

## New Jersey

### Lakeview Child Center at Hamilton embraces Let's Move! Child Care best practices in Mercer County, NJ

Posted by Pattijo Shaffer, Associate Vice President, Lakeview Child Center, Inc. on March 18, 2014 on Let's Move Blog

Families of children at [Lakeview Child Center at Hamilton](#) in Mercer County, New Jersey are thrilled about [Let's Move! Child Care \(LMCC\)](#). The center has approximately 100 children ages 6 weeks to 6 years enrolled in their program and as a member of Robert Wood Johnson Health System, Lakeview Child Center has the unique ability to coordinate hands-on learning activities with hospital providers.



Lakeview Child Center children learn that squash can be yummy, healthy and fun, turning their squash masterpieces into spaghetti.

The Lakeview Child Center at Hamilton joined LMCC in October 2012 and is also a participant in the national Early Care and

Education Collaborative coordinated by the New Jersey Department of Health, which aligns with [ShapingNJ](#), the state Partnership for Nutrition, Physical Activity and Obesity Prevention. The staff has been trained on the five [LMCC best practices](#) and are now making the following changes:

- providing water for the children whether playing inside or out and all year long by using insulated water jugs
- providing privacy and appropriate seating for breast feeding mothers using privacy screens and rocking chairs
- adding more physical activity each day by adding more time outdoors and adding more indoor physical activities to daily lessons
- continuing to disallow the use of TV in the program and educating families about screen time recommendations
- making changes to our menu to reduce fat, increase protein, and serve fruits or vegetables at every meal

Last September, center staff collaborated with the staff of the Hospital SHAPEDOWN program to host a family event that included a healthy dinner, exercise with a Zumba instructor, healthy ideas for home and school, and a nutrition Q & A with a registered dietitian from the SHAPEDOWN program. The SHAPEDOWN Registered Dietitians also offered nutrition lessons and food preparation activities with the preschool children several times throughout the year. After the lessons were completed the children took home the recipes to share with their families.

The center also has a garden for the children to plant, grow, and harvest fruits and vegetables. The children care for the plants from beginning to end and are provided with lessons on how these foods grow in the garden. The children love getting to dig in the garden and pick fruits and vegetables. After harvesting the fresh produce, the

children help wash the produce and share it with each other and their families. To learn more about *Let's Move!* Child Care, click [here](#).

We want to feature your story of progress and success working on the five *Let's Move!* Child Care goals. Please email a brief description of your story with your contact information, including program name, city and state, to [eceobesity@cdc.gov](mailto:eceobesity@cdc.gov) with the subject heading "Program Success Story."