resources** to help implement your action steps
- 5. Retake the Checklist Quiz** once you meet the goals
- 6. Share your success story**

## Take the Checklist Quiz

See where you are and make a manageable action plan to achieve the LMCC goals

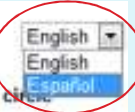


Look for the 'Take Action' box on the homepage.

## Checklist Quiz: Part 1

Answer questions to see which best practices you are meeting and which goals you need to work on

Available in Spanish too!



The Let's Move! Child Care best practices are listed on the left. Please mark the checkbox under the statement that best describes your current situation.

	Yes, fully meeting this best practice	Making progress on meeting this best practice	Ready to get started on meeting this best practice	Unable to work on meeting this best practice right now
Drinking water is visible and available inside and outside for self-serve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100% fruit juice is limited to no more than 4-6 oz. per day per child and parents are encouraged to support this limit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## LMCC Checklist Quiz

On your own or with a partner from your program, complete the Checklist Quiz in your binder to the best of your abilities.

*Please make a second copy of the quiz to submit to us with the name of your child care program on it before you leave today.*

## Checklist Quiz: Part 2

### Build your action plan

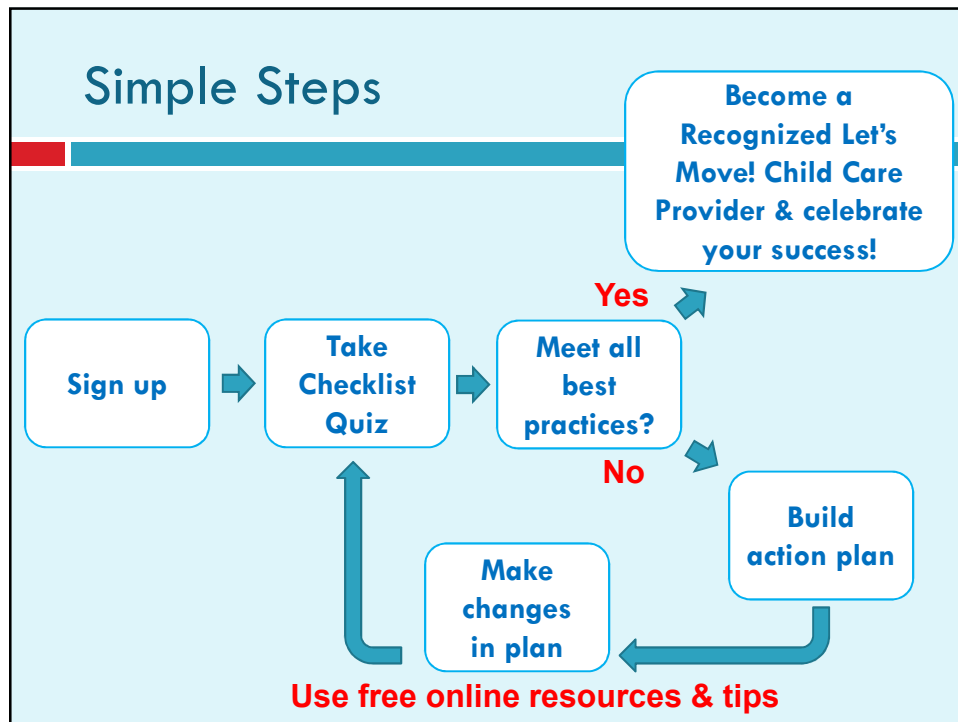
- ☐ Action Planning is an important step to help you make changes.
- ☐ You choose your priorities—start with whatever is going to be easiest, then build on your success.
- ☐ Be ready to create individual action steps.
- ☐ Sample action plans are available in your binders.

## Action Planning

On your own or with a partner from your program, complete the Action Plan in your binder to the best of your abilities.

When you are finished, share your Action Plan with a partner from another program.

*Please make a second copy of the Action Plan to submit to us with the name of your child care program on it before you leave today.*



## Be a Recognized LMCC Provider!

### Get Your Recognition Award

### Be Featured on the LMCC Map



## Finding resources and tips

Let's Move Child Care



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

Has anyone used the LMCC Website?  
What did you like about it?  
What was the best resource you found?

Visit [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

Let's Move! Child Care

Nemours. Your child. Our promise. A Child's Health System

START EARLY  
Let's Move! Child Care

MAKE NUTRITION FUN  
Healthy Eating

GET KIDS MOVING  
Physical Activities

BE INSPIRED  
Ideas and Resources

Sign Up & Help Kids Get a Healthy Start

Strive for Five: Goals for a Healthier Future

Learn From Others & Be a Success Story

Take Online Training to Support Your Efforts

Find Recognized Providers

"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition." — First Lady Michelle Obama

## What Kind of Resources Can You Find?

- Curricula
- Training videos
- Menu Planning & Recipes
- Activity Sheets
- Parent Handouts
- Tips you can use to eat healthier and be active
- And more!

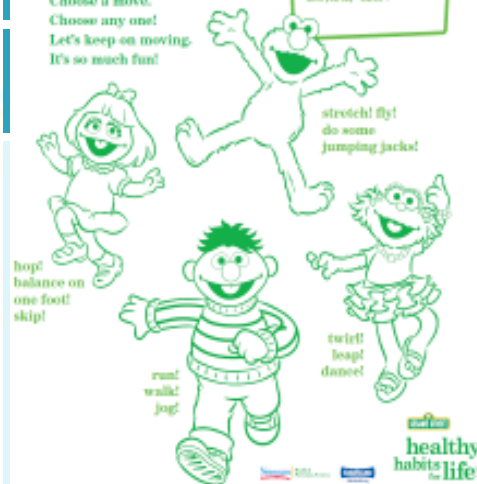
## Healthy Habits for Life

### Nutrition & Physical Activity Curriculum (with DVD)






#### Choose a Move

Choose a move.  
Choose any one!  
Let's keep on moving.  
It's so much fun!




Available in English and Spanish

## Nutrition and Wellness Tips for Young Children

### Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program



### Build a Healthy Plate With Fruits

Nutrition and Wellness Tips for Young Children:  
Provider Handbook for the Child and Adult Care Food Program

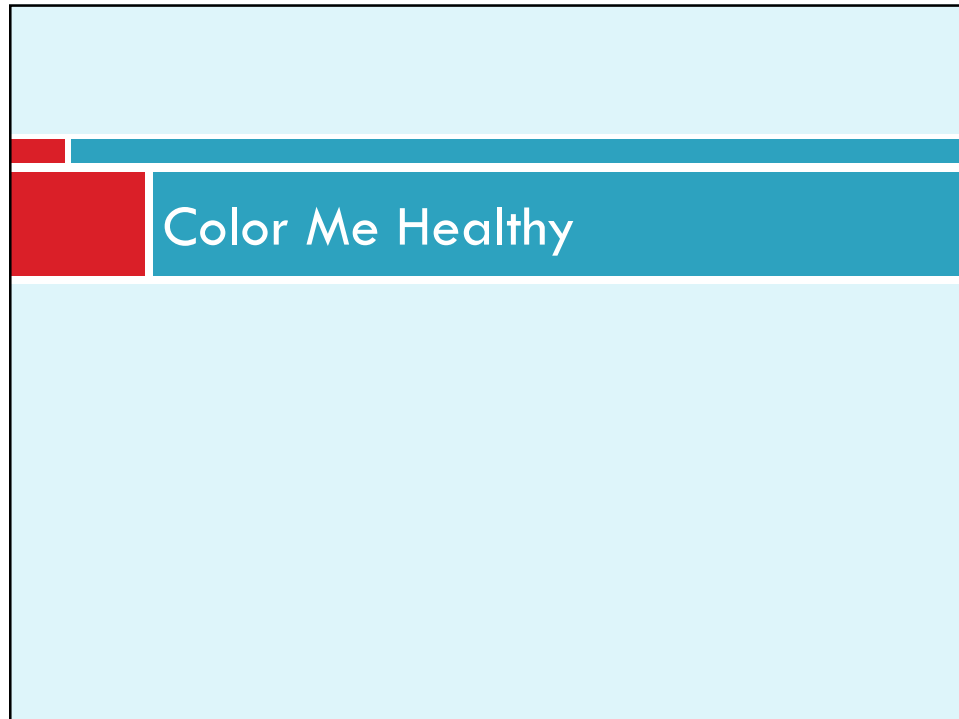
Did you know offering fruit is a quick and easy way to make meals and snacks healthier and more colorful? While most toddlers consume enough fruit, most children 4 years and older do not. You can help by offering different fruits on your menu. Offering a variety of fruit during the week can:

- Teach healthy eating habits children will use for life.
- Add color, texture, and flavor to children's plates.
- Give children the vitamins and minerals they need to grow and play.
- Promote proper digestion, help children feel full, and maintain a healthy weight by providing dietary fiber.

**What types of fruits should I offer?**

- Fresh, frozen, canned, and dried fruits are all great choices. Introduce kids to the whole rainbow of fruit choices — each fruit has its own unique flavor and nutrients. Providing different choices each day helps children get the nutrition they need.
- Limit fruit juice. Serve only one ½-cup (4 oz) to ¾-cup (6 oz) serving of 100% juice, once per day. While 100% fruit juice can be part of a healthy diet, it does not contain the dietary fiber found in other forms of fruit.
- Include good sources of potassium, such as bananas, dried pears, cantaloupe, honeydew melons, peaches, raspberries, and orange juice. Potassium can help children maintain a healthy blood pressure.

Download the Handbook at:  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)



## Color Me Healthy

Color Me Healthy is a program developed for children ages 3-5.

It provides interactive learning opportunities on healthy eating and physical activity.

[www.colormehealthy.com](http://www.colormehealthy.com)

## Color Me Healthy Kit

- ☐ Picture Cards
- ☐ Classroom Posters
- ☐ Teacher's Guide
- ☐ Connecting Home and School
- ☐ Music CD
- ☐ Hand Stamp

## Picture Cards: Color of Foods (8)

Show  
fruits  
and  
veggies  
of  
different  
colors



## Picture Cards: Where do Foods Grow? (15)

Shows  
where  
fruits  
and  
veggies  
come  
from



apple

## Picture Cards: Activity Scenes (5)

Lists  
activities  
you can  
do in  
different  
places



swim  
run  
dig  
fish

splash around in the water  
walk with your family  
build sandcastles  
pick up shells

## Teacher's Guide

- ☐ Circle Time
- ☐ Color Me Active
- ☐ Color Your Classroom
- ☐ Color Me Healthy Songbook
- ☐ Color You Healthy
- ☐ Resources



## Other Components

- ☐ Music CD
- ☐ Hand Stamp
- ☐ Classroom Posters
- ☐ Connecting Home and School



## Connecting Home and School

Thirteen newsletters with tips, recipes, and more.

Reproduce as is, or pull out info for your own newsletter.



preschoolers moving & eating healthy

NOVEMBER

### Healthy Eating Tips...

#### Encouraging Food Choices For A Healthy Diet

**BE PATIENT.** Young children may not be interested in trying few foods. Offer new foods more than once.

**BE A PLANNER.** Most children need a snack or two in addition to three regular daily meals.

**BE A GOOD ROLE MODEL.** What you do can mean more than what you say. Your child learns from you about how and what to eat. Eat meals with your child whenever possible. Walk, run, and play with your child, don't just sit on the sidelines. A family that is physically active together has lots of fun!

**BE ADVENTUROUS.** At the store, ask your young child to choose a new vegetable or fruit, from two or three choices. At home, your child can help you wash and prepare the food.

**BE CREATIVE.** Encourage your child to invent a new snack or sandwich from three or four healthy ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?



#### Vegetables Seen In The Freezer Aisle!

Fresh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be

#### We Can Be Active In The Fall and Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and

## Idaho Resources



## Statewide effort to fight childhood obesity in Idaho

Child care providers, teachers, parents, health care providers, business and government leaders

## Five Proven Strategies to Fight Childhood Obesity



Improved access to  
healthy and affordable  
foods



Education to help  
parents make healthier  
choices



Increased physical  
activity



Promotion of public  
policies that fight the  
causes of obesity



Healthier schools and  
childcare facilities

## Tips and Resources for Child Care

[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

<http://highfiveidaho.org>

- ☐ Healthy eating
- ☐ Healthy activities



## THE DAILY DO



Daily text or email with tips for eating healthy and being active

- ▣ Healthy recipes
- ▣ Tips for how to deal with picky eaters
- ▣ Family fun activities and community events
- ▣ How to read a nutrition label
- ▣ Grocery shopping tips

## Sign Up for the Daily Do!



[www.HealthyKidsHealthyFuture.org](http://highfiveidaho.org/join-us)

- ▣ Visit <http://highfiveidaho.org/join-us>
- ▣ Text HIGH5 to 32461
- ▣ Encourage families to sign up!

## Get Connected!

<http://highfiveidaho.org>

[HighFive@bcidahofoundation.org](mailto:HighFive@bcidahofoundation.org)



## Other Websites



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- ❑ YouTube- find videos on movement moments, breastfeeding support, etc.
- ❑ Pinterest- find healthy snack ideas, games and interactive crafts
- ❑ USDA CACFP Website- sample menus, success stories, handbooks
- ❑ Head Start Body Start Website- activity calendars, etc.

## Other Websites



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- Idaho State Department of Education Child Nutrition Program Website- posters, garden resources, handouts, etc.
- Nutrition Works, Mountain States Group
- Idaho Dairy Council- posters, child care curriculum by request
- Idaho Dept. of Agriculture- My Plate materials

**Others??**

## HOMEWORK

### Join LMCC & Stay Connected

For more information and to sign up, visit:

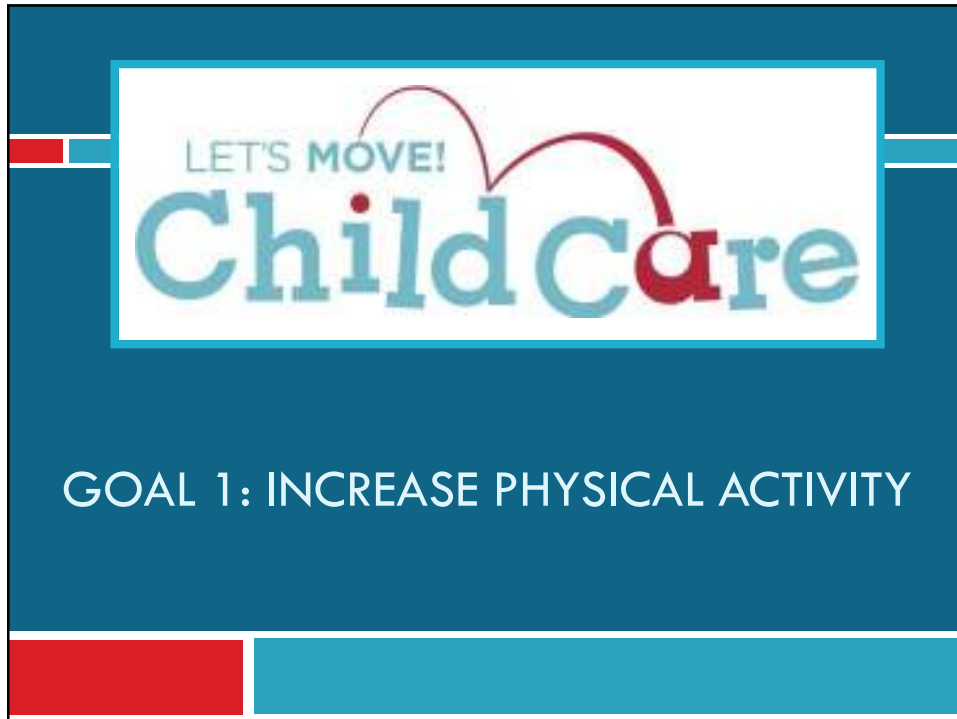
[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

Contact the Let's Move! Child Care Help Desk

[LMCCHelp@cdc.gov](mailto:LMCCHelp@cdc.gov)

Share your success stories!

[www.healthykidshealthyfuture.org/home/resources/success.html](http://www.healthykidshealthyfuture.org/home/resources/success.html)



## Learning Objectives

- 1) Understand Let's Move! Child Care Goal 1 and best practices for physical activity
- 2) Know the benefits of physical activity
- 3) Get strategies and ideas to keep kids active
- 4) Learn about the resources and tips for incorporating physical activity throughout the day

## Musical Statues



## Influences



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

With a partner, answer the following questions:

- ☐ How active were you as a child? What kinds of activity did you do?
- ☐ What influenced your activity (i.e. where you lived, what you wore, finances, family interests, etc.)
- ☐ How did the activities you did or didn't do as a child shape how active you are as an adult?
- ☐ Who in your life influenced these activities for you?
- ☐ How can you be that influence as a child?



## Knowledge Check

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> What is the recommended amount of physical activity for toddlers in full day care? | <input type="checkbox"/> 15 - 30 min  |
|   | <input type="checkbox"/> 30 - 45 min  |
|   | <input type="checkbox"/> 60 - 90 min  |
|   | <input type="checkbox"/> 90 - 120 min |

## Knowledge Check

- |   |   |
|---|---|
| <input type="checkbox"/> What is the recommended amount of physical activity for toddlers in full day care? | <input type="checkbox"/> 15 - 30 min            |
|   | <input type="checkbox"/> 30 - 45 min            |
|   | <input checked="" type="checkbox"/> 60 - 90 min |
|   | <input type="checkbox"/> 90 - 120 min           |

## Physical Activity Best Practices

- ❑ **Infants:** Short supervised periods of tummy time several times each day
- ❑ **Toddlers & Preschoolers:** Active play time every day, both indoor and outdoor
  - ▣ **Toddlers:** 60 – 90 minutes or more  
(for half-day programs, 30 minutes or more)
  - ▣ **Preschoolers:** 120 minutes or more  
(for half-day programs, 60 minutes or more)

Make sure that kids with special needs can participate in activities too!

## Benefits of Physical Activity

Helps children stay at a healthy weight

- ❑ In childhood
- ❑ In adulthood – physical activity habits learned in early childhood can last a lifetime



## Benefits of Physical Activity (2)

Helps children:

- ❑ Develop motor skills and build their strength, flexibility, and endurance
- ❑ Develop and maintain strong bones



## Benefits of Physical Activity (3)

- ❑ Improves social skills and brain development
- ❑ Helps children feel confident about themselves and their bodies
- ❑ Reduces children's risk of feeling stressed or depressed
- ❑ Helps children sleep better

## Benefits of Physical Activity (4)



Children who are active tend to have fewer behavioral and disciplinary problems, do better in school, and have longer attention spans in class.

## You too!!



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

We can't take care of others if we don't take care of ourselves.

All the benefits of physical activity for children also benefit the adults who take the time to play with them!

What is one thing you can do for yourself every day that will make you a better provider, parent, spouse, co-worker, human being??

## Life with the Wright Family



## 2 Kinds of Physical Activity

1. **STRUCTURED:** Organized, quick, and intense activities led by adults
2. **UNSTRUCTURED:** Free play to stimulate creativity and use the imagination

## Ways to Get Kids Moving

Add physical activity to your daily routine

- Have children act out a story as you read it.
- Encourage kids to move like different animals during transitions from one activity or room to another.
- Use props to help kids move and identify shapes, colors, and numbers.



## Ways to Get Kids Moving (2)

- Mix up the usual 'hokey pokey' and 'head, shoulders, knees and toes' with a dance party or obstacle course.
- Encourage working together to come up with games and activities.

**What else?**

## Going On A Bear Hunt

Act out the story as we go along...

## Where to Play

- ☐ Opt for outdoors as much as possible!
  - ☐ Be warm-weather-ready.
  - ☐ Play outside even when it's chilly, rainy, or snowing.
- ☐ Find indoor options like a school gym, part of your classroom, or a room in your home.

Make sure the play space is safe!

## Keep infants active too!



### Tummy Time:

- Is allowing babies to interact and play while awake and on their tummies
- Prepares babies for sliding on their bellies and crawling
- Should be done 2 or 3 times a day. Begin with 3-5 minutes at one time. When you see the infant enjoying the activity, gradually increase the time.

## What to do during tummy time

- Encourage infants to see, touch, and feel what's around them.
- Place different toys in a circle around the baby and let the baby reach for them. Reaching helps the baby develop muscles to roll over, crawl, and scoot.

Always make sure infants have tummy time when they're awake and alert. Place infants on a solid surface on the floor (never on a surface that's soft or up high like a mattress or sofa).



## Tummy Time Tips

- Some babies will not like tummy time at first so try putting their favorite toys just out of reach.
- A great time to do tummy time is following a diaper change or when the baby wakes up from a nap.



## Know the Developmental Milestones

- Kids should do specific things at every age and stage.
- Know the milestones to help them work on the appropriate physical and motor skills.

## Developmental Milestones

Age	What can they do?	Age	What can they do?
<b>0-3 months</b>	focus and follow objects, especially faces and brightly colored or shiny toys spontaneously wave arms and kick legs raise head while on tummy swipe for dangling objects hold rattle placed in hand smile and coo	<b>9-12 months</b>	get on hands and knees crawl, scoot, or creep pull to stand cruise along furniture stand alone may take first steps say "mama" and "dada"
<b>3-6 months</b>	on tummy, prop self up and lift head roll over reach for and grasp objects hold head steady while sitting sit with support laugh	<b>12-24 months</b>	walk independently pull toys while walking carry toys while walking stoop and get back up begin to run kick a ball hold railing up and down stairs walk backward
<b>6-9 months</b>	sit without support sit and pivot stand with support start to use finger and forefinger to grasp objects wave bye-bye babble	<b>24-36 months</b>	balance one to two seconds on one foot climb well throw ball overhand bend over easily without falling run and jump well kick ball forward alternate feet up and down stairs pedal tricycle

## Physical Activity Video: Motion Moments



## Be a Get Moving Role Model

Participate in and enjoy physical activity.

If you have limitations, be a cheerleader or sports caster!



Wear comfortable clothing and shoes.

## Activity Baskets

Break into groups of 5

- Infants (1)
- Toddlers/Preschool (2)
- School Age (2)

Make up a quick activity using the items in the basket and have each group member try out the activity



## Physical Activity in Review

Turn to a partner and share one thing you have done  
in your home or center to get kids moving.

## Finding resources and tips

Visit [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

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A Child's Health Partner

START EARLY  
Let's Move! Child Care

MAKE NUTRITION FUN  
Healthy Eating

**GET KIDS MOVING**  
Physical Activities

BE INSPIRED  
Ideas and Resources

SEARCH SITE

Sign Up & Help Kids  
Get a Healthy Start

Strive for Five: Goals  
for a Healthier Future

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Take Online Training to  
Support Your Efforts

Find Recognized  
Providers



"This is a passion. This is my mission. I am determined to work with folks across this country to *change the way a generation of kids thinks about food and nutrition.*" — First Lady Michelle Obama

## Physical Activities

### Ways to Keep Kids Moving

Little ones' routines have to be pretty regimented — for your sake and theirs. Here are some ways to get all of those wiggles and sillies out and keep your kids moving, even in everyday activities:

- ☒ Fit in fitness.
- ☒ Keep infants active, too.
- ☒ Don't overuse the baby equipment.
- ☒ Give babies "tummy time" throughout the day.
- ☒ Know the developmental milestones.
- ☒ Be a get-moving role model.



Adults who participate in and seem to enjoy physical activity show kids that being active isn't something you just have to do — it's fun.

Fun ideas,  
tips,  
activity  
sheets, and  
more!

16

## Sing & Dance

Color Me Healthy music gets children up and moving to a fun and happy beat. Download songs (MP3 format) and lyrics (PDF) and dance to the tune of Color Me Healthy!

Title	Format	Length	Size
<a href="#">Color Me Healthy</a>	MP3	2:43	3.5 Mb
<a href="#">Heartbeat Beat</a>	MP3	0:53	1.1 Mb
<a href="#">Jin Joo Joo</a>	MP3	1:07	1.4 Mb
<a href="#">Play Outside</a>	MP3	1:58	1.9 Mb
<a href="#">Taste the Colors</a>	MP3	1:06	1.3 Mb
<a href="#">The Funky Song</a>	MP3	0:55	1.1 Mb
<a href="#">Color Me Healthy Instrumental (Guitar Mix)</a>	MP3	2:48	3.2 Mb
<a href="#">Lyrics Booklet for all songs (PDF)</a>	PDF	2 pages	258 Kb

Lyrics files are in [Adobe Acrobat \(PDF\)](#) format.

## Activity sheets

**eXtension Alliance  
for Better Child  
Care Hands-on  
Activities Database**

**Songs to get  
kids dancing**

**Activity sheets**

18 25 Sort by Title of Activity | All Activities | Advanced search | Search settings and filters

Title of Activity:

Type of Activity:

- ☐ All
- ☐ Dramatic Play
- ☐ Eye-Hand Coordination and Social Motor
- ☐ Health and Safety
- ☐ Math and Calculations
- ☐ Language and Literacy
- ☐ Music
- ☐ Movement and Physical Activity
- ☐ Outdoor and Gardening
- ☐ Reading and Writing
- ☐ Science and Nature
- ☐ Social Studies
- ☐ Storytelling
- ☐ Teaching
- ☐ Technology
- ☐ Visual Arts
- ☐ Water and Sand Play
- ☐ Other

May be included in all the above, selected to meet an "ABC" condition

Search settings and filters | Filter results

**USDA**

## Nutrition and Wellness Tips for Young Children

Premier Handbook for the Child and Adult Care Food Program

**What types of active play opportunities should I offer?**

Children can enjoy jumping, running, dancing, and playing. Daily active play, along with a healthy diet, is important for growing a healthy weight. Active play helps children develop a variety of large muscle skills. All children should participate in:

- Outdoor play for at least three hours each day, depending on the weather.
- Recreational activities and games that promote the development of gross motor skills (e.g., running, jumping, and playing).
- Recreational activities that help children develop and practice fine motor skills (e.g., drawing, cutting, and using scissors).

**Activities**

**How can I add more active play to my child's day?**

Think about your child's activities. Add more active play to every day! Which of these activities does your child do? Do you have children who play outside? Do you have children who play inside? Do you have children who play on the floor? Do you have children who play on the table? Do you have children who play on the wall? Do you have children who play on the ceiling? Do you have children who play on the floor, on the table, on the wall, on the ceiling, on the floor, on the table, on the wall, on the ceiling?

**Download the Handbook at:**  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)



## Use Your Materials

In groups of 5, find an activity from one of the resources in your binder and act it out in your group.

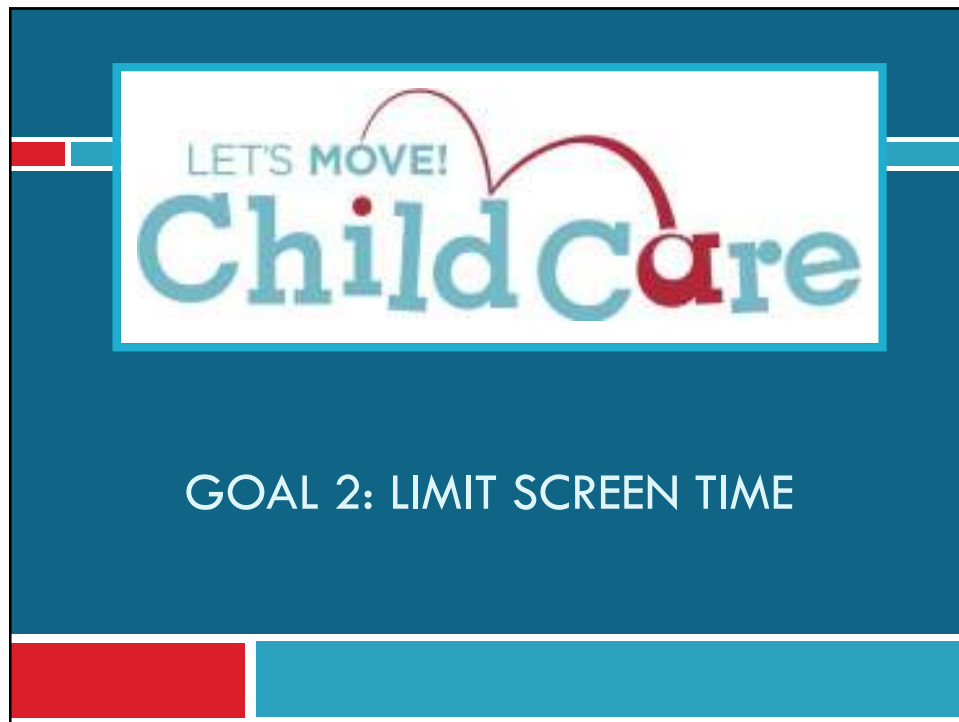
- Health Habits for Life
- Nutrition and Wellness Tips for Young Children
- Color Me Healthy
- Let's Move website

## Reflection: What's your next step?

Write down action steps you can take to give kids opportunities to be active every day.

Make notes for your Action Plans too!





## Learning Objectives

- 1) Understand Let's Move! Child Care Goal 2 and best practices for screen time
- 2) Know the benefits of limiting or eliminating screen time
- 3) Get strategies and ideas to limit or eliminate screen time
- 4) Learn about resources to reduce screen time

## Screen time includes...



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- ☐ Television
- ☐ DVD's
- ☐ Computers
- ☐ iPads, tablets
- ☐ Leap Frog
- ☐ Phones
- ☐ Apps
- ☐ Video Games- even the active ones!



## Knowledge Check

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> How much screen time should children under 2 years be allowed? | <input type="checkbox"/> None       |
|   | <input type="checkbox"/> 20 minutes |
|   | <input type="checkbox"/> 30 minutes |
|   | <input type="checkbox"/> 40 minutes |

## Knowledge Check

- ☐ How much screen time should children under 2 years be allowed?
  - ☐ None
  - ☐ 20 minutes
  - ☐ 30 minutes
  - ☐ 40 minutes



## Screen Time Best Practices

- ☐ **Infants:** No screen time
- ☐ **Toddlers:** No more than 3 – 4 times per year, or never
- ☐ **Preschoolers:**
  - ☐ Only for educational or physical activity purposes
  - ☐ No more than 30 minutes per week or never, while in your care
  - ☐ Work with families to ensure no more than 1 – 2 hours per day
- ☐ Provide screen time reduction and/or media literacy **education** to parents at least twice a year
  - ☐ For example, special programs, newsletters, or information sheets

## Reasons for Limiting Screen Time

- Gets in the way of exploring, playing, and social interaction.
- As kids get older, screen time can get in the way of being active, reading, doing homework, playing with friends, and spending time with family.
- Kids who spend more time watching TV are more likely to be overweight or obese.



## Ways to Limit Screen Time

Keep the TV/computer out of sight

- Put it in rooms not used by children
- Hide it with a blanket or sheet
- Get rid of it

Replace screen time with fun, interactive activities

- Play outside
- Turn on music and dance
- Bring kids into the kitchen and let them help you set the table, cook, and clean up

## How do you limit screen time?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

Turn to a partner and discuss ways to limit screen time during:

- ☐ Arrivals/Departures
- ☐ Transition Times
- ☐ Meal Prep Times
- ☐ Quiet Time

## Screen Free Moments: Promoting Healthy Habits



## When screen time is allowed:

- ❑ Make it “quality programming” by choosing shows or computer games that are educational or get kids moving.
- ❑ Track screen time with a simple scheduling sheet so you know how much screen time a child has and when they’ve reached their limit for the week.
- ❑ Avoid watching while eating.

Touch screen technology does NOT count as ‘active’ screen time. Watch the quality of children’s movement with active video games.

## Elmo's Got the Moves Music Video



## Turn on Music Instead of the TV!

### Sing & Dance



Color Me Healthy music gets children up and moving to a fun and happy beat. Download songs (MP3 format) and lyrics (PDF) and dance to the tune of Color Me Healthy!

File:	Format:	Length:	Size:
<a href="#">Color Me Healthy</a>	MP3	2:43	3.5 Mb
<a href="#">Heartbeat Beat</a>	MP3	0:53	1.1 Mb
<a href="#">The New Groove</a>	MP3	1:07	1.4 Mb
<a href="#">Play/ Dance</a>	MP3	1:58	1.9 Mb
<a href="#">Taste the Colors</a>	MP3	1:06	1.3 Mb
<a href="#">The Hilarious Song</a>	MP3	0:55	1.1 Mb
<a href="#">Color Me Healthy (Instrumental) (Guitar Mix)</a>	MP3	2:48	3.2 Mb
<a href="#">Lyric Booklet for all songs (PDF)</a>	PDF	2 pages	258 Kb

Lyric files are in [Adobe Acrobat \(PDF\)](#) format.

Color Me Healthy music gets kids up and moving to a fun and happy beat!

## Finding resources and tips

Visit [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)




START EARLY  
Let's Move! Child Care

MAKE NUTRITION FUN  
Healthy Eating

GET KIDS MOVING  
Physical Activities

BE INSPIRED  
Ideas and Resources

Sign Up & Help Kids  
Get a Healthy Start

Strive for Five: Goals  
for a Healthier Future

Learn From Others &  
Be a Success Story

Take Online Training to  
Support Your Efforts

Find Recognized  
Providers



*"This is a passion. This is my mission. I am determined to work with folks across this country to **change the way a generation of kids thinks about food and nutrition.**" — First Lady Michelle Obama*

## Screen Time

GET KIDS MOVING

What to Play

Where to Play

Screen Time




Join Let's Move! Child Care today. And give your kids a healthier future.

[» Sign Up](#)

### Screen Time



Let's face it — sometimes it's easier to get something done if you sit kids down in front of a TV screen to watch a show or a movie. But moderation of "screen time" (which includes TV, videos, DVDs, computers, video games, and handheld devices) is key for healthy development and staying active.

**Try for no more than 30 minutes a week for young kids during child care.**

When kids (ages 2 through 5 years old) are in child care, they should get no more than 30 minutes total the entire week (not per day). Granted, it's something you might not be able to achieve right away — but make this your goal. (At home, children should have no more than 1 to 2 hours of screen time per day.)

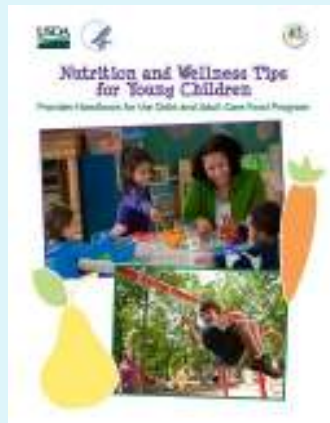
**Babies and toddlers should have no screen time at all.**

Not too long ago, moms and child care providers all over the country were buying and showing videos and DVDs galore geared entirely toward the infant audience. But now we know that babies and even toddlers (ages 0 to 2 years old) shouldn't get any screen time at all — zero, not even a few minutes here and there.





## Child & Adult Care Food Program Screen Time Resources



Download the Handbook at: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

## Resources for Families

Letter about the importance of limiting screen time and tips for limiting screen time at home.

Send the letter home in backpacks or with your newsletter.



## What's your next step?

Write down action steps you can take to limit or eliminate screen time.

Make a note if this is a step in your Action Plan!

## Head, Hearts and Hands

**Head**- What is one thing you learned

**Heart**- What is one thing that touched your heart

**Hands**- What is one thing you will do when you go back to work

## Closure

- Hand in LMCC Checklist
- Hand in Action Plan
- Evaluations

Homework: log on to website and fill out the checklist and action plans online

Bring your binders and CMH kits next time!

**Next training is Saturday April 5<sup>th</sup>**

**Same Bat Time- Same Bat Channel**



LET'S MOVE!  
Child Care

GOAL 3: SERVE HEALTHY FOOD

3/8/2014 and  
4/5/2014

## Learning Objectives

- 1) Understand Let's Move! Child Care Goal 3 and best practices for food
- 2) Know the benefits of offering healthy food
- 3) Get strategies and ideas to encourage healthy eating
- 4) Learn about the resources and tips

3/8/2014 and 4/5/2014

## Knowledge Check

- |  |                              |
|--|------------------------------|
| <input type="checkbox"/> Do French fries,<br>tater tots, or hash<br>browns count as<br>vegetables? | <input type="checkbox"/> Yes |
|  | <input type="checkbox"/> No  |

3/8/2014 and 4/5/2014

## Knowledge Check

- |   |                              |
|---|------------------------------|
| <input type="checkbox"/> Do French fries,<br>tater tots, or hash<br>browns count as<br>vegetables*? | <input type="checkbox"/> Yes |
|   | <input type="checkbox"/> No  |

\*Referring to foods counted as vegetables within LMCC best practices, not current creditable foods for CACFP.

3/8/2014 and 4/5/2014

## Benefits of Healthy Food



- Helps children stay at a healthy weight
- Opportunity to teach kids' taste buds to appreciate healthy foods. Food preferences develop at an early age, even in infancy
- Children exhibit better behaviors when their bodies are well fueled

3/8/2014 and 4/5/2014



## Food Best Practice #1: Focus on Fresh

Serve **toddlers and preschoolers** a fruit and/or a vegetable at every meal

Remember, juice doesn't count as fruit, and French fries, tater tots, and hash browns don't count as vegetables.

3/8/2014 and 4/5/2014

## Ideas for Serving Fruits & Vegetables

- ❑ Do the dip! Serve vegetables with yogurt, hummus, or low-fat dressing/yogurt based dressing.
- ❑ Incorporate veggies into other things, like pasta sauce, soup, casseroles.
- ❑ Take turns choosing a recipe with fruits or vegetables and prepare that dish.
- ❑ Serve fruit as a naturally sweet dessert.
- ❑ Try for five – fruits/vegetables a day

3/8/2014 and 4/5/2014

## Get Kids Interested in Fruits & Vegetables

Highlight a fruit/vegetable of the month

- ❑ Add it to the menu.
- ❑ Read books about it.
- ❑ Talk about what it looks like (i.e. broccoli trees) and how it grows.
- ❑ Incorporate it into learning, art projects, and physical activities.



3/8/2014 and 4/5/2014

## Do Taste Tests



As an activity, let kids taste fruits and veggies.

Try different varieties of one fruit/vegetable (apples, peppers, etc.)

Try some that might be new to kids like squash, kale, or kiwi.

3/8/2014 and 4/5/2014

## Let's get cooking!



3/8/2014 and 4/5/2014



## Learn about How Food Grows



Take field trips to local farms and farmers markets.



Plant your own garden and let kids help.

3/8/2014 and 4/5/2014

## Let Your Garden Grow



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- ❑ Children are more likely to try fruits and vegetables they've seen grow- or better yet, gotten their hands dirty exploring in a garden setting
- ❑ Talk about where food comes from with the children
- ❑ Explore gardening in your program, whether it's a windowsill garden or large raised beds

3/8/2014 and 4/5/2014

## Farm to Preschool Activities in Oregon



3/8/2014 and 4/5/2014

## Pick and Pull Activity

### Pick and Pull Song

I see an apple tree. Reach up and PICK! PICK! PICK!

I see a mango tree. Reach up and PICK! PICK! PICK!

I see a blueberry bush. Reach in front of you and PICK! PICK! PICK!

I see a raspberry bush. Reach in front of you and PICK! PICK! PICK!

I see a carrot. Reach down and PULL! PULL! PULL!

I see a potato. Reach down and PULL! PULL! PULL!

3/8/2014 and 4/5/2014

## What works for you?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

How have you incorporated fruits and vegetables into your child care program?

3/8/2014 and 4/5/2014



## Food Best Practices #2 – 3: Limiting Processed Foods

- ☐ Offer **toddlers and preschoolers** French fries, tater tots, hash browns, potato chips, or other fried or pre-fried potatoes no more than once a month
  
- ☐ Offer **toddlers and preschoolers** chicken nuggets, fish sticks, and other fried or pre-fried forms of frozen and breaded meats or fish no more than once a month

3/8/2014 and 4/5/2014

## What do we mean by “fried” or “pre-fried”?

**Fried:** any meat, fish, poultry, potato or other vegetables that you or your vendor **cooks by covering or submerging in oil, shortening, lard, or other animal fat.**

**Pre-fried:** any meat, fish, poultry, potato or other vegetable that you or your vendor **buys already fried—even if you prepare it in the microwave or oven.**

3/8/2014 and 4/5/2014

## What are some examples of “fried” or “pre-fried” foods?

### Pre-fried meats:

- ☐ Chicken nuggets
- ☐ Chicken patties
- ☐ Fried fish fillets
- ☐ Fish sticks
- ☐ Popcorn shrimp

### Fried or pre-fried vegetables:

- ☐ French fries and Crinkle-cut fries
- ☐ Tater tots
- ☐ Hash browns
- ☐ Onion rings and onion straws
- ☐ Fried okra

3/8/2014 and 4/5/2014

## Check the Nutrition Facts to figure out if foods are pre-fried

Common ingredients in pre-fried foods:

- ❑ Oil (partially hydrogenated soybean oil, vegetable oil, canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil)
- ❑ Corn starch or wheat starch
- ❑ Bread crumbs
- ❑ Bleached wheat flour or yellow corn flour

3/8/2014 and 4/5/2014

## Ways to Reduce or Eliminate Fried Foods

Instead of	Try
fries	potatoes sliced and baked
potato chips	baked vegetable chips
chicken nuggets	baked chicken

3/8/2014 and 4/5/2014

What works for you?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

What are the foods that the kids you  
serve love the most?

Are there healthy alternatives?

3/8/2014 and 4/5/2014

Move like food...

Melt like a popsicle

Pop like popcorn

Flow like water

Peel like a banana

Crack like an egg

Can you think of one...

3/8/2014 and 4/5/2014

## More Healthy Eating Tips

- Mix it up—serve a variety of nutritious choices.
- Allow children to come up with new fruits and veggies to try out
- Aim for trying all the colors of the rainbow
- Try for five – fruits/vegetables a day (Healthy Habits for Life)
- Don't use food as a reward or punishment.
  - Avoid forcing children to finish the “healthy foods” to get to their dessert or sweets.
- Talk about “sometime” vs. “anytime” foods or ‘Go’, ‘Slow’, and ‘Whoa’ foods.

3/8/2014 and 4/5/2014

## Preplan meals

- Build a balanced plate – ½ plate fruits/vegetables, ¼ carbs, ¼ protein
- Add healthy dishes that children enjoy to the menu.
  - Try oatmeal with cinnamon and yogurt with granola and bananas.
- Use the crock pot to make big portions of food ahead of time
  - Soups, stews, meat, dried beans etc.
- Use a whole chicken or roast for multiple meals
- Buy healthier alternatives.
  - Many healthy options cost the same as the not-so-healthy choices (like whole wheat bread vs. white bread).

3/8/2014 and 4/5/2014

## Build A Healthy Plate



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)



3/8/2014 and 4/5/2014

## Build Your Healthy Plate

Split up into groups of 5 and come up with a balanced meal and snack. Use food lists in the handouts to create a healthy plate.

3/8/2014 and 4/5/2014



## Menu Planning



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

- Share meal and snack ideas
- Create a samples menu for one week using template in binder
- CACFP sample menu cycles

3/8/2014 and 4/5/2014

## What works for you?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

How do you plan your meals? What are some things that have worked for you in building healthy plates and developing balanced meals?

OR

What have been some challenges in healthy menu planning that you would like to brainstorm?

3/8/2014 and 4/5/2014

## Food Best Practice #4

Serve all meals to **preschoolers** family style so that children are encouraged to serve themselves with limited help.

3/8/2014 and 4/5/2014

## Basics about Family Style Dining

- Division of Responsibility (Ellyn Satter)
  - The caregiver is responsible for *what, when* and *where*
  - The child is responsible for how much and whether
- Children serve themselves with limited help.
- Adults engage the children in conversation about the food, their day, activities, etc.
- Adults sit at the table role modeling and eating the same foods.



3/8/2014 and 4/5/2014

## Benefits of Family Style Dining

- ❑ Improves self-feeding skills and recognition of hunger cues
- ❑ Supports social, emotional, and motor skill development
- ❑ Children learn about the foods they're eating and are more likely to enjoy and eat healthy food.
- ❑ Language skills improve as adults and children talk with each other.
- ❑ Creates an opportunity for positive role modeling

3/8/2014 and 4/5/2014

## Ways to Make Family Style Dining Work

- ❑ Let kids practice serving themselves first.
  - ❑ Use play food, like plastic fruits and veggies in the dramatic play area.
- ❑ Use the right equipment.
  - ❑ Use child size pitchers, tongs, and serving bowls and plates.
  - ❑ Put dressings and dips in child size squeeze bottles.
- ❑ Be prepared for spills!
- ❑ Show kids you enjoy eating healthy foods. They will follow your example!



3/8/2014 and 4/5/2014

## Reinforce nutrition messages with classroom activities



Teach kids about colors and textures by letting them see and touch fruits and veggies.



Read books about healthy foods.

3/8/2014 and 4/5/2014

## Challenge: Celebrations



Focus on fun activities!

- ❑ Make a special shirt or hat for the birthday child.
- ❑ Let the birthday child choose a book or song for everyone to enjoy.

If including food as part of the party, give parents acceptable, healthy options to bring instead of cupcakes and candy. A policy helps!

3/8/2014 and 4/5/2014

## Challenge: Picky Eaters

- Include established favorites and some new foods on the menu.
- Let children help prepare meals and snacks.
  - ▣ Stirring and adding ingredients make kids feel "big" and proud of what they created.
  - ▣ Kids like to try their food creations.
- Kids do as you do. Set a good example!

Hang in there! It may take 10 to 15 tries before children accept a new food.

3/8/2014 and 4/5/2014

## Use Your Materials

In groups of 5, find a nutrition related activity from one of the resources in your binder and act it out in your group.

- Health Habits for Life
- Nutrition and Wellness Tips for Young Children
- Color Me Healthy
- Let's Move website

3/8/2014 and 4/5/2014

## Finding resources and tips

3/8/2014 and 4/5/2014

Visit [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

LET'S MOVE!  
**ChildCare**

**Nemours.** Your child. Our promise.  
A CHILDREN'S HEALTH SYSTEM

START EARLY

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Physical Activities

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"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition." — First Lady Michelle Obama

3/8/2014 and 4/5/2014

## Healthy Eating

Kid-friendly recipes, menu planning guides, healthy eating tips, shopping lists, and more!





### Encouraging Healthy Eaters

Try these strategies to convert those tight-lipped mouths into smiles:

- + Mix it up — serve a variety of nutritious choices.
- + Opt for healthier alternatives.
- + Let children participate in preparing food, if possible.
- + Have kids create their snacks.



- ants on a log (celery topped with peanut butter and raisin "ants")
- egg boats (hard-boiled egg wedges topped with a cheese "sail")
- veggie faces (like cucumber eyes, tomato nose, green bean mouth, and shredded carrot hair)
- friendship fruit salad (every child brings in a whole or cut-up fruit and it all gets mixed together)

INSTEAD OF	TRY
Fruit drinks or other sugary beverages	 Frozen cubes of 100% fruit juice in cups of water
Cookies	 Graham crackers dipped in unsweetened applesauce
Sugary cereal	 Mix different shapes of whole-grain cereals, such as oat O's, bran squares, and corn flakes
Potato chips	 Baked vegetable chips

3/8/2014 and 4/5/2014

## Healthy Habits for Life Curriculum in English and Spanish

Section 2: Food and Drink to Grow On

### Food and Drink to grow on

This section offers easy and fun ideas and activities to help children learn about fruits, vegetables, and other healthy foods.

Healthy food keeps us happy and strong! There are many foods to choose from, but which are best for growing children?

Our curriculum is filled with fun and healthy recipes that are great for growing children. It's all about healthy eating and drinking. We'll show you how to keep children interested in healthy food. It's all about healthy eating and drinking. We'll show you how to keep children interested in healthy food.

Food is colorful and it's delicious. Enjoy it together!



### I Say Fruits and Vegetables

We eat a rainbow of colors every day. They help make us strong and play!

I say red.  
We say apples and cherries!  
I say blue.  
My say big blueberries!  
I say green.  
We say carrots and pea pods!  
I say purple.  
We say plums and plums and plums!  
I say yellow.  
We say squash and squash and squash!  
I say orange.  
Lemons are citrus by the shore!

We eat a rainbow of colors every day. They help make us strong and play!

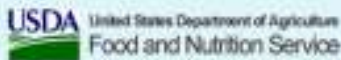


healthy habits for life

3/8/2014 and 4/5/2014

## USDA's Child and Adult Care Food Program (CACFP)

- Save money and serve healthier meals with CACFP (commonly known as 'the food program')
- This federal program provides aid to early education and child care centers and homes for serving nutritious meals and snacks to young children
- To learn more about CACFP and contact your State agency to see if your program is eligible to participate, visit [www.fns.usda.gov/cacfp/child-and-adult-care-food-program-cacfp](http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program-cacfp)



3/8/2014 and 4/5/2014

## CACFP in Idaho



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

CACFP Sponsors in our area are:

- Idaho State Dept of Ed
- Nutrition Works
- Under the Umbrella

3/8/2014 and 4/5/2014



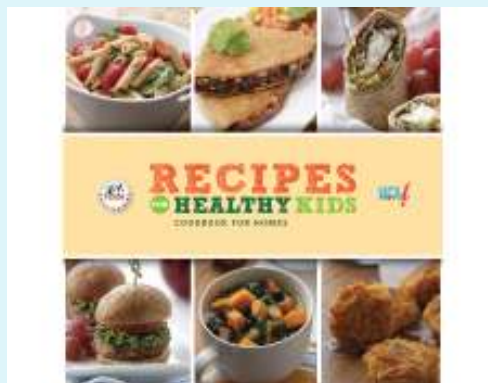



<http://www.fns.usda.gov/tn/grow-it-try-it-it>

3/8/2014 and 4/5/2014

## Cookbooks for homes and centers


[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)



Homes <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

Centers <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

3/8/2014 and 4/5/2014



**Nutrition and Wellness Tips for Young Children**  
Provider Handbook for the Child and Adult Care Food Program

**Build a Healthy Plate With Fruits**  
Nutrition and Wellness Tips for Young Children:  
Provider Handbook for the Child and Adult Care Food Program

Did you know offering fruit is a quick and easy way to make meals and snacks healthier and more colorful? While most toddlers consume enough fruit, most children 4 years and older do not. You can help by offering different fruits on your menu. Offering a variety of fruits during the week can:

- Teach healthy eating habits children will use for life.
- Add color, texture, and flavor to children's plates.
- Give children the vitamins and minerals they need to grow and play.
- Promote proper digestion, help children feel full, and maintain a healthy weight by providing dietary fiber.

**What types of fruits should I offer?**

- Fresh, frozen, canned, and dried fruits are all great choices. Introduce kids to the whole rainbow of fruit choices — each fruit has its own unique flavor and nutrients. Providing different choices each day helps children get the nutrition they need.
- Limit fruit juice. Serve only one ½-cup (4 oz) to ¾-cup (6 oz) serving of 100% juice, once per day. While 100% fruit juice can be part of a healthy diet, it does not contain the dietary fiber found in other forms of fruit.
- Include good sources of potassium, such as bananas, dried plums, cantaloupe, honeydew melon, peaches, raspberries, and orange juice. Potassium can help children maintain a healthy blood pressure.

Download the Handbook at:  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

## Idaho State Dept. of Ed



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

### Idaho Food Facts Sheets and Food of the Month Posters, Activity Sheets

<http://www.sde.idaho.gov/site/cnp/farmToSchool/>



3/8/2014 and 4/5/2014

# Idaho State Dept of Ed



www.HealthyKidsHealthyFuture.org

## Gardening Resources

<http://www.sde.idaho.gov/site/cnp/schoolgarden/>



3/8/2014 and 4/5/2014

## Resources for families

**KidsHealth**  
from Nemours  
  
[Parents Home](#)  
[General Health](#)  
[Growth & Development](#)  
[Infections](#)  
[Diseases & Conditions](#)  
[Pregnancy & Baby](#)  
[Nutrition & Fitness](#)  
[Emotions & Behavior](#)  
[School & Family Life](#)  
[First Aid & Safety](#)  
[Doctors & Hospitals](#)

**For Parents For Kids For Adults**  

### Finger Foods for Babies

KidsHealth Parents Nutrition & Fitness Center Healthy Eating & Treat Families Finger Foods for Babies

What's in this article? (click to view)

Listen

Until now, feeding your baby has been your job. But as your baby gets older, your little one will want to do this more and more on his or her own.

**In Spanish too!**

[See info article in Spanish](#)

### Picky Eating: Strategies

Involve your children in preparing meals. Even a simple step like helping to wash produce or set the table can help.

Be a good role model! They will be more likely to try something if they see you eating it and enjoying it.

Try setting a rule that they have to have a little bit of vegetable (or whatever food is a problem) on their plate at each meal. Tell them that they don't necessarily have to try it, but it has to go on the plate.

If your child says she's hungry, but then only wants dessert or other treats, have a conversation with her about whether they're really hungry or not.

Try using fun names for food, or having your children make edible fruit and vegetable art.

Try serving vegetables or problem foods first, before other foods appear on the table. If it's not competing with a more familiar food, a child will be more likely to try it.

Articles from KidsHealth.org

Handout on Picky Eating

## My Plate Resources in English and Spanish



**Get your child on the path to healthy eating.**

**Focus on the meal and each other.** Your child is learning by watching you. Children see how to enjoy your table manners, your food and dishes and your willingness to try new foods.

**Offer a variety of healthy foods.** Let your child choose from foods to eat. Children are more likely to enjoy a food when parents let them make choices.

**10 tips**  
Nutrition Education Series

**be a healthy role model for children**

**10 tips for setting good examples**

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

**1 show by example**  
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on new vegetables.


**2 go food shopping together**  
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

**6 focus on each other at the table**  
Talk about fun and happy things at mealtimes. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

**7 listen to your child**  
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or carrots?"

## Resources for you!

**MyPlate Recipes on Pinterest**



**10 tips Nutrition Education Series**

**focus on fruits**

**10 tips to help you eat more fruits**

**eating better on a budget**

**10 tips to help you stretch your food dollars**

**1 plan, plan, plan!**  
Before you head to the grocery store, plan your meals for the week. Include meals like soups, stews, casseroles, which "stretch" expensive items like meat, chicken, or fish. Look for what foods you already have and make a list for what you need to buy.

**2 get the best prices**  
Check the local newspaper online and print the store for sales and coupons. Ask about a family card for extra savings on items where you shop. Look for seasonal or sales on meat and seafood—often the most expensive items on your list.

**6 convenience foods**  
Go back to the basics. Can you make healthy food from scratch? Get out ingredients and make the basics: soups, stews, casseroles, and salads. Try to make them from scratch. Take the time to prepare your own—and save!

**7 enjoy all your meals**  
Cooking meals can be fun and a great way to spend time with family. Try to have a fun experience when you cook. Use vegetables, legumes, grains, or proteins. No for fruits, apples and bananas are good choices.

10 Tips Nutrition Education Series from MyPlate

## More Resources for you!

- Head Start, Body Start – recipes, movement activities & parent resources
- Rachel Ray's Yum-O (lots of recipes)  
<http://www.yum-o.org/>

3/8/2014 and 4/5/2014

## What's your next step?

Write down action steps you can take to serve healthier food.

Make sure to note any activities you would like to do in your Action Plans!

3/8/2014 and 4/5/2014





## Learning Objectives

- 1) Understand Let's Move! Child Care Goal 4 and best practices for beverages
- 2) Know the benefits of offering healthy beverages
- 3) Get strategies and ideas for offering healthy beverages
- 4) Learn about resources and tips

## Beverages Best Practices #1-4

- **Water:** Visible and available inside and outside for self-serve
- **Fruit juice:** Only 100%; limited to no more than 4 – 6 oz. per day per child and encourage parents to support this limit
- **Sugary Drinks:** Never  
(includes fruit drinks, sports drinks, sweet tea, and soda)
- **Milk:** Serve only 1% or non-fat (skim) milk to children 2 years and older (unless otherwise directed by the child's health provider)

Don't provide water in "sippy cups" or bottles

## Benefits of Skim or 1% Milk



- Milk is packed with nutrients like calcium and vitamin D that help kids grow and build healthy bones and teeth.
- Skim and 1% milk have the same amount of calcium and vitamin D as whole milk, but without the extra fats. Kids over 2 no longer need those extra fats.

## Benefits of Drinking Water

- Keeps kids hydrated best
- Reduces acid in the mouth that can cause cavities
- When children drink water instead of sugary drinks, they have less calories.

Don't give infants less than 6 months water.



## Tips to Make Water Available

Have child size water pitchers in each classroom



Use a shower caddy to carry water and cups outside



## What works for you?



[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

What are some creative ways you make water available to children throughout the day?

## Tips to Make Drinking Water Fun

Try adding fruit slices or berries to water for an extra fun taste!



Read books about water

## Tips to Make Drinking Water Fun

- Let children serve themselves.  
Use small pitchers and cups!
- Let kids drink from the water fountain like big kids!
- Select a child to be the “water helper” for the day.



## Tips to limit juice and say ‘so long’ to sugary drinks

- Instead of juice, serve fresh fruit, which includes important dietary fiber and is a natural source of energy.
- Try diluting 100% fruit juice with water to train children’s palates to enjoy mild sweetness.
- If families pack drinks for their kids, ask them to pack healthy beverages. A policy helps!

Remember to model healthy drinking by avoiding sugary drinks in front of children!

## Don't be fooled by juice labels!



Watch out for the drink labels on the front of juice packages!

100% Vitamin C  $\neq$  100% juice

Check the Nutrition Facts on the back to see if the drink is 100% fruit juice.

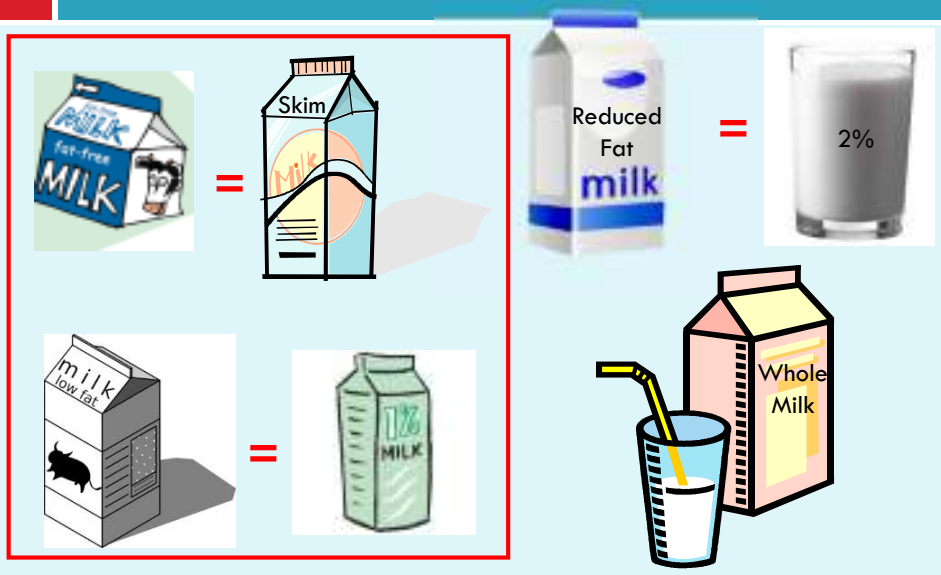
## Know how to read milk labels!



## Let's talk about different types of milk



## Which milk would you buy for children 2 years and older?



## Look at the Nutrition Facts!

Whole Milk	Lowfat Milk 1%	Fat-Free Milk (Skim)
<b>Nutrition Facts</b> Serving Size 8 fl oz Servings Per Container 1 <b>Amount Per Serving</b> Calories 150    Calories from Fat 70 % Daily Value* Total Fat 8g    13% Saturated Fat 5g    25% Trans Fat 0g Cholesterol 35mg    11% Sodium 120mg    5% Total Carbohydrate 11g    4% Dietary Fiber 0g    0% Sugars 12g Protein 8g Vitamin A 6%    Vitamin C 4% Calcium 30%    Iron 0% <small>* Percent Daily Values are based on a diet of 2,800 calories.</small>	<b>Nutrition Facts</b> Serving Size 8 fl oz Servings Per Container 1 <b>Amount Per Serving</b> Calories 100    Calories from Fat 20 % Daily Value* Total Fat 2.5g    4% Saturated Fat 1.5g    8% Trans Fat 0g Cholesterol 10mg    3% Sodium 125mg    5% Total Carbohydrate 12g    4% Dietary Fiber 0g    0% Sugars 12g Protein 8g Vitamin A 10%    Vitamin C 4% Calcium 30%    Iron 0% <small>* Percent Daily Values are based on a diet of 2,800 calories.</small>	<b>Nutrition Facts</b> Serving Size 8 fl oz Servings Per Container 1 <b>Amount Per Serving</b> Calories 90    Calories from Fat 0 % Daily Value* Total Fat 0g    0% Saturated Fat 0g    0% Trans Fat 0g Cholesterol 5mg    2% Sodium 135mg    5% Total Carbohydrate 13g    4% Dietary Fiber 0g    0% Sugars 12g Protein 8g Vitamin A 10%    Vitamin C 2% Calcium 30%    Iron 0% <small>* Percent Daily Values are based on a diet of 2,800 calories.</small>

## Dairy Alternatives



www.HealthyKidsHealthyFuture.org

- ☐ Soy
- ☐ Rice
- ☐ Almond
- ☐ Coconut

Refer to the Food Allergies section in the Nutrition and Wellness Tips for Young Children for more ideas on dairy and other food substitutions.

## Knowledge Check

- ☐ What is the limit for how much juice a child should drink per day?
- ☐ 4 – 6 oz.
- ☐ 6 – 8 oz.
- ☐ 8 – 10 oz.
- ☐ 10 – 12 oz.

## Knowledge Check

- ☐ What is the limit for how much juice a child should drink per day?
- ☒ 4 – 6 oz.
- ☐ 6 – 8 oz.
- ☐ 8 – 10 oz.
- ☐ 10 – 12 oz.

Only serve 100% juice!  
Encourage parents to support this limit.

## Knowledge Check

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> How often should you offer sugar drinks (like fruit drinks, sports drinks, sweet tea, and soda)? | <input type="checkbox"/> Every day    |
|   | <input type="checkbox"/> Twice a week |
|   | <input type="checkbox"/> Once a week  |
|   | <input type="checkbox"/> Never        |

## Knowledge Check

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> How often should you offer sugar drinks (like fruit drinks, sports drinks, sweet tea, and soda)? | <input type="checkbox"/> Every day    |
|   | <input type="checkbox"/> Twice a week |
|   | <input type="checkbox"/> Once a week  |
|   | <input type="checkbox"/> <b>Never</b> |

## Knowledge Check

- ☐ What kind of milk should children 2 years and older drink?
- ☐ Whole milk
- ☐ 2% (reduced fat)
- ☐ 1% or non-fat (skim) milk
- ☐ Flavored milk

## Knowledge Check

- ☐ What kind of milk should children 2 years and older drink?
- ☐ Whole milk
- ☐ 2% (reduced fat)
- ☐ 1% or non-fat (skim) milk
- ☐ Flavored milk



## Finding resources and tips

Visit [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

LET'S MOVE!  
**Child Care**

**Nemours.** Your child. Our promise.  
A CHILDREN'S HEALTH CENTER

START EARLY

Let's Move! Child Care

MAKE NUTRITION FUN

Healthy Eating

GET KIDS MOVING

Physical Activities

BE INSPIRED

Ideas and Resources

SEARCH SITE

Sign Up & Help Kids  
Get a Healthy Start

Strive for Five: Goals  
for a Healthier Future

Learn From Others &  
Be a Success Story

Take Online Training to  
Support Your Efforts

Find Recognized  
Providers



*"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition." — First Lady Michelle Obama*

## Beverages

**MAKE NUTRITION FUN**

- Planning & Menu Shopping
- Serving Magic**
- Beverages**
- Infant Feeding

**START EARLY, START SMART**



Join Let's Move! Child Care today. And give kids in your care a healthier future.

» Sign Up

### Beverages



What children drink can have a major effect on how many calories they consume and how much calcium they get to build strong bones.

That said, milk and water should be your main "go-to" drinks for toddlers and preschoolers.

(See Infant Feeding for ways to encourage mothers' nursing efforts for babies.)

#### Giving the Right Drinks in the Right Amounts

Here are some helpful hints about how much of which kinds of beverages kids should get at what age — and which drinks to avoid altogether.

- Make way for water.
- Make room for milk.
- Juice news you can use.
- Say "so long" to sugary drinks.





### Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program




### Build a Healthy Plate With Fruits

Nutrition and Wellness Tips for Young Children:  
Provider Handbook for the Child and Adult Care Food Program

Did you know offering fruit is a quick and easy way to make meals and snacks healthier and more colorful? While most toddlers consume enough fruit, most children 4 years and older do not. You can help by offering different fruits to your menu. Offering a variety of fruit during the week can:

- Teach healthy eating habits children will use for life.
- Add color, texture, and flavor to children's plates.
- Give children the vitamins and minerals they need to grow and play.
- Promote proper digestion, help children feel full, and maintain a healthy weight by providing dietary fiber.

**What types of fruits should I offer?**

- Fresh, frozen, canned, and dried fruits are all great choices. Introduce kids to the whole rainbow of fruit choices — each fruit has its own unique flavor and nutrients. Providing different choices each day helps children get the nutrition they need.
- Limit fruit juice. Serve only one 1/2-cup (4 oz) to 1-cup (8 oz) serving of 100% juice, once per day. While 100% fruit juice can be part of a healthy diet, it does not contain the dietary fiber found in other forms of fruit.
- Include good sources of potassium, such as bananas, dried pears, cranberries, honeydew melons, peaches, raspberries, and orange juice. Potassium can help children maintain a healthy blood pressure.

Download the Handbook at:

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

## Healthy Habits for Life Curriculum in English and Spanish

Section 3: Food and Drink to Grow On

### Food and Drink to grow on

This section offers easy and fun ideas and activities to help children learn about fruits, vegetables, and other healthy foods.

**Healthy food keeps us happy and strong!** There are many foods to choose from, but what are good for growing children?

You can give children the right food choices by helping them learn about healthy eating and showing them to choose foods a night or two from now. You'll also learn how to help children understand important food signs – the food pyramid is full of good ways to choose these nutrients.

**Food is colorful and it's delicious. Enjoy it together!**



### If You're Hungry and You Know It

If you're hungry and you know it, say, "I'm hungry!"

If you're hungry and you know it, And you really want to show it, If you're hungry and you know it, Eat it up!

If you're thirsty and you know it, say, "I'm thirsty!"

If you're thirsty and you know it, And you really want to show it, If you're thirsty and you know it, Drink some water!

If you feel full and you know it, say, "I'm done, please!"

If you feel full and you know it, Then say "No" so you know it.

If you feel full and you know it, Don't say, "No more food!"

**Let's do this!** After the first round, if you feel hungry, thirsty, or full, say "I'm hungry," "I'm thirsty," or "I'm done, please!" and show it. If you feel full and you know it, say "No more food!" and show it. If you feel full and you know it, say "No more food!" and show it. If you feel full and you know it, say "No more food!" and show it.




## What's your next step?

Write down action steps you can take to offer healthier beverages!



GOAL 5: SUPPORT INFANT FEEDING

Stretch It Out

## Learning Objectives

- 1) Understand Let's Move! Child Care Goal 5 and best practices for infant feeding
- 2) Know the benefits of supporting breastfeeding moms and babies
- 3) Get strategies and ideas to create a private room for mothers to breastfeed or pump
- 4) Learn about resources and tips available

## Growing a First Food Movement – Coming Together in Support of Breastfeeding



## Knowledge Check

- |  |  |
|--|--|
| <input type="checkbox"/> For how many months should a baby be exclusively breastfed? | <input type="checkbox"/> 3 months<br><input type="checkbox"/> 4 months<br><input type="checkbox"/> 5 months<br><input type="checkbox"/> 6 months |
|--|--|

## Knowledge Check

- |  |  |
|--|--|
| <input type="checkbox"/> For how many months should a baby be exclusively breastfed? | <input type="checkbox"/> 3 months<br><input type="checkbox"/> 4 months<br><input type="checkbox"/> 5 months<br><input checked="" type="checkbox"/> <b>6 months</b> |
|--|--|

An “exclusively breastfed” baby is given only breast milk (no formula, cereal, juice, water, or baby food).

The American Academy of Pediatrics (AAP) recommends:

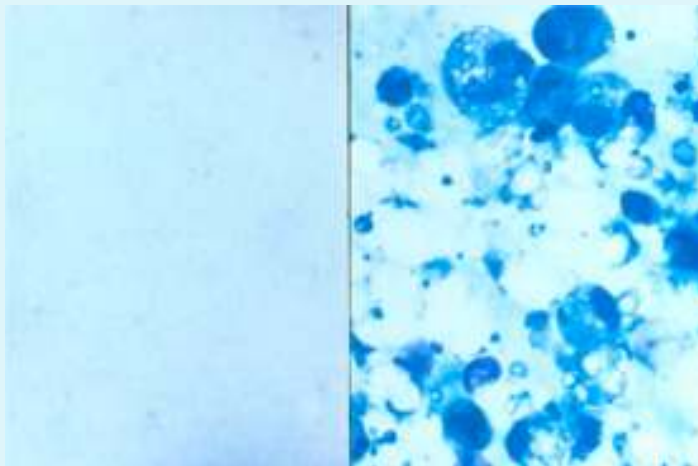
- ▣ **“Exclusive breastfeeding”** for the first **6 months**
- ▣ **Continued breastfeeding** for **at least 12 months**
  - There is no ‘age limit’ – after 12 months, AAP recommends breastfeeding continue for *as long as mother and baby desire*

## Mother's milk is best for babies

- Protects *her baby* from infections and illnesses with customized immune factors that no infant formula will ever be able to match
- Provides *her baby* exactly what is needed to grow and thrive, and changes over time to keep up with baby's changing needs
  - Even when a mother's own diet is poor, her milk is still perfect for her baby.
- Programs *her baby* for healthy habits, diet, and nutrition that keep going long after breastfeeding ends



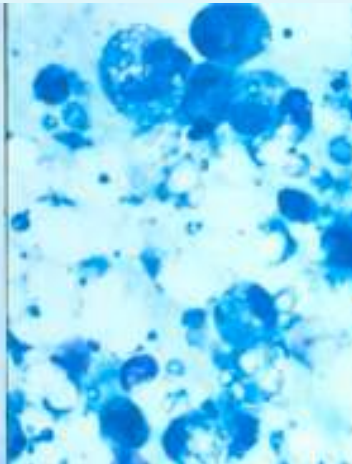
## Take A Look



## Take A Look

Drop of formula

vs. Drop of breast milk



White blood cells protect against infection.



Fat globules help eyes and brain grow faster.

## Breastfeeding Protects Babies

- ❑ Helps make babies less likely to grow up to be obese or suffer from things like diabetes and asthma
- ❑ Helps keep babies from getting sick with things like diarrhea and ear infections
  - ▣ Helps keep babies who do get sick from becoming severely ill and needing to go to the hospital
- ❑ Helps protect babies against Sudden Infant Death Syndrome (SIDS)





## Breastfeeding Benefits Mothers



- Helps protect moms against things like breast and ovarian cancers and type 2 diabetes
- Helps moms fend off and deal with postpartum depression
- Makes bonding easier and helps mothers stay closely bonded to their babies after going back to work
- Helps mothers be able to be at work instead of taking time off to care for a sick baby
- Saves mothers money – at least ~\$1500/year

## Expressed Milk = Food Brought From Home

- Follow existing procedures for handling and storing other foods brought from home (such as infant formula and baby foods) when handling and storing expressed milk
  - Be sure not to waste expressed milk – wasting milk does not support moms who work very hard to collect and provide their milk
  - No procedures exist for foods brought from home? Follow existing procedures for *medications* brought from home

## Appropriate Procedures for Storing, Handling, and Feeding Expressed Milk

### Storage:

- ☐ **Label** all containers (child's name, date)
- ☐ **Organize** containers (group by child, newest milk in back)

### Handling and Feeding:

- ☐ **Follow food safety guidelines** (expressed milk is **FOOD**, not hazardous body fluid)
  - ☐ Gloves? Only if required for **food** handling
  - ☐ Microwave heating? Never microwave **any** infant foods
  - ☐ Reheating? Never reheat **any** infant foods

## Knowledge Check

14

Expressed milk is a hazardous body fluid that requires extra precautions for storage and handling to prevent infection.

- ☐ TRUE
- ☐ FALSE

## Knowledge Check

15

Expressed milk is a hazardous body fluid that requires extra precautions for storage and handling to prevent infection.

☐ TRUE  
☒ FALSE

The answer is **FALSE**.

Expressed milk is not a hazardous substance, it is a food.

"Universal precautions" do not apply to expressed milk.

Expressed milk should be stored in refrigerators and freezers appropriate for food storage.

Expressed milk may be stored along with any other foods and beverages.

## Feeding Expressed Milk Benefits YOU as a Care Provider

### ☐ Expressed milk is reimbursable!

- ☐ When fed by a care provider, expressed milk is reimbursable for infants as part of the Child and Adult Care Food Program (CACFP) meal pattern

### ☐ Expressed milk is free!

- ☐ Mothers provide their milk to you. Nothing for you to buy; more money in your pocket.



## Why Do Moms Need Your Support?

- ❑ 81% of moms desire to breastfeed
- ❑ 60% of moms do not meet their breastfeeding goals
- ❑ Returning to work is the primary reason for ending breastfeeding
- ❑ Shorter duration if baby is in an early care and education environment

## Why Do Moms Need Your Support?

- ❑ Most moms *want* to breastfeed – you might be the *only* champion around.
  - ❑ Some families don't support moms who want to breastfeed.
  - ❑ Some hospitals do things when the baby is born that make breastfeeding harder than it needs to be.
  - ❑ Some employers don't want moms to breastfeed/express milk.
  - ❑ Some jobs make it hard to keep breastfeeding.
- ❑ Most moms *worry* about breastfeeding – you might be the *only* reassuring voice.
  - ❑ Most worry whether there's enough milk and many struggle to express enough milk for you.
  - ❑ All who aren't able to provide enough milk will be sad.

## Supporting Parental Choice



- Some mothers will choose not to breastfeed, and that's okay! Support their decision.
- For moms whose babies don't get expressed milk, infant formula is the *only* safe alternative.

## How To Support a Breastfeeding Mother





## LMCC Goal 5: Infant Feeding

Have a private room for moms to breastfeed or pump

- other than a bathroom
- appropriate seating and privacy



Have the space available for mothers who want privacy.

## Creating a Space

- A privacy barrier could be a door, curtain, room divider, or furniture.
- Appropriate seating could be a relaxing chair, sofa, or loveseat.
- Other things you will need:
  - an electrical outlet (for electric breast pumps)
  - a small table for pump and bottle supplies

## What are the challenges you face?

- ☐ Not enough space
- ☐ Cost
- ☐ Resources
- ☐ Time

## Early College High School Child Care Center

Turned a closet into a private room



Before



After

## What did the program do?



- ☐ Moved files to the hallway
- ☐ Cleaned room
- ☐ Painted
- ☐ Purchased items and put together new furniture

## Items Purchased

- |   |  |
|---|--|
| <input type="checkbox"/> Artwork                            | <input type="checkbox"/> Mini Blinds and Curtains  |
| <input type="checkbox"/> Boppies and Washable Covers (2)    | <input type="checkbox"/> Mirror                    |
| <input type="checkbox"/> CD Player with soothing sounds CDs | <input type="checkbox"/> Nursing Pads (disposable) |
| <input type="checkbox"/> Changing Table                     | <input type="checkbox"/> Nursing Stool             |
| <input type="checkbox"/> Clothes Hamper                     | <input type="checkbox"/> Paint                     |
| <input type="checkbox"/> Rocking Chair                      | <input type="checkbox"/> Receiving Blankets        |
| <input type="checkbox"/> Waste Basket                       | <input type="checkbox"/> Small Table and Lamp      |
|   | <input type="checkbox"/> Wall Clock                |



## New Warm and Inviting Space!



## GSA – HHS/ED Children's Center



Young Infant Classroom

Nursing Area

## What did the program do?



- Utilized a small corner in the nap area
- Added cubes and board for breastfeeding information, books, magazines, and music
- Outlet and changing area in close proximity
- Repurposed existing equipment

## GSA – Suitland Federal CDC: Before

A corner of the classroom



## GSA – Suitland Federal CDC: After



## GSA – Federal Children's Center of Northern VA

Used existing program area  
(Assistant Director Office)



Added a curtain hung by  
Velcro with a sign to provide  
and support privacy for  
nursing mothers

## GSA – Department of Labor CDC



Renovated a small section  
of a larger classroom



What could a private space for  
breastfeeding mothers look like in your  
program?



Draw it!



## Time to Practice!

1. Pair up
2. Choose your role – parent or provider?
3. Role play a discussion about breastfeeding

## Finding resources and tips

## Infant Feeding

**LET'S MOVE! Child Care**

**Nemours** Your child. Our promise.  
A Children's Health System

**START EARLY** Let's Move! Child Care  
**MAKE NUTRITION FUN** Healthy Eating  
**GET KIDS MOVING** Physical Activities  
**BE INSPIRED** News and Resources

Welcome | Make Nutrition Fun

**MAKE NUTRITION FUN**

- Planning & Menu Shopping
- Serving Meals
- Beverages
- Infant Feeding**

**GOAL #5: INFANT FEEDING**

As a child care provider, an important thing you can do for babies is support their parents' decisions about infant feeding, especially the mother's breastfeeding (nursing) efforts.

**Breast milk helps to:**

- curb obesity
- defend against infections (keeping infants from getting sick with things like diarrhea and ear infections)
- protect against a number of conditions — like asthma, diabetes, and sudden infant death syndrome (SIDS)

**Work with parents to:**

- » Provide mothers' pumped breast milk to their babies.
- » Accommodate moms who want to nurse.
- » Support their infant feeding decisions.

**Recommendations from the experts.**

The American Academy of Pediatrics (AAP) says babies should be breastfed exclusively for the first six months (that means no formula, water, juice, non-breast milk, or food). And nursing should continue until 12 months (and beyond) if it's working for both mom and baby.

Join Let's Move! Child Care today. And give kids in your area a head start today.

Let's Move! Online

## Ideas & Resources

One stop shop for nutrition and physical activity resources for all providers

### Resource Center

Here's your library of free, simple-to-use, proven resources, inspiring ideas, and practical tips for healthy eating and activity — all in one place.

- + Comprehensive Guides & Job Aids
- + Nutrition Know-How
- + Physical Activity Insights
- + Be a Healthy Lifestyle Role Model
- Support Infant Feeding Decisions

- » 10 Steps to Breastfeeding Friendly Child Care Centers (resource kit from the Wisconsin Dept. of Health Services)
- » Breastfeeding FAQs: Safely Storing Breast Milk (article from KidsHealth)
- » Breastfeeding FAQs: Solids and Supplementing (article from KidsHealth)
- » Breastfeeding vs. Formula Feeding (article from KidsHealth)
- » Child Care Tips: Breast Milk (poster from the USDA)
- » Finger Foods for Babies (article from KidsHealth)
- » How to Support a Breastfeeding Mother: A Guide for Child Care Centers (job aid from the Texas Dept. of State Health Services; click on the first PDF on the page to open)

- + Videos Worth Viewing
- + Fun Games & Activities
- + Spanish Resources
- + For Families

## Sample Resources



Video: How to Support a Breastfeeding Mother



Posters



### Furnishing a Lactation Room

- Accommodation Essentials**
  - Private room with a lock on door
  - Electrical outlet
  - Chair
  - Small table
  - Waste basket
  - Sink with running water
  - Handy refrigerator or storage space for small cooler
  - Mother provides her own breast pump
- Modest Accommodations**
  - Private room with a lock on door
  - Electrical outlet
  - Chair - upholstered, comfortable
  - Small table
  - Waste basket
  - Sink with running water nearby or in room
  - Small refrigerator nearby or in room
  - Employer owns or rents an electric breast pump
  - Mother brings own attachment kit
  - Changing stool
  - Toilet dispenser
  - Wall clock
  - Mirror
- Luxurious Accommodations**
  - Private room with a lock on door
  - Electrical outlet
  - Chair - upholstered, comfortable
  - Small table
  - Waste basket
  - Sink with running water nearby or in room
  - Small refrigerator nearby or in room
  - Employer owns or rents an electric breast pump
  - Mother brings own attachment kit
  - Changing stool
  - Toilet dispenser
  - Wall clock
  - Mirror
  - Lending library of breastfeeding resources
  - Radio/cassette/CD player
  - Telephone
  - Appetizing air for walls



## Resources for Mothers





English & Spanish

## What's your next step?

Write down action steps you can take to support breastfeeding!





## Head, Hearts and Hands

**Head**- What is one thing you learned

**Heart**- What is one thing that touched your heart

**Hands**- What is one thing you will do when you go back to work

## LMCC Checklist Quiz

On your own or with a partner from your program, complete the Checklist Quiz in your binder to the best of your abilities.

*Please make a second copy of the quiz to submit to us with the name of your child care program on it before you leave today.*

## Closing

- Questions?
- Evaluations

