

National ECELC Newsletter

Volume 1 Issue 2
June 2014



Role Modeling Healthy Behaviors

As a trainer, it is important to serve as an effective role model and recognize appropriate behaviors for ECE providers. Leading by example is one major way to implement effective role modeling behaviors. When observing an ECE provider, engage and interact during routine activities to avoid intimidation. The staff will respond based on your positive reactions and will feel more comfortable if not being formally observed (e.g. observing from a distance).

Engage in the activities as you observe the program and provide technical assistance. You can serve as a role model by participating in a cooking activity with the children, observing the way the teacher leads the activity and gaining an understanding of the goal of the activity, and going outside on the playground to play catch with a child. These actions can directly model to staff activities they can do to engage the children. During your observations as you see positive behaviors, acknowledge the behaviors and provide

encouragement. Providing the encouragement will help to raise confidence and build morale within the ECE program. As you're in the program ask yourself, "Is the staff engaging the children in activities that promote positive development? Is staff modeling healthy behaviors when they are around the children?" Remember to encourage positive behaviors on a routine basis reinforcing to the Leadership Teams the importance of setting an upbeat tone and environment for the children.

To help staff increase their own healthy habits, inform them of the United States Department of Agriculture's SuperTracker tool at www.supertracker.usda.gov. Here they can get their personalized nutrition and physical activity plan while tracking their physical activity and foods they've eaten throughout a day.

"Children have never been very good at listening to their elders, but they have never failed to imitate them"- James Baldwin.

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 *Lets 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

Ellyn Satter's Division of Responsibility in Feeding

Ellyn Satter, a registered dietitian and family therapist specializing in child feeding behaviors, wrote the "Division of Responsibility in Feeding"³ which is considered the gold standard in feeding. The "Division of Responsibility in Feeding" discusses the roles of the adult and child at mealtime. This concept is introduced in the "Healthy Eating" segment of Learning Session 2.

When discussing young children:

- The adult is responsible for the **WHAT**, **WHEN**, and **WHERE** of feeding; and
- The child is responsible for the **HOW MUCH** and **WHETHER** they eat.

However, this is different for infants. When discussing infants:

- The adult is responsible for the **WHAT**; and
- The infant is responsible for the **HOW MUCH** and everything else.

Questions?

Please contact your
State/Local Project Coordinator or
one of our Content Specialists:

For health & nutrition information:
Katey Swanson, RD
katey.swanson@nemours.org
202.649.4422

For early care and education
information:
Brianna Holmes, MA
brianna.holmes@nemours.org
202.649.4425



Role Modeling at Mealtime

Are your ECE providers having a hard time with their picky eaters in the classroom? Do they want to introduce new and healthier foods on the menu, but worry that the children will not try them? Tell them to not give up! It takes approximately 8-10 exposures to a new food for a child to accept it.¹ In addition to providing continued exposure to a new food, providers can try these tips to win those picky eaters over at mealtime. ECE providers can:

- Get the children involved in preparing the food whether it's for mealtime or a food activity in the classroom;
- Strategically place the "good eaters" at tables with picky eaters. Peers can influence each other to be brave and try new foods;
- Sit and eat with the children at mealtime, modeling trying new foods and discussing the taste, texture, color, etc. of the food;
- Have a weekly or monthly event (i.e. "Kiddie Snack Day") as an opportunity to introduce new foods;
- Pair a new fruit or vegetable with a familiar food to increase the child's willingness to try the new food;²
- Conduct food demonstrations having the children assist in the preparation and cooking;
- If equipment is available, encourage the food service staff to cook vegetables to provide different textures (i.e. raw, steamed, roasted);
- Incorporate healthy food messaging in to classroom activities;
- Develop art activities about a new food that will be introduced on the menu;
- Read books about healthy eating or a character trying new foods; and
- Avoid rewarding children with food, particularly sweets.

¹ Sullivan, S. and Birch, L. (1994). Infant Dietary Experience and Acceptance of Solid Foods. *Journal of Pediatrics*, 271-277.

² Correia C., O'Connell M, Irwin M, Henderson K. (2014). Pairing Vegetables with a Liked Food and Visually Appealing Presentation: Promising Strategies for Increasing Vegetable Consumption among Preschoolers. *Journal of Childhood Obesity*, 72-76.

³ Satter, E. (2013). *The Division of Responsibility in Feeding*. Sun Prairie : Ellyn Satter Institute.



Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) 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.

