



# LET'S MOVE! Child Care

Visit **[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)** to sign up, take the quiz, check out free materials and webinars, and share your success stories!



Across all 50 states and dozens of tribal communities, early education and child care providers in centers and homes have joined Let's Move! Child Care, the First Lady's effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices through 5 goals. Nearly one in three children in the US is obese or overweight, and one study found that obesity in four year-olds is twice as common among American Indian/Alaska Natives than any other ethnic group. Child care providers and families have the power to make a difference.

## Here are the 5 simple goals:

### 1. Physical Activity



Playing with your children can create a lifelong habit of physical activity. Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

### 2. Screen Time



No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).

### 3. Food



Helping your children to prepare and eat healthy foods is a gift that will last a lifetime. Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.

### 4. Beverages



Water quenches their thirst best. Help your children choose water instead of sugared drinks. Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.

### 5. Infant Feeding



For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

Learn more at **[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)**

## Getting Started with *Let's Move!* Child Care Is Simple

Follow these easy steps today to support healthy choices for the children you serve in your home or center. Signing up and participating are free.

- STEP 1**      **Sign Up and Receive a Participation Certificate.** Sign up with your e-mail address. You'll use it later to take a checklist quiz and to receive information and updates. After you sign up, download your *Let's Move!* Child Care Participant Certificate to display in your center or home.
- STEP 2**      **Take the *Let's Move!* Child Care Checklist Quiz.** Use the e-mail address you signed up with to access our simple online checklist quiz. Answer the questions to see which *Let's Move!* Child Care goals you are meeting already and which goals you need to work toward.
- STEP 3**      **Build Your Action Plan.** Create an Action Plan exclusively for your center or home to help you reach the *Let's Move!* Child Care goals.
- STEP 4**      **Access Free Resources and Ideas.** Find a variety of helpful, free resources and ideas to help you implement your Action Plan and meet the *Let's Move!* Child Care goals.
- STEP 5**      **Earn Your *Let's Move!* Child Care Recognition Award.** Once you've achieved the *Let's Move!* Child Care goals, retake the online checklist quiz to receive your Recognition Award.
- STEP 6**      **Celebrate Your Success!** Share your story and tips for success with others by emailing [LMCCHelp@cdc.gov](mailto:LMCCHelp@cdc.gov)



**Need help?** Just send an email to [LMCCHelp@cdc.gov](mailto:LMCCHelp@cdc.gov)