

National ECELC Newsletter



April is Springtime!

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Let Them Out!

Overweight and obesity has increased rapidly among children, youth and adults in the U.S. Healthy eating, healthy beverages, breastfeeding support, active play, and reducing screen time are core pieces to increasing health and wellness, which in turn can decrease childhood obesity. When ECE providers help children and families develop and maintain healthy habits, the impact can spread beyond the classroom and last for a lifetime. Encouraging children to get outside and get moving are ways to reverse childhood obesity. Here are some physical and mental health benefits of getting kids outside.

- They become fitter and leaner
- They develop stronger immune systems
- They have more active imaginations
- They have lower stress levels
- They play more creatively
- They have greater respect for themselves and others

Try visiting [No Time for Flashcards](#) to find creative ways to have fun outdoors!

For more information, visit [Outdoor Play Benefits](#)

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!

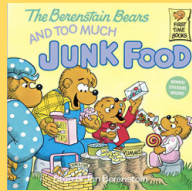
-The National ECELC Team

Resources for Providers

April 2nd is International Children's Book Day!

International Children's Book Day is a yearly event sponsored by the International Board on Books for Young People (IBBY) in order to inspire a love of reading and to call attention to children's books. Books are a great way to tie in the healthy lessons you are teaching your kids. Our featured book this month

is [The Berenstain Bears and Too Much Junk Food](#).



In this book, Mama Bear notices that Papa and the cubs are eating lots of sweets and junk food. It's now up to Mama and Dr. Grizzly to help them understand the importance of nutritious foods and exercise.

For a list of recommended healthy books visit: [Healthy Kids Healthy Future](#)

Celebrate NAEYC's Week of the Young Child April 24-28 2017

The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC)

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

Questions?

Please contact your State/Local Project Coordinator or ECELC at Nemours ecelc@nemours.org



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Healthy Easter Snacks for Kids

Everyone knows when Easter rolls around; grocery stores explode with sweet candies of all sorts. Although these sugary treats seem to be hallmark of the spring holiday, there are plenty of healthy alternatives that can be just as festive. Try making Easter fun for kids by whipping up these cool and festive snacks.



Do your kids enjoy fruit? Try this [Cute Pineapple Chick](#) as a fruity Easter treat!



Pomegranate seeds and blueberries give this holiday [Yogurt Bark Pops](#) lots of Easter egg-like color with tons of nutrients!



Cute [Bunny Deviled Eggs](#) have become one of the most popular Easter food trends because they are fun, healthy and easy to make!

Most people make Easter Bunny Cookies but [Sweet Potato Bunnies](#) are a great alternative!

Resources

[Super Healthy Kids](#)

