



### *Let's Move! Child Care Celebrates 4<sup>th</sup> Anniversary— Complete an Action Plan Today!*

The Packard Foundation is partnering with Let's Move! Child Care (LMCC) to award toolkits to support early care and education (ECE) providers in meeting the goals of Let's Move! Child Care. These toolkits include supplies and materials to directly support your center/home's Let's Move Child Care Action Plan. The toolkits, provided by Kaplan, are valued at over \$100/kit and will be a great help in achieving steps on your Action Plan.

Getting started is simple! Signing up and participating in Let's Move! Child Care is free. Once the steps are completed, you will receive a participation certificate. ECE providers can access the online tools and resources to help children learn healthy habits. The LMCC checklist quiz can help your center/home build an Action Plan to start meeting best practices. By signing up, taking the quiz, and making an Action Plan, you can join the nearly 17,000 ECE who have committed to working towards meeting best practices. Watch this [video](#) to see how it all began.

### *Eligibility*

Centers/homes who develop an LMCC Action Plan online **between August 17<sup>th</sup> – September 18<sup>th</sup>** will be entered into a drawing for a chance to win toolkits. Ten programs will be randomly selected as winners (*please note: there can only be one winner chose per center/home, so program directors, staff, and leadership should complete their Action Plan together as a team*). Winners will receive toolkits (based on number of children served) with resources based on their top priority goal area from their Action Plan. Sample kits can be seen following the instructions below. The winners will be contacted in the future to see how the materials have helped make positive changes in their center/home.

NOTE: If you developed an Action Plan on the LMCC website prior to August 17, 2015, you will need to re-enter the action plan information on the LMCC website between August 17<sup>th</sup> – September 18<sup>th</sup> to be entered into the drawing.

### *Develop an Action Plan by September 18<sup>th</sup> for a chance to win!*

#### *How to enter*

For centers/homes new to Let's Move! Child Care:

1. Visit <https://healthykidshealthyfuture.org/join-us/> between **August 17<sup>th</sup> and September 18<sup>th</sup>**
2. Click the red **Register Here** button. Enter your email and click the blue "Next" button. Fill in the requested information about yourself (name and email) and your center on the pages that follow, using the blue "Back" and "Next" buttons to help you navigate.
3. Take the **Let's Move! Child Care Checklist Quiz** by using the link provided once registration is complete.
4. After you take the quiz, you will be directed to a page that has a link to "**Set your goals with our Action Plan.**" Click this link.

5. Fill in your Action plan, using the blue “*Back*” and “*Next*” buttons to navigate. Your best practices rated “*Making Progress*” or “*Ready to Get Started*” from your quiz will appear pre-populated in the Action Plan. Once you complete your Action Plan, you should see a screen reading “*Congratulations! You have completed your Action Plan.*”
6. Scrolling down on this webpage will allow you to view a summary of your responses. Your responses are also available as a PDF. To download the PDF, click the “*Download PDF*” link. **Make sure to print or save your Action Plan before closing this window.**

For centers/homes who have registered with Let’s Move! Child Care, but have not yet taken the quiz or completed an Action Plan:

1. Visit <https://healthykidshealthyfuture.org/join-us/> between **August 17<sup>th</sup> and September 18<sup>th</sup>**
2. Click the blue **Take the Quiz** button if you have already registered and remember the email you used. Enter the email address and the last name you used when you registered and click the blue “*Next*” button.
3. Take the **Let’s Move! Child Care Checklist Quiz**.
4. After you take the quiz, you will be directed to a page that has a link to “**Set your goals with our Action Plan.**” Click this link. *(If you would like to pause between taking the quiz, and completing your action plan, you are able to do so. Just remember the email and last name you used to register in order to log back in the next time. Follow the steps below to complete your Action plan at a later date).*
5. Fill in your Action plan, using the blue “*Back*” and “*Next*” buttons to navigate. Your best practices rated “*Making Progress*” or “*Ready to Get Started*” from your quiz will appear pre-populated in the Action Plan. Once you complete your Action Plan, you should see a screen reading “*Congratulations! You have completed your Action Plan.*”
6. Scrolling down on this webpage will allow you to view a summary of your responses. Your responses are also available as a PDF. To download the PDF, click the “*Download PDF*” link below. **Make sure to print or save your Action Plan before closing this window.**

For centers/homes who have registered with Let’s Move! Child Care and have taken the quiz, but have not yet completed an Action Plan:

1. Visit <https://healthykidshealthyfuture.org/join-us/> between **August 17<sup>th</sup> and September 18<sup>th</sup>**
2. Click the navy **Make an Action Plan** button if you have already registered, completed the quiz, and remember the email you used. Enter the email address and the last name you used when you registered and took the quiz and click the blue “*Next*” button.
3. Fill in your Action plan, using the blue “*Back*” and “*Next*” buttons to navigate. Your best practices rated “*Making Progress*” or “*Ready to Get Started*” from your quiz will appear pre-populated in the Action Plan. Once you complete your Action Plan, you should see a screen reading “*Congratulations! You have completed your Action Plan.*”
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### *Technical Assistance*

Please contact [LMCCHelp@cdc.gov](mailto:LMCCHelp@cdc.gov) if you need help completing your action plan.

# Every Child Deserves a High-Quality Learning Environment

These activity kits offer hands-on activities to involve children in nutrition awareness, healthy eating activities and physical activity in every classroom from birth through age five, as well as activities for families to try at home.



### Tossing & Catching Kit

This kit includes 3 double-sided activity cards, 1 set of 1-10 numbered bean bags, 10 plastic cones, and 2 beach balls. This kit comes in a self-contained box.



### Moving & Dancing Kit

This kit includes 3 double-sided activity cards, 24 bandanas, Barnyard Dance book, 3 jump ropes and Wiggle Jiggle Fitness Fun CD. This kit comes in a self-contained box.



### Nutrition Kit

This kit includes 3 double-sided laminated activity cards and 5 sorting baskets with a mixture of 25 color coordinated fruits and vegetables. This kit comes in a self-contained box.



### Physical Activity Kit

This child friendly physical activity backpack includes two 7" foam balls, 6-foot parachute, "3-2-1 Time for Parachute Fun" CD to help guide your parachute activities; "Read, Move, Learn" resource, 25 circle mats, and 3 inflatable cubes with activity guide to encourage small group physical activity.



# Every Child Deserves a High-Quality Learning Environment

These activity kits offer hands-on activities to involve children in nutrition awareness, healthy eating activities and physical activity in every classroom from birth through age five, as well as activities for families to try at home.



## Breastfeeding Kit

Building the bond between mother and child is important. This kit contains supportive breastfeeding materials including a Boppy® Pillow, Nursing Cover, a Breast feeding Resource book, children's book and a bottle warmer. The Boppy® provides ideal support for feeding, supporting, and holding infants. The children's book is a great introduction to breastfeeding. A nutrition poster is also included as a resource.



## Family Style Dining Kit

Family style means that children are allowed to eat their meals and snacks in a manner that promotes the beneficial environment they might experience in their home, including activities that encourage decision making, self-help skills, sharing, and social skills through interaction with others. This kit features child size utensils and dining materials for 12 children. These lightweight polycarbonate plastic plates and bowls are scratch resistant and dishwasher safe and the utensils are durable stainless steel flatware.



## The Importance of Drinking Water Kit

Children need plenty of water to stay hydrated and healthy. Water makes up more than half of your child's weight, and a steady supply is necessary to keep their body working properly. This classroom kit provides many tools to emphasize the importance of drinking water. This kit contains 3 children's books, 12 individual children's water bottles, posters and handouts, and a 3 gallon classroom water container.



## Infant/Toddler Gross Motor Kit

Our infant toddler gross motor kit offers a variety of appropriate items to support health and physical development. Contents: Amazing Baby™ Sound Balls to delight babies with different textures and chiming, jingling, and crinkling sounds; a Sensory Flower pillow with petals that crinkle or rattle to promote floor play and tummy time; a Pull-Up Mirror to encourage self-awareness and develop motor skills; and a Mini Spiral Mountain for crawling and exploring.