

Let's Move! Child Care

The *Let's Move! Child Care* initiative is an innovative and exciting life changing event for young children across the United States. The initiative was created by First Lady Michelle Obama, National Association of Child Care Resource and Referral Agency (NACCRRA), and The Nemours Foundation to build a healthier future for young children. *Let's Move! Child Care* has key nutrition and physical activity goals to prevent childhood obesity.



Let's Move! Child Care Goals

Physical Activity

Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

Screen Time

None under age 2. For 2 and up, work to limit to 30 minutes per week during child care. Aim for no more than 1-2 hours a day of quality screen time at home.

Food

Try to serve fruits or vegetables at every meal. Eat meals family-style whenever possible. Avoid serving fried foods.

Beverages

When you can, give water during meals and throughout the day. Avoid sugary drinks. Two and older, serve low- or non-fat milk and 4-6 ounces max of 100% juice a day.

Infant Feeding

Provide breast milk to infants of mothers who wish to breastfeed. Welcome mothers to nurse mid-day and support parents' decisions with infant feeding.

Adapted from Let's Move! Child Care and Nemours

Why Participate?

The initiative's objectives are to start early, make nutrition fun, get kids moving, inspire, and change lives. As providers, you play a major role in the implementation of these goals. Children rely on their teachers and parents to role model healthy choices. When children see implementation of physical activities and healthy meals being served, they are more prone to model the same behaviors.

Participating in the *Let's Move! Child Care* initiative is fun, exciting, and very beneficial for both children and adults. Looking closely at the statistics, three times more children are obese compared to 30 years ago. Close to one third of children in America are overweight or obese. Also, children are diagnosed with type 2 diabetes and various other obesity-related conditions more and more each day. Participating in this program enhances the impact you can have on children living healthy lives.



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How to Participate?

Step 1:

First Sign up. After signing up, you will receive a certificate for participating. Sign up at: <http://www.healthykidshealthyfuture.org/content/hkhf/home/startearly/signupnow.html>

Step 2:

Take the *Let's Move! Child Care* Quiz. The quiz is an assessment to determine how your current practices and policies compare to the 5 Goals.

Step 3:

Create a Customized Action Plan. The customized action plan will help you reach the goals, developed from the quiz in step 2.

Step 4:

Access Ideas and Resources. Utilize the different ideas and resources available for implementing the goals.

Step 5:

Earn the *Let's Move! Child Care* Recognition Award. After retaking the quiz in Step 2 and achieving the goals, you will then receive the Recognition Award.

Step 6:

Celebrate! And let your parents know!

NFSMI Resources and Links

Physical Activity

Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers is a best practice resource for providing a wellness environment in early childhood education. The resource focuses on resources, partnerships, and healthy environments.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20110126034352.pdf>

CARE Connection: Music, Movement, and Play Connection is a lesson plan with activities that encourages walking as a physical activity and highlights why it's a fun way to stay healthy. The lesson includes materials needed, books to read, and tips for success.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20090827043805.pdf>

Food and Beverage

More than Mud Pies is a nutrition education curriculum designed to encourage positive ideas about nutrition and food.

<http://www.nfsmi.org/ResourceOverview.aspx?ID=247>



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CARE Connection: Nutrition Education is a list of several grab and go lessons, family newsletters, videos, lesson plans, and activities for assisting providers in helping children make lasting positive eating habits.

<http://www.nfsmi.org/ResourceOverview.aspx?ID=207>

Infant Feeding

CARE Connection: Infant Feeding has multiple resources for child care providers to meet the nutritional needs of infants.

<http://www.nfsmi.org/ResourceOverview.aspx?ID=339>

Tips for Success!

Physical Activity

- Provide toys that encourage physical fitness. For example: jump rope, hula hoops, balls, bicycles, tricycles, kites, and Frisbees.
- Offer one-on-one assistance, and learn how children approach and respond to physical challenges. Movement and exercise have many benefits for adults, too!
- Host a Fitness Day to introduce *Let's Move! Child Care*.
- Designate specific time for physical activity.
- Invite a local college athlete to participate in physical activities with children.
- Include music and dance.
- Be a role model for children by participating in physical activities with them.
- With the children's help, set up an obstacle course with chairs, cones, balls, and other items. Guide children on how to move through each part of the course so children can gain an understanding of directions in space such as over, under, around, and through.
- For days where outside play is not an option, provide room indoors for music and movement activities. Put mats on the floor for tumbling, yoga, and movement. Play cooperative games using hula hoops, streamers, parachutes, and beach balls.



Screen Time

- Allow children to act out a story in a book or a television show.
- Only allow screen time during special events.
- Implement teacher-directed or child-directed activities during current screen time.



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Food, Beverage, and Nutrition Education

- Make all food and beverage activities a special occasion.
- Provide praise when children try new foods and beverages.
- Help children observe and talk about colors, textures, sizes, and shapes.
- Offer one new food at a time.
- Be patient during the exploration of trying new foods and beverages.
- Introduce brightly colored menu items.
- Allow children to assist in food preparation.
- Do not use food as a reward or punishment.
- Allow children to participate in planting and maintaining a garden.

Infant Feeding

- Designate a place for mothers to pump or nurse.
- Designate refrigerator storage space for breast milk.
- Train staff in handling breast milk safely.
- Provide literature for parents and place on display.
- Welcome mothers to visit.



Sources

- Nemours. (2012, February). Let's Move! Child Care. Retrieved from Let's Move! Child Care website <http://www.healthykidshealthyfuture.org/content/hkhf/home/welcome.html>
- Wisconsin Department of Health Services. Ten steps to breastfeeding friendly child care centers. Retrieved from Wisconsin Nutrition, Physical Activity and Obesity Program website <http://www.healthykidshealthyfuture.org/content/hkhf/home/welcome.html>

Nutrition Highlights

National Message – USDA 2010 Dietary Guidelines Communications Message Calendar
January through April’s theme is “Balancing Calories” and the selected key message is “Enjoy your food, but eat less”. To obtain more information, follow the link at <http://www.cnpp.usda.gov/Publications/MyPlate/CommunicationsMessageCalendar.pdf>.

National Garden Month

April is National Garden Month. Do you have a garden or need ideas about gardening in child care? There are multiple types of gardens to accommodate small or large spaces. There are raised gardens, gardens in a bucket, hang plant gardens, solar gardens, container gardens, gardens in a cup, traditional ground gardens, and many more. There are various resources available for planting a garden locally, state level, and national level. Contact USDA People’s Garden Initiative, USDA Cooperative Extension Service network of master gardeners, American Community Garden Association, and the Farmers Market for information about planting gardens. If a garden is not an option for your facility, visit a local garden or invite a farmer to your child care facility.

National Conference

The 39th National Head Start Association Conference will be held on April 16-20, 2012. The conference will be hosted at the Gaylord Opryland Resort and Convention Center in Nashville, Tennessee. The conference brings a very diverse group of professionals together for trainings, celebrations, and networking among child care professionals. To register follow the link at <https://nhsaannual.expotracker.net/index.aspx>.

Week of the Young Child April 22-28

The National Association for the Education of Young Children (NAEYC) sponsors the annual Week of the Young Child celebration since 1971. This year, the theme is “Early Years are Learning Years”. The Week of the Young Child focuses on young children and their families and child care programs and service. For celebration tips and ideas visit the website at: <http://www.naeyc.org/woyc>.



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