

# 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 *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](http://www.healthykidshealthyfuture.org)

## Healthy Celebrations

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Healthy eating and physical activity can be incorporated into every celebration. The earlier that children learn to celebrate in a healthy way, the easier it is to convince them that healthy celebrations can be fun.

Some tips for healthy celebrations include:

- Don't make foods and beverages the focus of the celebration. Instead, shift the focus to activities that get people moving and enjoy being together, such as music and dance or art projects.
- Make foods look festive – use new shapes for vegetables or add fruits to a favorite dish.
- Have children help prepare for the celebration and have them help you make a special, healthy treat.
- Make water more enticing – add ice cubes made from 100% juice or add slices of fruit.
- Make physical activity part of your event – add music and dancing, structured physical activities, or have balls, frisbees, and jump ropes to encourage everyone to be physically active.
- Above all, be a good role model – help to set an example for the parents and kids and talk up the healthy foods at the celebration. Remember, children will follow what adults around them are doing.

**For more tips, please visit:** <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf>

## Books to Encourage Increased Fruit & Vegetable Consumption

### Age 9 months-2 years

“Yum-Yum Baby” by Sally Smallwood

### Age 9 months-3 years

“Happy Healthy Monsters Eat Your Colors (Sesame Street” by Sarah Albee

### Age 1-2 years

“The Carrot Seed” by Ruth Krauss

### Age 2-4 years

“Orange Pear Apple Bear” by Emily Gravett

“Growing Vegetable Soup” by Lois Ehlert

### Age 1-6 years

“Fruits and Vegetables”  
“Frutas y Vegetales” by Gladys Rosa-Mendoza

### Age 3-6 years

“Food for Thought” by Saxton Freyman & Joost Elffers

### Questions?

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## Parent Led, Home Based Interventions Aimed At Increasing Children's Consumption of Disliked Vegetables

Many children do not eat enough fruits and vegetables each day. Efforts in early childhood are important to increase fruit and vegetable consumption, because childhood eating behaviors stay with children into their adult lives. A recent study conducted by Holley, Haycraft, and Farrow, explored what type of intervention could be used with children to get them to try, like, and eat previously disliked vegetables.<sup>1</sup> The researchers placed children into one of five groups:

1. Repeated exposure to a disliked vegetable
2. Modeling and repeated exposure to a disliked vegetable
3. Rewards and repeated exposure to a disliked vegetable
4. Modeling, rewards, and repeated exposure to a disliked vegetable
5. Control group (no intervention)

In all of the groups, the children were exposed to a disliked vegetable for 14 days. Compared to the children in the control group, children in the modeling, rewards, and repeated exposure group and children in the rewards and repeated exposure groups had increased their consumption of the vegetable. This suggests that a combination of adult modeling, rewards, and repeated exposure are effective at increasing a child's consumption of a previously disliked vegetable.

Encourage your ECE providers to not give up on their picky eaters! If a new vegetable is introduced on the menu and is not a hit with the children right away, remind them to keep trying. As Holley et al. found, repeatedly exposing children to the vegetable and role modeling healthy eating behaviors can turn that unpopular vegetable into a popular one!

<sup>1</sup> Holley CE, Haycraft E, Farrow C (2015). “Why don't you try it again?” A comparison of a parent led, home based interventions aimed at increasing children's consumption of a disliked vegetable. *Appetite*, 215-222.



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