



Learning Session 1: The ABC's of a Healthy Me



Early Childhood Health Promotion
and Obesity Prevention


National Early Care and Education
Learning Collaboratives (ECELC) Project

Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004112-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

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- **Nemours**
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- **Gretchen Swanson Center for Nutrition**
 - For the evaluation component of this national effort



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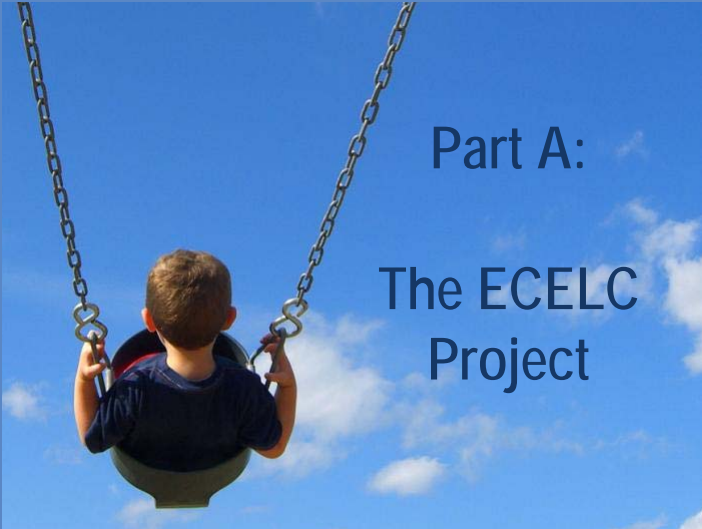
Learning Session 1 Objectives

At the end of the Learning Session, providers will:

1. Identify at least two examples of changes in our society or environment that have contributed to childhood obesity over the years;
2. Identify at least two benefits of implementing best practices for nutrition, physical activity, screen time, and breastfeeding support;
3. Name at least one strategy to improve personal wellness; and
4. Complete at least four Go NAP SACC instruments to assess provider practices and policies.



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A photograph of a young boy in a dark blue shirt sitting on a swing set, seen from behind. The swing is suspended by metal chains against a bright blue sky with scattered white clouds. The entire image is framed within a larger blue rectangle.

Part A: The ECELC Project

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Nemours National ECELC



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Early Care and Education Learning Collaboratives (ECELC)

- **Community of learners for childhood obesity prevention**
 - Network of shared ideas and mutual support
 - Resources for healthy practice and policy changes
 - Research on best ways to implement best practices



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Early Care and Education Learning Collaboratives (ECELC)

- **Aligned with national best practice guidelines from:**
 - Healthy Kids, Healthy Future (HKHF)
 - Preventing Childhood Obesity in Early Care and Education Programs (2nd Edition)
 - Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)
- **Focus on quality ECE, and children's health as the foundation for life-long success**
- **Obesity prevention in the context of health promotion and wellness made possible by the *power* of ECE providers**

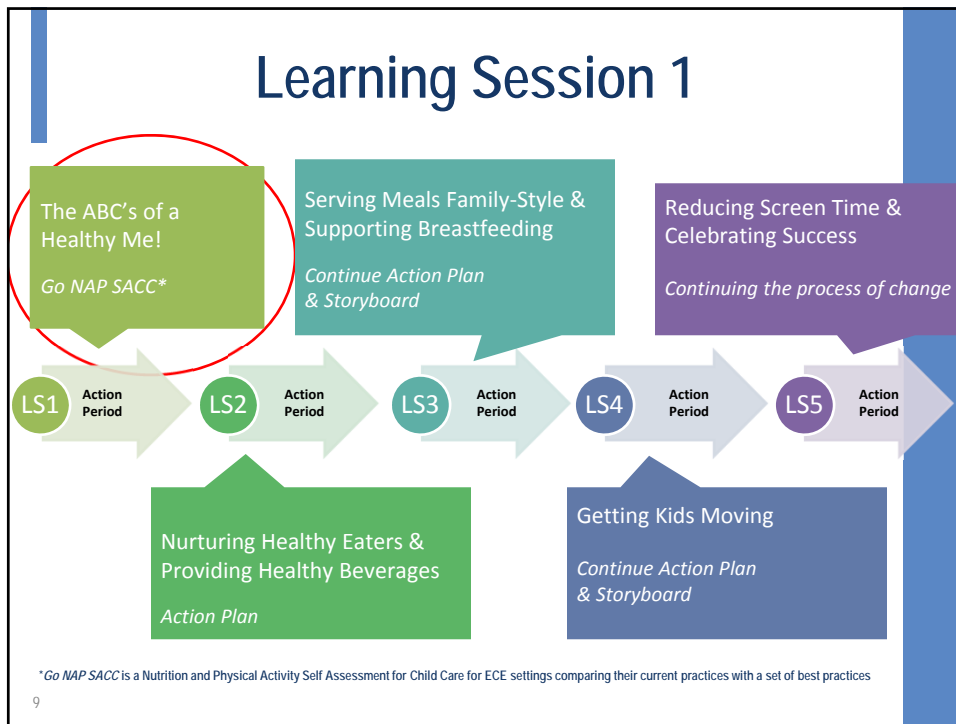
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How are FCC Providers Powerful?

- Unique position to impact children and their families
- Influence on knowledge, attitudes and healthy habits
- Opportunities to create healthy environments
- Families look to providers as a resource
- We know you make a difference!



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Healthy Kids, Healthy Future Website



www.healthykidshealthyfuture.org

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Complete HKHF Quiz

As a Leadership Team, complete the quiz:



Las buenas prácticas de Healthy Kids, Healthy Future se encuentran al lado izquierdo. Por favor, marque la casilla debajo de la respuesta que mejor describe la situación actual de su programa.

Fecha de terminación: _____

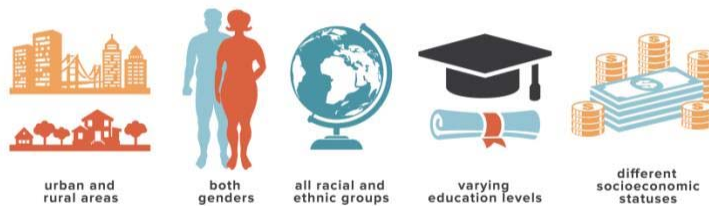
Las buenas prácticas	Si implementamos esta buena práctica completamente	Estamos progresando en la implementación de esta buena práctica	Estamos listos para empezar a implementar esta buena práctica	En este momento, no podemos implementar esta buena práctica
Responda si usted cuida niños pequeños (13-35 meses) o niños en edad preescolar (36-60 meses)				
Agua potable disponible y visible adentro y afuera para auto-servicio.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
El consumo de jugo 100% de fruta está limitado a no más de 4 a 6 onzas por día y le recomendamos a los padres a apoyar esta limitación.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nunca se ofrecen bebidas azucaradas incluyendo bebidas de fruta, bebidas deportivas, té dulce y sodas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Servimos sólo leche de 1% o leche descremada/sin grasa para los niños de 2 años de edad o mayores (salvo que el doctor del niño indique lo contrario).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<small>Reservados todos los derechos. No se permite la explotación económica ni la transformación de esta obra. Queda permitida la impresión en su totalidad.</small>				

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The Obesity Epidemic's Impact



- Overweight and obesity increased rapidly in a short period of time among children, youth and adults in the U.S.



- The upcoming video will show how adult obesity rates changed in the U.S. since 1989

Video Module 1

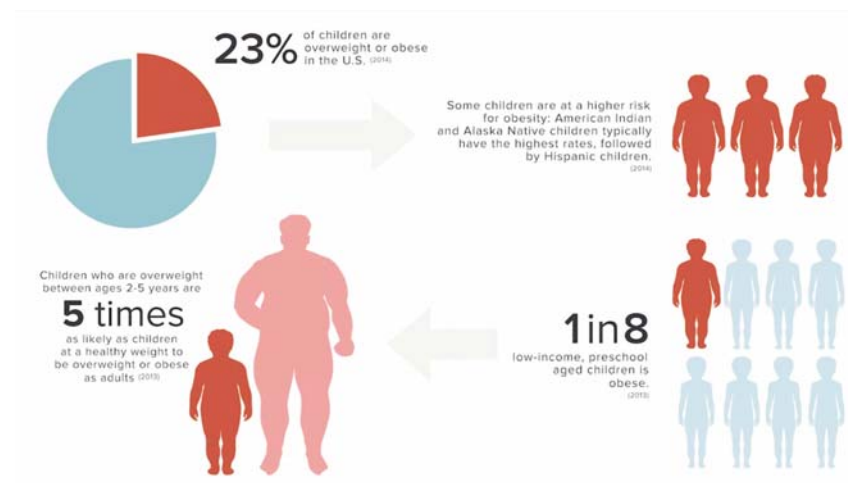
The National Early Care and Education Learning Collaboratives Project:
VIDEO TO ACCOMPANY LS1

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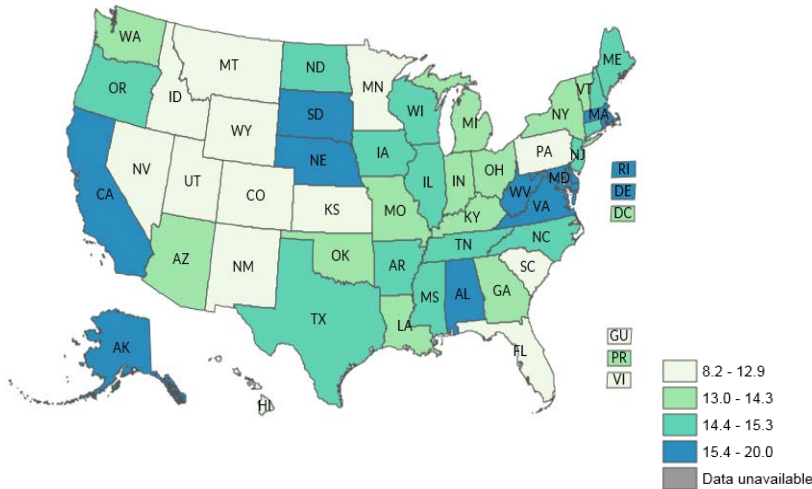
Video Module 1 Take Away Messages



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State Childhood Overweight/Obesity Rates

- 2014: Percent of WIC children aged 2 to 4 years who have obesity



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Long-Term Impact of Obesity

- Health problems in children formerly seen only in adults:**
 - Heart disease
 - High blood pressure (hypertension)
 - High cholesterol
 - Type 2 diabetes
 - Hip and joint problems
- Serious long-term risks:**
 - Increased risk of developing co-morbid conditions
 - Negative impact on mental health
 - Shortened life expectancy



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Discussion:

**What Has Contributed to
Childhood Obesity Over
the Past Thirty Years?**

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Changes in Our Society and Environment

More Calories In

- Higher caloric foods
- Large portion sizes
- Consumption of soda & sweetened beverages
- More meals away from home
- Growth of food industry and advertising

Less Calories Out

- Less physical activity
- Lack of walkable communities
- Automobile travel
- Perception of safety in communities
- Watching more TV and using devices
- More labor assisting devices in the workplace

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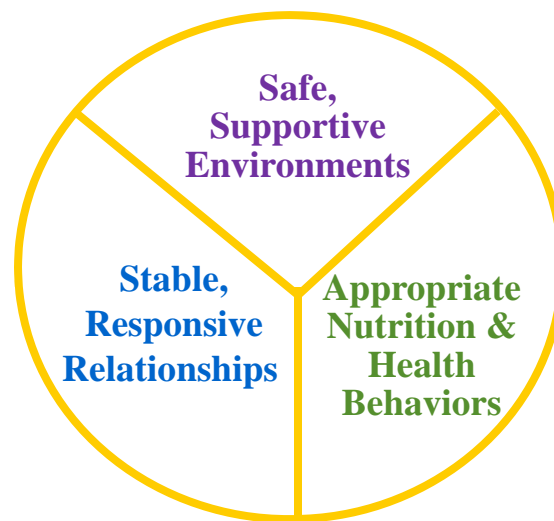
What is Healthy Development?

- **Healthy development is the capability of children, with appropriate support, to:**
 - Develop and realize their potential
 - Satisfy their needs
 - Interact successfully with their physical and social environments
- **Multidimensional and cross-domain**
- **Influenced by responsive relationships, safe and engaging environments to explore, good nutrition**
- **Foundation for success in learning and life**



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Foundations of Healthy Development



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Physical Activity Break



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Part C: ABC's of a Healthy Me!



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ABC's of a Healthy Me

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ABC's of a Healthy Me Handout

ABC's of a Healthy Me

Active play

- Every day, inside and out

Breastfeeding

- Support and access to a private space

Cut down on screen time

- None for children under age 2
- No more than 30 minutes a week for children ages 2 years and older

Drink milk and water

- Offer milk at meals and make water always available to quench thirst

Eat healthy foods

- Fruits, vegetables, whole grains, lean meats and protein, low-fat dairy



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ABC's of a Healthy Me

Testing Your Knowledge



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A Active Play, Every Day

1. In terms of indoor and outdoor play, all are correct **except**:
 - a) Active play *outdoors* 2-3 times per day
 - b) Opportunities to practice age-appropriate motor and movement skills
 - c) Structured play is the only type of acceptable play
 - d) Engage in moderate to vigorous physical activity (MVPA)
2. Preschoolers should enjoy at least _____ minutes of active play per day.
3. Toddlers should enjoy at least ___ - ___ minutes of active play per day.
4. Infants should enjoy “tummy time” every day for ___ - ___ minute periods, with longer periods as enjoyed.

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Benefits of Active Play

- Supports exploration, development and learning
- Helps maintain a healthy weight and avoid excessive weight gain
- Builds and maintains healthy bones and muscles
- Increases strength, coordination and fitness
- Lowers risk of chronic disease
- Improves self-esteem
- Lowers stress



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Breastfeeding Support

1. **American Academy of Pediatrics recommends:**
 - Exclusive breastfeeding for the first ___ months of life
 - Continued breastfeeding for ___ year(s) or longer
2. **ECE programs provide important support by providing:**
 - a) A private, quiet, comfortable place to breastfeed or pump
 - b) Encouragement
 - c) Information on breastfeeding
 - d) All of the above



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Benefits of Breastfeeding

- **Breast milk is the best source of nutrition for infants**
- **Provides developmental benefits**
- **Encourages maternal-infant bonding**
- **Improves child and maternal health**
 - Child:
 - Reduces risk for a variety of infections
 - Reduces risk for developing several chronic conditions later in life
 - Mother:
 - Faster rate of returning to pre-pregnancy weight
 - Decreased risk of breast and ovarian cancer



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Cut Down on Screen Time

1. **Screen time includes all of the following, except:**
 - a) TV, DVDs, videos
 - b) Computer time
 - c) Smart phone, tablets
 - d) Music and movement
2. **No screen time for children under age ___ years**
3. **Limit or eliminate screen time for children ages 2 years and older**
 - No more than ___ minutes per week in ECE setting
 - No more than ___ hours per day from all sources



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Benefits of Cutting Down on Screen Time

- Increases time for physical activity
- Decreases exposure to food and beverage advertisements
- Decreases snacking and consumption of high caloric foods



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Drink Water or Milk

1. **Which beverage should be visible and accessible for self-serve, inside and outside?**
2. **Choose milk for meals**
 - _____ milk for ages 12-24 months
 - _____ or _____ milk for ages 2 years and older
3. **Limit or eliminate fruit juice**
 - ____ - ____ ounces per day (between home and ECE setting)
 - If offered, serve only _____ juice



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Benefits of Drinking Water and Milk

- Do not contribute to childhood obesity
- Do not contain added sugars
- Do not contribute to dental cavities
- Milk provides calcium, protein, and vitamin A & D (if fortified)



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Eat Healthy Foods

1. Serve _____ and/or _____ at every meal and snack
2. Serve fried/pre-fried foods only ___ time per month or _____
3. Make _____ of grains whole grains
4. Choose low-fat dairy (_____ or _____)
5. Choose _____ meats and protein
6. Providing meals “_____” is considered best practice



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Benefits of Eating Healthy Foods

- Fruits and vegetables provide vitamins and minerals that are essential for a child's growth
- Low-fat dairy contains calcium and protein to help build strong bones and muscles
- Whole grains, fruits, and vegetables contain fiber to help:
 - Increase fullness
 - Maintain a healthy weight
 - Decrease risk for developing chronic conditions
- Eating healthy foods at a young age helps children develop life-long healthy habits

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Partnering with Families to Support Healthy Habits

- Teach parents to learn and follow the ABCs of a Healthy Me!
 - Ask parents to share how they prepare healthy foods at home
 - Send home weekly or monthly newsletters that include healthy recipes
 - Send home information regarding screen time
- Invite parents to participate in meal time on site

ABC's of a Healthy Me

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You are the Key to Helping Kids Grow Up Healthy!

The healthy habits you model and teach will last a lifetime!

Have fun being active with your children!



Remember: We are here to help you on your journey!

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Preventing Childhood Obesity

Preventing Childhood Obesity in Early Care and Education Programs

Second Edition

Selected Standards from

Caring for Our Children: National Health and Safety Performance Standards, 3rd edition



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

APHA
American Public Health Association

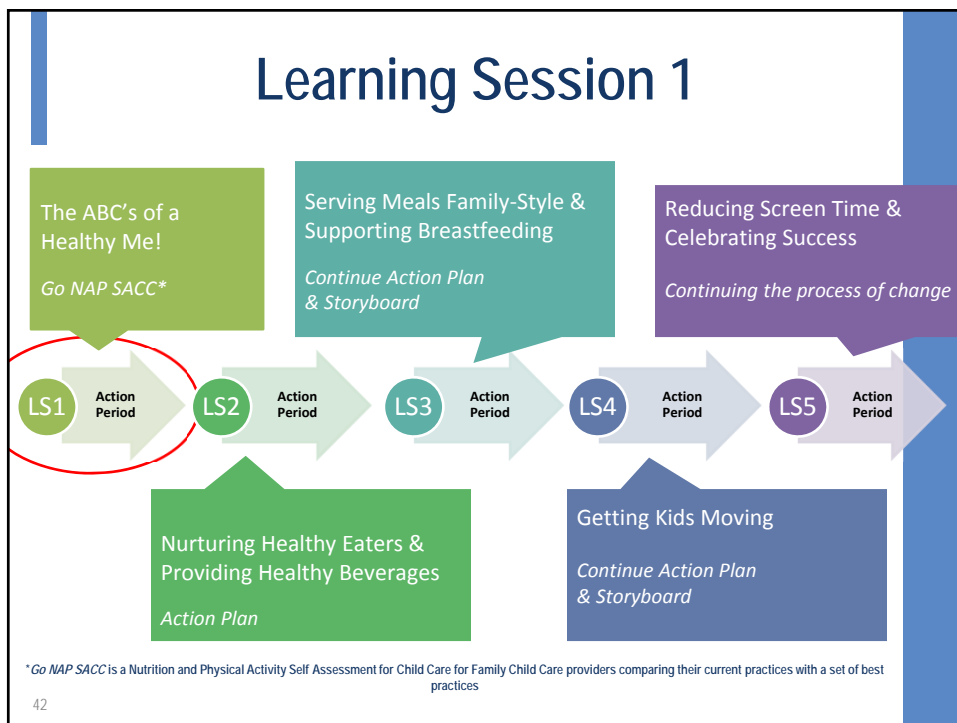
NCE
National Resource Center for Health and Safety in Child Care and Early Education

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Part C: Facilitating Change in Your Program

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Go NAP SACC



- Go *NAP SACC* is a tool used to:
 - Assess strengths and improvement needs in the areas of:
 - Child nutrition
 - Infant feeding & breastfeeding
 - Infant & child physical activity
 - Outdoor play & learning
 - Screen time
 - Identify improvement areas providers would like to focus on throughout the Collaborative
 - Develop an Action Plan (LS2) around the findings



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Technical Assistance Groups

Question & Answer

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Physical Activity Break



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Part D: Personal Wellness



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What is Wellness?

- Conscious, self-directed and evolving process
- Multi-dimensional and holistic
- Positive and affirming
- Requires awareness and directed, thoughtful attention



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Sources of Stress

- As a FCC provider, you may face many stressors that impact your personal well-being
- Sources of stress may include:
 - Issues or concerns with parents
 - Children in care (behavioral issues, amount of children)
 - Tending to the immediate needs of the children
 - Maintaining and tending to personal needs
 - Minimal outside support or resources
 - Financial and business needs/concerns
 - Length of day
 - Limited “quiet” or personal time
 - Noise/ activity level



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Reducing Stress

- **Prioritize-** make a to-do list and write down what things are most important
- **Take the children outside-** give yourself a break from being in the house and get some fresh air
- **Schedule vacations-** set a week or day aside to give yourself a break from your program. Inform parents during enrollment the scheduled time so they can plan accordingly
- **Network with other FCC providers-** talk with other providers to share stories, experiences and just to have a break from talking with children all day
- **Take advantage of naptime-** use this time as an opportunity to sit down, relax and take a breath



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Exercise: Get Moving to Manage Stress

- **Almost any form of exercise can help with stress relief and increases your overall health and well-being**
- **Direct benefits**
 - It pumps up your endorphins – Increasing production of the brain's feel good neurotransmitters
 - Meditation in motion – Putting effort into a single task that results in energy and optimism can help forget the day's irritations and can help you think clearly and calmly
 - Improves your mood – A regular exercise program can help you relax, increase your self-confidence and improve your sleep. Disrupted sleep and lead to depression and anxiety.

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Stress Management Tips



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Free Phone Applications

- **My Fitness Pal**
 - Tracks food intake and physical activity
 - Suggests recommended daily calories for body size
- **BodBot**
 - Creates personalized workouts based on exercise equipment that is available
- **Cozi**
 - Sharing place for families to add and organize grocery shopping lists
- **Fooducate**
 - Scans food item's bar code and compares it to similar food items to help users make informed, healthier choices



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What is Family Support?

- **An approach to strengthening and empowering families and communities so they are able to foster the development of:**
 - Children
 - Youth
 - Adult family members

- **A shift in the way services are provided to focus on the whole family, not just the child enrolled in care**



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Elements of Family Engagement

- **In order to effectively engage families, providers should practice:**
 - Family support principles
 - A philosophy and approach of collaboration with families to increase participation in the program and to build trust
 - Parent involvement practices
 - Program design features and activities that enhance the family relationships so the home becomes a place where families feel comfortable leaving their children

- **Integration of these elements can enhance the learning environment to support child development**



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Family Engagement Practices

- **Provide a welcoming environment** - greet families and display pictures and posters of different types of families
- **Strive for provider-family partnerships** - include families in decisions related to their child and the program
- **Outreach to families**— model activities families can do to support learning
- **Provide family resources and referrals** - provide resources and/or referrals to families in preventative health and family services
- **Set and reinforce standards** - set clear standards and participate in ongoing professional development opportunities



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Family Child Care Providers Are the Backbone for Working Parents



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Discussion:

How can you continue to support families in your program?

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Check-Out

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Trainer Contact Information

