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Learning Session 1: The ABC’s of a Healthy Me

Early Childhood Health Promotion and Obesity Prevention
National Early Care and Education Learning Collaboratives (ECELC) Project

Acknowledgements

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  - For generous funding support and expertise
- **Nemours**
  - For their expertise, materials, support, and time spent on the project’s implementation
- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort
Learning Session 1 Objectives

At the end of the Learning Session, providers will:

1. Identify at least two examples of changes in our society or environment that have contributed to childhood obesity over the years;

2. Identify at least two benefits of implementing best practices for nutrition, physical activity, screen time, and breastfeeding support;

3. Name at least one strategy to improve personal wellness; and

4. Complete at least four Go NAP SACC instruments to assess provider practices and policies.

Part A:
The ECELC Project
Nemours National ECELC

Early Care and Education Learning Collaboratives (ECELC)

- Community of learners for childhood obesity prevention
  - Network of shared ideas and mutual support
  - Resources for healthy practice and policy changes
  - Research on best ways to implement best practices
Early Care and Education Learning Collaboratives (ECELC)

- Aligned with national best practice guidelines from:
  - Healthy Kids, Healthy Future (HKHF)
  - Preventing Childhood Obesity in Early Care and Education Programs (2nd Edition)
  - Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)

- Focus on quality ECE, and children’s health as the foundation for life-long success

- Obesity prevention in the context of health promotion and wellness made possible by the power of ECE providers

How are FCC Providers Powerful?

- Unique position to impact children and their families
- Influence on knowledge, attitudes and healthy habits
- Opportunities to create healthy environments
- Families look to providers as a resource
- We know you make a difference!
Learning Session 1

The ABC’s of a Healthy Me!
Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

Nurturing Healthy Eaters & Providing Healthy Beverages
Action Plan

Getting Kids Moving
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices
Complete HKHF Quiz

As a Leadership Team, complete the quiz:

<table>
<thead>
<tr>
<th>Las buenas prácticas</th>
<th>Al implementar estas buenas prácticas</th>
<th>Riesgos prevenibles con las implementación de estas buenas prácticas</th>
<th>Riesgos futuros para el logro de estas buenas prácticas</th>
<th>Sin estos cambios, en pocos años implementará estas buenas prácticas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajustar el perfil de niños pequeños (15-25 meses) o niños en edad preescolar (35-69 meses)</td>
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</tbody>
</table>

The image contains a quiz with questions related to healthy practices for children. The website is www.healthykidshealthyfuture.org.
Part B: Healthy Development

The Obesity Epidemic’s Impact

- Overweight and obesity increased rapidly in a short period of time among children, youth and adults in the U.S.

- The upcoming video will shows how adult obesity rates changed in the U.S. since 1989
Video Module 1

The National Early Care and Education Learning Collaboratives Project:
VIDEO TO ACCOMPANY LS1

Video Module 1
Take Away Messages

23% of children are overweight or obese in the U.S. (1 in 4)

Some children are at a higher risk for obesity. American Indian and Alaska Native children typically have the highest rates, followed by Hispanic children. (1 in 2)

Children who are overweight 5 times as likely as children at a healthy weight to be overweight or obese as adults (1 in 8)

1 in 8 young children, preschool aged children is obese.
State Childhood Overweight/Obesity Rates

- 2014: Percent of WIC children aged 2 to 4 years who have obesity

Long-Term Impact of Obesity

- Health problems in children formerly seen only in adults:
  - Heart disease
    - High blood pressure (hypertension)
    - High cholesterol
  - Type 2 diabetes
  - Hip and joint problems

- Serious long-term risks:
  - Increased risk of developing co-morbid conditions
  - Negative impact on mental health
  - Shortened life expectancy
Discussion:

What Has Contributed to Childhood Obesity Over the Past Thirty Years?

Changes in Our Society and Environment

More Calories In
- Higher caloric foods
- Large portion sizes
- Consumption of soda & sweetened beverages
- More meals away from home
- Growth of food industry and advertising

Less Calories Out
- Less physical activity
- Lack of walkable communities
- Automobile travel
- Perception of safety in communities
- Watching more TV and using devices
- More labor assisting devices in the workplace
What is Healthy Development?

- Healthy development is the capability of children, with appropriate support, to:
  - Develop and realize their potential
  - Satisfy their needs
  - Interact successfully with their physical and social environments
- Multidimensional and cross-domain
- Influenced by responsive relationships, safe and engaging environments to explore, good nutrition
- Foundation for success in learning and life

Foundations of Healthy Development

- Safe, Supportive Environments
- Appropriate Nutrition & Health Behaviors
- Stable, Responsive Relationships
Physical Activity Break

Part C: ABC’s of a Healthy Me!
ABC’s of a Healthy Me Handout

A - Active play
   • Every day, inside and out

B - Breastfeeding
   • Support and access to a private space

C - Cut down on screen time
   • None for children under age 2
   • No more than 30 minutes a week for children ages 2 years and older

D - Drink milk and water
   • Offer milk at meals and make water always available to quench thirst

E - Eat healthy foods
   • Fruits, vegetables, whole grains, lean meats and protein, low-fat dairy
Active Play, Every Day

1. In terms of indoor and outdoor play, all are correct except:
   a) Active play outdoors 2-3 times per day
   b) Opportunities to practice age-appropriate motor and movement skills
   c) Structured play is the only type of acceptable play
   d) Engage in moderate to vigorous physical activity (MVPA)

2. Preschoolers should enjoy at least _____ minutes of active play per day.

3. Toddlers should enjoy at least ___ - ___ minutes of active play per day.

4. Infants should enjoy “tummy time” every day for ___ - ___ minute periods, with longer periods as enjoyed.
Benefits of Active Play

- Supports exploration, development and learning
- Helps maintain a healthy weight and avoid excessive weight gain
- Builds and maintains healthy bones and muscles
- Increases strength, coordination and fitness
- Lowers risk of chronic disease
- Improves self-esteem
- Lowers stress

Breastfeeding Support

1. American Academy of Pediatrics recommends:
   - Exclusive breastfeeding for the first ___ months of life
   - Continued breastfeeding for ___ year(s) or longer

2. ECE programs provide important support by providing:
   a) A private, quiet, comfortable place to breastfeed or pump
   b) Encouragement
   c) Information on breastfeeding
   d) All of the above
Benefits of Breastfeeding

- Breast milk is the best source of nutrition for infants
- Provides developmental benefits
- Encourages maternal-infant bonding
- Improves child and maternal health
  - Child:
    - Reduces risk for a variety of infections
    - Reduces risk for developing several chronic conditions later in life
  - Mother:
    - Faster rate of returning to pre-pregnancy weight
    - Decreased risk of breast and ovarian cancer

Cut Down on Screen Time

1. Screen time includes all of the following, except:
   a) TV, DVDs, videos
   b) Computer time
   c) Smart phone, tablets
   d) Music and movement

2. No screen time for children under age ___ years

3. Limit or eliminate screen time for children ages 2 years and older
   - No more than ___ minutes per week in ECE setting
   - No more than ___ hours per day from all sources
Benefits of Cutting Down on Screen Time

- Increases time for physical activity
- Decreases exposure to food and beverage advertisements
- Decreases snacking and consumption of high caloric foods

Drink Water or Milk

1. Which beverage should be visible and accessible for self-serve, inside and outside?
2. Choose milk for meals
   - _____ milk for ages 12-24 months
   - _____ or _____ milk for ages 2 years and older
3. Limit or eliminate fruit juice
   - ____-____ ounces per day (between home and ECE setting)
   - If offered, serve only _____ juice
Benefits of Drinking Water and Milk

- Do not contribute to childhood obesity
- Do not contain added sugars
- Do not contribute to dental cavities
- Milk provides calcium, protein, and vitamin A & D (if fortified)

Eat Healthy Foods

1. Serve _____ and/or ______ at every meal and snack
2. Serve fried/pre-fried foods only __ time per month or ____
3. Make _____ of grains whole grains
4. Choose low-fat dairy (____ or ____)
5. Choose ____ meats and protein
6. Providing meals “_______” is considered best practice
Benefits of Eating Healthy Foods

- Fruits and vegetables provide vitamins and minerals that are essential for a child’s growth
- Low-fat dairy contains calcium and protein to help build strong bones and muscles
- Whole grains, fruits, and vegetables contain fiber to help:
  - Increase fullness
  - Maintain a healthy weight
  - Decrease risk for developing chronic conditions
- Eating healthy foods at a young age helps children develop life-long healthy habits

Partnering with Families to Support Healthy Habits

- Teach parents to learn and follow the ABCs of a Healthy Me!
  - Ask parents to share how they prepare healthy foods at home
  - Send home weekly or monthly newsletters that include healthy recipes
  - Send home information regarding screen time
- Invite parents to participate in meal time on site
You are the Key to Helping Kids Grow Up Healthy!

The healthy habits you model and teach will last a lifetime!

Have fun being active with your children!

Remember: We are here to help you on your journey!

Preventing Childhood Obesity
Part C: Facilitating Change in Your Program

Learning Session 1

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Go NAP SACC

- Go NAP SACC is a tool used to:
  - Assess strengths and improvement needs in the areas of:
    - Child nutrition
    - Infant feeding & breastfeeding
    - Infant & child physical activity
    - Outdoor play & learning
    - Screen time
  - Identify improvement areas providers would like to focus on throughout the Collaborative
  - Develop an Action Plan (LS2) around the findings

Technical Assistance Groups

Question & Answer
What is Wellness?

- Conscious, self-directed and evolving process
- Multi-dimensional and holistic
- Positive and affirming
- Requires awareness and directed, thoughtful attention

Sources of Stress

- As a FCC provider, you may face many stressors that impact your personal well-being
- Sources of stress may include:
  - Issues or concerns with parents
  - Children in care (behavioral issues, amount of children)
  - Tending to the immediate needs of the children
  - Maintaining and tending to personal needs
  - Minimal outside support or resources
  - Financial and business needs/concerns
  - Length of day
  - Limited “quiet” or personal time
  - Noise/ activity level
Reducing Stress

- **Prioritize** - make a to-do list and write down what things are most important
- **Take the children outside** - give yourself a break from being in the house and get some fresh air
- **Schedule vacations** - set a week or day aside to give yourself a break from your program. Inform parents during enrollment the scheduled time so they can plan accordingly
- **Network with other FCC providers** - talk with other providers to share stories, experiences and just to have a break from talking with children all day
- **Take advantage of naptime** - use this time as an opportunity to sit down, relax and take a breath

Exercise: Get Moving to Manage Stress

- Almost any form of exercise can help with stress relief and increases your overall health and well-being
- **Direct benefits**
  - It pumps up your endorphins – Increasing production of the brain’s feel good neurotransmitters
  - Meditation in motion – Putting effort into a single task that results in energy and optimism can help forget the day’s irritations and can help you think clearly and calmly
  - Improves your mood – A regular exercise program can help you relax, increase your self-confidence and improve your sleep. Disrupted sleep and lead to depression and anxiety.
Stress Management Tips

Free Phone Applications

- **My Fitness Pal**
  - Tracks food intake and physical activity
    - Suggests recommended daily calories for body size

- **BodBot**
  - Creates personalized workouts based on exercise equipment that is available

- **Cozi**
  - Sharing place for families to add and organize grocery shopping lists

- **Fooducate**
  - Scans food item’s bar code and compares it to similar food items to help users make informed, healthier choices
Questions?

“The part can never be well unless the whole is well.” - Plato

Part F: Principles of Family Support
What is Family Support?

- An approach to strengthening and empowering families and communities so they are able to foster the development of:
  - Children
  - Youth
  - Adult family members

- A shift in the way services are provided to focus on the whole family, not just the child enrolled in care

Elements of Family Engagement

- In order to effectively engage families, providers should practice:
  - Family support principles
    - A philosophy and approach of collaboration with families to increase participation in the program and to build trust
  - Parent involvement practices
    - Program design features and activities that enhance the family relationships so the home becomes a place where families feel comfortable leaving their children

- Integration of these elements can enhance the learning environment to support child development
Family Engagement Practices

- **Provide a welcoming environment** - greet families and display pictures and posters of different types of families
- **Strive for provider-family partnerships** - include families in decisions related to their child and the program
- **Outreach to families** - model activities families can do to support learning
- **Provide family resources and referrals** - provide resources and/or referrals to families in preventative health and family services
- **Set and reinforce standards** - set clear standards and participate in ongoing professional development opportunities

Family Child Care Providers Are the Backbone for Working Parents
Discussion:

How can you continue to support families in your program?
Trainer Contact Information