



Nutrition and Physical Activity Self-Assessment for Child Care

FRUITS AND VEGETABLES

Here's Why...

Exposing children to different types of foods helps them learn to enjoy new things. The child care setting presents a perfect opportunity to challenge children's taste buds.

The CACFP guidelines offer many good suggestions for meal planning. While 100% fruit juice is presented as an alternative to whole fruit, it contains more sugar and doesn't have the fiber that whole fruit does. Try adding fruits and vegetables to all meals and snacks. They are an important part of a child's diet, offering necessary vitamins and minerals to support healthy growth.



Choices You Make for Your Facility

-  Take advantage of fresh fruits and vegetables in season when they are abundant and inexpensive.
-  Try some innovative ways to serve fruits and vegetables. Slice and freeze seedless grapes or bananas for a new taste treat. Serve raw veggies with low-fat dip or hummus.
-  Be careful when cooking frozen and canned vegetables. Overcooking results in a mushy texture and dull color.
-  Serve vegetables that aren't cooked with fat, and hold the cheese and cream sauces!
-  Purchase canned or frozen fruits and vegetables when they are out of season to save money. Buy no salt/sugar added varieties if possible; if not, rinse canned fruits and vegetables to wash away added salt or sugar.
-  Serve 100% fruit juice occasionally and not in place of whole fruit or vegetables.
-  Use herbs to spice up vegetables instead of salt and butter.

Checklist

- We offer fruit two or more times each day for full-time facilities.
- We offer fruit canned in its own juice (no syrups), fresh or frozen.
- We offer vegetables two or more times each day for full-time facilities.
- We offer vegetables steamed, boiled, or roasted without added meat fat, butter or margarine.
- We offer a variety of fruits and vegetables, taking advantage of a rainbow of colors.



Getting Support From the Parents

- 🍓 Encourage parents to bring in fruits and vegetables for snacks and birthdays.
- 🍓 Send home recipes for fruit or vegetable snacks that children make at the center.
- 🍓 Have a fruit or vegetable taste test for the parents at pick-up time.



For more information, please visit:

<http://www.fruitsandveggiesmatter.gov/>

http://www.fns.usda.gov/tn/Resources/fv_galore.html

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Getting the Kids on Board

- 🍓 Serve fruits and vegetables regularly. Have a new fruit or vegetable tasting party by offering unusual fruits or vegetables like kiwi or sweet red pepper.
- 🍓 Have a theme week by color or letter and incorporate a fruit and a vegetable that match, talk about it, show pictures, show the item, and then taste test it! For “orange”, you could do oranges and carrots.
- 🍓 Many children are more likely to eat vegetables raw, like carrots, sweet peppers, snow peas, and even turnips.
- 🍓 Serve brightly colored fruits and vegetables to make them more appealing to children.
- 🍓 Let children create their own fruit or vegetable snack.
- 🍓 Plant a garden outside or in the classroom. It can be as simple as growing a tomato plant in a pot. Talk to young children about where food comes from.





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ACTIVE PLAY AND INACTIVE TIME

Here's Why...

Children spend much of their day at child care facilities, so the amount of physical activity they receive while in care is especially important. Children need time to move their bodies! They need at least 120 minutes of active play time every day and are happiest when they aren't sitting more than 30 minutes at a time (except for nap time and eating). Movement is essential to all parts of child development, not just physical or motor development; be creative and incorporate physical activity into all sorts of lessons and activities!

Choices You Make for Your Facility

- ① A daily outdoor play schedule allows teachers to bring children outside at specific times both in the morning and afternoon. Kids are more active when they are outside!
- ① Storytelling, books and rhymes can all incorporate activity. Children can act out the movements and the rhymes.
- ① Kids love to dance! Turn on some music and get your classrooms going! Encourage movements such as marching, hopping, skipping, twisting their hips, etc.
- ① Limit TV use to special occasions only. It is not essential to learning and often takes the place of much needed active play time.
- ① Limit seated time and provide plenty of opportunities throughout the day for children to move.



Checklist

- We provide at least 120 minutes of active play time to all children, every day.
- We provide opportunities for outdoor active play two or more times a day.
- We provide teacher-led physical activity to all children two or more times per day.
- We ensure that children are not seated (excluding nap time) for periods of more than 30 minutes.
- We do not withhold active play for children who misbehave; we reward good behavior with extra active play.
- We rarely show television or videos.



Getting Support From the Parents

- ① Talk to parents about activities that the children did that day.
- ① Encourage parents to spend time enjoying active play with their kids at home.
- ① Encourage parents to have “TV-free” days at home.
- ① Inform parents of the facility’s TV viewing practices.
- ① Invite parents into the center to help plan “TV-free” days or to play with the children.

For more information, please visit:

<http://www.communityplaythings.com/c/Resources/Articles/OutdoorPlay/MakingTheMost.htm>

<http://www.aahperd.org/naspe/peappropriatepractice/AppropriatePractices3-5.pdf>

<http://movingandlearning.com/Resources/Activities.htm>

<http://betterkidcare.psu.edu/AngelUnits/OneHour/OutdoorPlay/OutdoorPlayLessonA.html>

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Getting the Kids on Board

- ① Children enjoy movement; it doesn’t take much to get them on board!
- ① Credible physical activity curricula (eg., Color Me Healthy and Be Active Kids) provide a number of fun activities involving movement for children.
- ① Playing with the children (throwing balls, tossing bean bags, etc.) shows them that you are interested in what they do.
- ① Turn on music and ask the children to make up their own dance moves.
- ① Reinforce good behavior with stickers or extra active play time.
- ① Ask the children to come up with a list of activities that involve body movement. When you are tempted to turn the TV on, turn to the list instead for some ideas.



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BEVERAGES

Here's Why...

Children play hard and need enough fluid to stay well hydrated. They should be encouraged to drink throughout the day because they often don't know when they are thirsty. Offer a variety of beverages to maintain good health with a focus on low-fat milk and water.

Child care facilities have some options in choosing beverages. If your facility follows CACFP guidelines, serve 1% or skim milk for breakfast and lunch and water or milk for snacks. Reach for water when children say they are thirsty and save 100% fruit juice for the occasional snack, not as a replacement for whole fruit.

Choices You Make for Your Facility

-  Have cold water available at all times by placing a pitcher and cups on a low table for children to self-serve.
-  Encourage children to drink water when they come in from the playground.
-  In hot weather, bring cold water outdoors to prevent dehydration.
-  Offer children ages 2-5 1% or skim milk. These contain the same vitamins and minerals as whole and 2% milk without the extra fat.
-  If your facility has soda machines, keep them in an area not visible to children and families. Alternatively, ask vendors to include healthier choices like 100% fruit juice and water.



Checklist

- We provide water that children can see and serve to themselves.
- We rarely offer sugary drinks, other than 100% juice, to children.
- We offer 1% or skim milk to children over two years.
- We offer 100% fruit juice twice a week or less.
- We do not allow vending machines at this facility.



Getting Support From the Parents

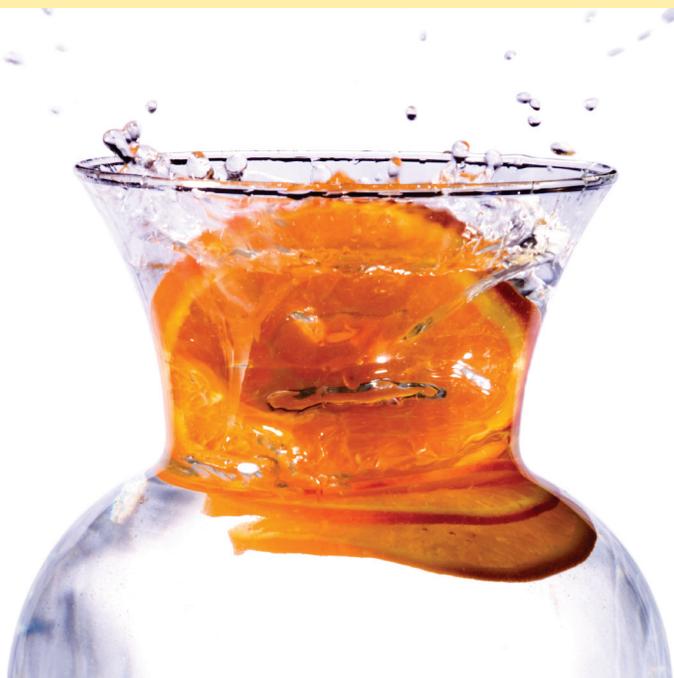
- 🍓 Encourage parents to bring in bottled water or 100% juice for birthdays and celebrations.
- 🍓 Serve water and 100% juice in place of soda or sweet tea at parent meetings.
- 🍓 Let parents know your facility uses water as the first choice for thirst.

Getting the Kids on Board

- 🍓 Encourage all children to drink at least one cup of water each day. Give each child who meets this goal a sticker.
- 🍓 Show the kids that adults in your facility like to drink 1% or skim milk and water too.
- 🍓 To make it more fun, give the children fun straws to drink beverages during snacks and meals.
- 🍓 Add lemon, lime, or orange slices to a pitcher of water to make it more appetizing for children.

For more information, please visit:

<http://betterkidcare.psu.edu/TIPS/Tips55.pdf>





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FEEDING PRACTICES

Here's Why...

Young children are notoriously picky eaters and can challenge the best of adults with their ability to love a food one minute and hate it the next. While frustrating, forcing children to try a food or to clean their plates can lead to negative associations with food, overeating and weight problems. Therefore, gently encourage children to try a new food, but don't force. As a best practice, offer kids healthy foods and snacks and then let them decide if and how much they want to eat. It often takes ten or more introductions to a new food before a child will try it. Be patient! Make snack and mealtime stress free and fun!

Offering food as a reward or punishment places undue emphasis on foods as "good" or "bad," so offer all children the same foods, regardless of good or bad behavior.

Choices You Make for Your Facility

-  Encourage children to eat a variety of foods, but don't force them to try foods if they resist.
-  Offer the same foods to all children, regardless of behavior. Use stickers or other non-food rewards to encourage good behavior like picking up toys.
-  Children vary in the amount of time needed to finish eating a meal. Extra time may be needed for slow eaters.
-  Control waste by encouraging small portion sizes and allowing children to take seconds of requested food items.
-  Teach children to listen to their bodies. Ask them if they are still hungry when they request more food and ask them if their belly feels full before removing their plate.
-  Introduce new foods one at a time with other, more familiar items.

Checklist

- Staff ask children if they feel full when they eat very little of a meal or snack.
- Staff ask children if they are still hungry before giving second helpings.
- Children are encouraged by staff to try a less favorite food in a gentle and positive manner.
- Food is not taken away for bad behavior and not given as a reward for good behavior.



Getting Support From the Parents

- 🍓 Encourage parents to visit the facility during mealtime to observe the center's approach to serving food.
- 🍓 Provide parents with the center's nutrition plan, which outlines your policies for mealtime and serving foods.
- 🍓 Show parents that their child has learned to listen to his or her body to decide if he or she is hungry or full and have parent encourage this at home.



Getting the Kids on Board

- 🍓 Create alternatives other than food for rewarding good behavior. Give them more time outside to play instead!
- 🍓 Let the children help out during mealtime. They can set the table and clean up.
- 🍓 Make mealtime a fun time by talking with the children.
- 🍓 Experiment with new foods that will be offered, such as asparagus. Talk about how they grow, their color, shape, texture, etc. This will allow for the food to become familiar.
- 🍓 Teach children in a fun way what it means to listen to their body.

For more information, please visit:

http://www.nfsmi.org/Information/Newsletters/Mealtime_memo_index.html

<http://betterkidcare.psu.edu/TIPS/TIPS07.pdf>

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FOODS OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

Here's Why...

A child care facility should be a fun and healthy place for kids, their families, and staff. Meals and snacks aren't the only times to think about healthy foods. Birthdays and celebrations can include many healthy treats and help kids appreciate and learn about other cultures.

Another time to think about healthy options is fundraising. Be creative and look for ways to raise money for your facility without selling sweets. Everyone will benefit from healthy choices and it sends a message to families that good nutrition is important at your facility.

Choices You Make for Your Facility

-  Work with your staff to create a nutrition plan. Include ideas for healthy celebrations as well as good fundraising options. Make this your facility's policy on celebrations and fundraisers, and share it with families.
-  Often fundraising is necessary to help support child care facilities. Try selling healthier alternatives like fruit and nuts, or non-foods like wrapping paper and coupon books.
-  If you have a vending machine in your facility, ask the vending supplier to provide healthier options like 100% juice, water, dried fruit, and nuts. If you don't have a vending machine in your facility, way to go!

Checklist

- We have written guidelines for holidays and celebrations that encourage healthier options.
- We provide healthy foods or non-food treats at birthdays and other celebrations.
- We sell healthy foods or non-foods like wrapping paper and coupon books for fundraisers.





Getting Support From the Parents

- 🍓 Share your facility's nutrition policy with parents.
- 🍓 Ask parents to help decide on healthy alternatives for fundraisers.
- 🍓 Share recipes for healthier treats for parties and celebrations with parents.
- 🍓 Ask parents to provide games for celebrations instead of food.
- 🍓 Encourage parents to celebrate their child's birthday with a favorite food other than cupcakes or cake. Maybe their child loves fruit salad or macaroni and cheese and would be happy to share that instead.
- 🍓 Celebrate birthdays with party hats and balloons instead of food!

Getting the Kids on Board

- 🍓 Make parties and celebrations healthy and fun by letting the kids help prepare healthy treats.
- 🍓 For a celebration, fill a piñata with toys, toothbrushes, granola bars, and other fun and healthy items.
- 🍓 For celebrations, incorporate favorite group games as a treat instead of food.

For more information, please visit:

http://www.mdpta.org/documents/Healthy_Celebrations.pdf





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MEATS, FATS, AND GRAINS

Here's Why...

Adults often make assumptions that children will only eat chicken nuggets and french fries. While they do like these items, try challenging their taste buds with healthier alternatives! Studies show that children who are offered many types of food are more likely to make good choices. Plan menus to have lots of variety including: whole grains, beans, baked chicken, turkey, or fish. Be creative and don't give up!



Choices You Make for Your Facility

- Make your own french fries! Be creative: slice or chop any type of potato, toss in a little oil, and salt and bake!
- When serving commercially prepared foods, like french fries and fried chicken, bake rather than fry. Also, be aware that these items were fried prior to freezing and contain lots of additional fat regardless of how you prepare them.
- Use alternatives to higher fat meats; lean ground turkey or beef, turkey bacon, sausage, and hot dogs. Kids won't be able to tell the difference!
- Soups are an easy way to incorporate lean meats such as turkey and baked chicken (and you can even add beans!). Don't have time? Try low-sodium canned soups.
- Serve whole grain bread products (whole wheat toast and English muffins) and cereals (Cheerios® and Wheat Chex®) for breakfast instead of biscuits and muffins, which have a lot of added sugar and fat and little fiber.
- Try serving fresh fruit, whole grain crackers, and cheese cubes for a snack instead of prepackaged cookies and snack bars.

Checklist

- We offer fried meats like chicken nuggets and fish sticks once a week or less.
- We offer fried or pre-fried potatoes like french fries or tater tots once a week or less.
- We offer high-fat meats like sausage, bacon, hot dogs, and bologna once a week or less.
- We offer beans or lean meats like baked or broiled chicken, turkey or fish at least once a day.
- We offer high-fiber foods such as whole wheat bread, brown rice, Cheerios®, and oatmeal at least twice a day.
- We offer sweets, high-fat and high-salt foods like cookies and chips once a week or less.



Getting Support From the Parents

- 🍓 Ask parents to bring their child's favorite baked chicken and potato recipes. Create a recipe book for families!
- 🍓 Tell parents that you're trying to serve less fried foods, less high sugar, fat or salt foods and more whole grains.
- 🍓 Send a list home to parents of "new foods" that were offered to their child. Encourage them to try these new foods at home also!

For more information, please visit:

http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

<http://betterkidcare.psu.edu/101snacksWeb.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-04.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-05.pdf>

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Getting the Kids on Board

- 🍓 Encourage staff to talk to children about what they are eating and how they enjoy non-fried foods.
- 🍓 Instead of frozen pizza, have children make mini pizzas on whole wheat English muffins. Have a topping bar that includes cheese, different vegetables, beans, cooked chicken, and turkey pepperoni.
- 🍓 Children eat with their eyes! Serve foods that have different colors and textures.
- 🍓 Ask kids to share a favorite healthy food from their own culture.





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MENUS AND VARIETY

Here's Why...

Remember the saying “variety is the spice of life”? Kids need variety just like adults, especially for establishing lifelong healthy eating habits. Children spend many hours at your facility, so it is important to offer them a wide variety of foods every day. To increase acceptance of new foods, serve them with familiar favorites.

Serving foods from other cultures is also a great way to increase the variety of foods served in your facility. It teaches children about diversity by introducing them to new foods and new cultures.



Choices You Make for Your Facility

- Try different shapes, colors, textures, and temperatures of food.
- Fruits and vegetables come in many different shapes and colors. Adding new fruits and vegetables to your menu is a quick way to get more variety.
- If you purchase your food from another kitchen or caterer, talk to them about ways to increase the variety in the menus. Most caterers are happy to work with you to improve the variety of food.
- Talk to your caterer about the length of your cycle menu. Increasing the length of your cycle menu means greater variety.
- You can also talk to your caterer about a winter, spring, summer and fall cycle menu to take advantage of fruits and vegetables in season.
- Don't give up! Children often have to be exposed to a new food at least ten times before they will taste it. Keep trying and one day you'll be surprised!

Checklist

- We use a cycle menu of three weeks or greater that changes with the seasons.
- We serve new foods with familiar foods.
- Our menus reflect healthy food options from a variety of cultures.
- We offer a variety of different foods on the weekly menu.



Getting Support From the Parents

- 🍓 Talk to the parents about healthy foods their children eat at home that might not be served at your facility.
- 🍓 Ask parents to suggest cultural foods that your facility could introduce in the menus, and ask the parents to share their healthy food recipes.
- 🍓 Have parents participate in theme days by bringing in small items like decorations or items that relate to their culture (chopsticks, maps, pictures, etc.).

Getting the Kids on Board

- 🍓 Kids love food that is colorful and fun. Add foods that are bright in color or have interesting textures to the menu.
- 🍓 Let kids help prepare a new or unfamiliar food in the classroom and then taste their hard work.
- 🍓 Ask kids to share a favorite healthy food from their own culture.
- 🍓 Have theme days such as Italian, Mexican, Spanish and Chinese; discuss culture, food and have taste tests.

For more information, please visit:

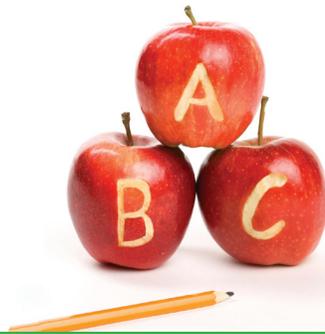
<http://www.opi.mt.gov/schoolfood/cyclecare.html>

http://teamnutrition.usda.gov/Resources/menu_magic.pdf

http://teamnutrition.usda.gov/Resources/childcare_recipes.html

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NUTRITION AND PHYSICAL ACTIVITY EDUCATION

Here's Why...

Nutrition and physical activity are important parts of good health. Enjoying and learning about food and physical activity in childhood leads to healthy behaviors for a lifetime. Many adults would like to learn more about these issues as well. Your facility is a great place to offer nutrition and physical activity training for both parents and staff. The more information people receive, the more likely they are to make healthy choices. Learning can be fun and helpful for both kids and adults!

Choices You Make for Your Facility

- ① Provide staff with training in both nutrition and physical activity. Take advantage of your community resources, such as Cooperative Extension, your CACFP representative, and child care health consultants. Also, try your community center, public school system or local university for training information and opportunities.
- ① Staff can teach children about the taste and smell of foods. The children should feel the textures and learn different colors and shapes of foods. Children are more likely to try new foods if they have had the opportunity to touch and smell them first.
- ① Fun nutrition activities like making simple snacks can be a great way to teach kids about food and nutrition.
- ① Staff can teach children about body movement and development. The children should know their bodies and ways to move to be healthy.
- ① Fun physical activities, like dancing, can be a great way to teach children about physical activity and get children moving!



Checklist

- We offer training for staff on both nutrition and physical activity at least two times a year.
- We provide both nutrition and physical activity education to children through a standardized curriculum at least one time a week.
- We offer both nutrition and physical activity education to parents at least two times a year.



Getting Support From the Parents

- ① Keep parents informed about the fun nutrition and physical activity education activities that take place in your facility. These activities can be announced through newsletters or parent meetings.
- ① Send home easy recipe ideas that parents and children can make together.
- ① Send home family physical activity ideas.
- ① Send home the NAP SACC parent handouts.

For more information, please visit:

<http://betterkidcare.psu.edu/AngelUnits/OneHour/Garden/GardenLessonA.html>

http://www.iowa.gov/educate/component/option,com_docman/task,doc_view/gid,510/

<http://www.iptv.org/rtl/downloads/TNactivity1.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2007-02.pdf>



Getting the Kids on Board

- ① Use mealtimes for very informal education about food.
- ① Give children the opportunity to make their own snacks. This teaches them about healthy food in a fun way!
- ① Make physical activity education fun through active play. Kids love to move and learn new skills!



Nutrition and Physical Activity Self-Assessment for Child Care

PLAY ENVIRONMENT

Here's Why...

Kids love variety, especially in their play. Fixed and portable play equipment that stimulates a variety of gross motor skills (large muscle movements) are important. Kids need to move their bodies in many different ways in order to develop muscles, build strong bones, and grow. Safety is always important, so make sure your kids are active and safe!



Choices You Make for Your Facility

- Inventory your fixed equipment to see that it meets safety standards.
- Make ALL equipment available to children at all times
- Observe the children to see if what is on the playground presents opportunities for children of different ages.
- When possible, add fixed equipment that is appropriate for the range of children you serve.
- Provide portable play equipment for children outdoors and during indoor time. This may include balls of all sizes and textures, hoops, scoops, wagons, wheeled toys, push carts, etc.
- If possible, provide bicycles or tricycles for children to use. These can make fun indoor toys as well (in a gym or large multipurpose room).



Checklist

- Fixed play equipment (swings, slides, climbing equipment, or overhead ladder) is extensive and varied.
- Portable play equipment that stimulates gross motor skills (such as wheeled toys, balls, and tumbling mats) is available at all times for all children to use.
- Outdoor play spaces include running spaces and a track/path for wheeled toys.
- An indoor play space is available that allows for all activities including running.



Getting Support From the Parents

- ① Communicate with parents about why the facility supports a variety of fixed equipment on the playground.
- ① Share the importance of balls and other equipment for the motor development of young children.
- ① Use the parent handouts on physical activity.
- ① Let parents know how their child uses certain kinds of equipment to help reinforce this practice at home.

For more information, please visit:

<http://www.nccic.org/poptopics/playgrounds.pdf>

Getting the Kids on Board

- ① Providing opportunities is all it takes for children to engage in active play!
- ① Allow children of similar ages onto the playground at the same time. This will encourage greater access to the equipment.
- ① Add new, small equipment on a regular basis.
- ① Play group games that are inclusive of the whole class; various types of relay races and "Red light, Green light."
- ① Encourage more sedentary children through new and different equipment. All children can find something active they love to do.





Nutrition and Physical Activity Self-Assessment for Child Care

SUPPORTING HEALTHY EATING

Here's Why...

Mealtimes at your facility should be similar to mealtimes at home. Teachers and kids that eat together as one big “family” have the opportunity to enjoy a relaxing meal. Conversation at the table adds to the pleasant mealtime environment and provides opportunities for modeling appropriate eating behaviors and informal nutrition education.

Serving meals family style is a great way to encourage fine motor skills and table manners as well as teach children how to “listen to their bodies” when serving themselves portions of food.

Choices You Make for Your Facility

-  Serve food family style and let the children serve themselves. They can determine what foods they want to try and how much of each to take.
-  Staff should be positive nutrition role models. If you want the children in your care to eat their vegetables, the staff should eat theirs and enjoy them!
-  Eating together provides an opportunity for staff to teach children about table manners, and to stop eating when full.
-  Encourage, but don't force a child to try a food.
-  Mealtime should be a happy time. This is a great opportunity for staff to talk with the kids and make them feel special.



Checklist

- Our staff and children sit and enjoy meals together.
- We serve meals or parts of each meal family style.
- Our staff eat the same foods that the children eat all of the time.
- Our staff model healthy eating to the children at every meal or snack.
- Our staff informally talk with children about enjoying healthy foods at every meal or snack.
- We provide visible support for good nutrition in 2-to 5-year old classrooms and common areas through use of posters, pictures, and books.



Getting Support From the Parents

- 🍓 Parents influence children's eating habits and interest in food by what they do and say. Talk to parents about how to be a good role model for their children when it comes to healthy eating.
- 🍓 Let parents know that you serve family style meals and snacks. Share positive comments about their children's behaviors that you observed during mealtime.
- 🍓 Suggest that parents sit down as a family for meals as frequently as possible.
- 🍓 Invite parents to join their children at a mealtime so they can observe the positive atmosphere.

Getting the Kids on Board

- 🍓 Pick one child a day to talk about what they see on their plate. Ask the child about the different colors, textures, and food groups.
- 🍓 Ask children to try a new food at home and report back.
- 🍓 Ask children to talk about their favorite foods. Are they foods that should be eaten every day or only occasionally?

For more information, please visit:

<http://www.olemiss.edu/depts/nfsmi/Information/Newsletters/meme2004-4.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2003-2.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2002-6.pdf>

<http://www.nfsmi.org/Information/Newsletters/meme2003-3.pdf>



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SUPPORTING PHYSICAL ACTIVITY

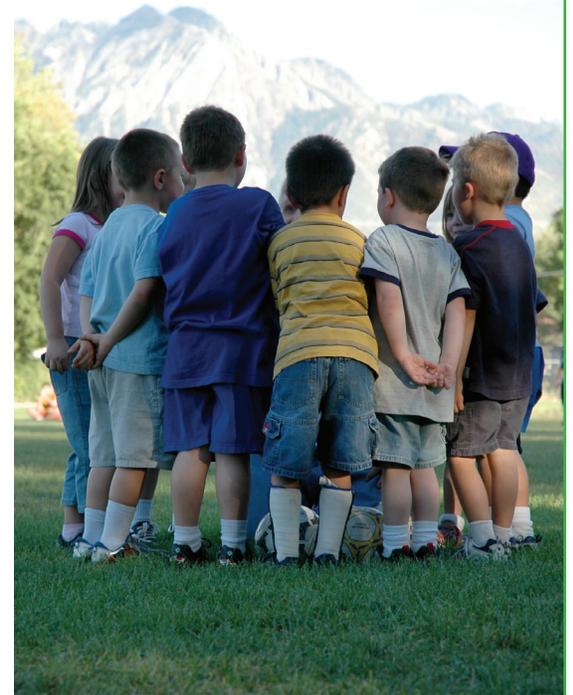
Here's Why...

Fundamental motor skills such as jumping, catching, or kicking are learned as children get older. Children look to adults for encouragement and instruction on how to use their bodies. Being physically active with children helps advance these skills and teaches them more complex movements such as skipping, hopping, dribbling, and throwing—skills that they will need to participate in activities as they get older. If children do not learn these skills at the appropriate age, they will be at a disadvantage in later years and may be more likely to develop

sedentary lifestyles. It is important to help children learn how to use their bodies so that they will have the tools they need to be healthy and active later in life.

Choices You Make for Your Facility

- Being physically active together allows staff to teach children how to play together.
- Encourage, but don't force, a child to engage in active play.
- Active playtime should be a happy time. This is a great opportunity for staff to interact with children and make them feel special.
- Encourage staff to incorporate physical activity into lessons and circle time each day. In addition to being good for their bodies, it helps them learn more effectively.
- Remember to always make activity fun and exciting so children look forward to moving their bodies and learning new movements.
- Create and enforce a physical activity policy for the center that shows your support for daily physical activity.



Checklist

- Our staff often join in active play and encourage children to move more during play time.
- We provide visible support for physical activity in classrooms and common areas through use of posters, pictures, and books.



Getting Support From the Parents

- Parents' attitudes and actions influence children's interest in physical activity. Talk with parents about ways to be good role models for children when it comes to being physically active.
- Share positive comments with parents about children's active play that you observe during the day.
- Share ideas for games and activities that parents can use at home.

Getting the Kids on Board

- Pick one child a week to share an active play idea and have the whole class participate.
- Ask the children to try a new play activity at home and report back.
- Stimulate their imagination and boost their activity: Give children a special prop and have them create a game with it. See how many ideas they come up with.

For more information, please visit:

<http://www.movingandlearning.com/>

<http://www.aahperd.org/naspe/peappropriatepractice/AppropriatePractices3-5.pdf>

