

National ECELC Newsletter

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The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Let's Move! Child Care* goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team

Visit the *Let's Move! Child Care* website:

www.healthykidshealthyfuture.org

Developing Program Policies

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Program policies are important for many reasons. Policies serve as guidelines that align with the program's mission and vision and inform staff and families of the program's expectations. Policies help to hold staff and families accountable for adhering to the established policies and provide consistency among program practices in the event of changes in staff or management. Finally, program policies provide something to refer to when speaking with staff, parents and the community about how things are done at the program. Having written policies for your program can help to support your work to improve children's nutrition and healthy habits in your program and can help to make these positive changes sustainable. Communicate your policies to staff and families on a yearly basis, and include your policies in the family handbooks.

Additionally, policies make your program's practices known, understood, and supported by staff, families, and older children.

Steps to creating a program policy

1. Determine who will be involved in the policy creating process;
2. Identify the needs of the program;
3. Analyze the needs of the program and determine how these needs can be addressed;
4. Align the changes identified with the programs mission and vision; and
5. Document the changes and make them available to staff and families.

English/Spanish Resources

Sample policies and additional information mentioned in this newsletter are outlined in the bilingual resources participants receive throughout the National ECELC Project. These include the:

Nemours Best Practices for Healthy Eating Guide

[http://
www.healthykidshealthyfuture.org/
content/dam/hkhf/filebox/
resources/ECELCresources/
cohort2/LS2/participants/
BestPracticesHealthyEating-Eng.pdf](http://www.healthykidshealthyfuture.org/content/dam/hkhf/filebox/resources/ECELCresources/cohort2/LS2/participants/BestPracticesHealthyEating-Eng.pdf)

Nemours Best Practices for Physical Activity Guide

[http://
www.healthykidshealthyfuture.org/
content/dam/hkhf/filebox/
resources/ECELCresources/
cohort2/LS3/participants/
English_PhysicalActivityGuide_FINAL.pdf](http://www.healthykidshealthyfuture.org/content/dam/hkhf/filebox/resources/ECELCresources/cohort2/LS3/participants/English_PhysicalActivityGuide_FINAL.pdf)

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

[http://www.fns.usda.gov/sites/
default/files/handbookintro.pdf](http://www.fns.usda.gov/sites/default/files/handbookintro.pdf)

Additional resources can be
found on the *Let's Move!* Child
Care website:

www.healthykidshealthyfuture.org

Questions?

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Sample Program Policies

Healthy Eating

At ABC Child Care, we support children's healthy eating by:

- Role-modeling positive healthy eating behaviors in the presence of the children.
- Providing nutrition education at least once a month to teach children how to make healthy choices.

Breastfeeding

At ABC Child Care, we support breastfeeding mothers and babies by:

- Providing a private, clean and comfortable space for mothers to breastfeed or express milk. Mothers are also welcome to breastfeed in classrooms or other public spaces.
- Providing refrigerator storage of breast milk and ensuring that each child's bottles are labeled with his/her name, date, and the contents of the container.

Physical Activity

Children attending ABC Child Care shall play outdoors daily when weather and air quality conditions do not pose a significant risk. Time planned for outdoor play and physical activity depends on the age group and weather conditions. Activities shall include structured (led by the adult caregiver) and unstructured (not led by an adult) physical activity.

- **Toddlers (1 to 2 years old)** shall participate in 60 to 90 minutes per day of physical activity, including moderate-to-vigorous physical activity.
- **Preschoolers (3 to 6 years old)** shall participate in 120 minutes per day of physical activity, including moderate-to-vigorous physical activity.



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