

Building on the ROCK

Building a Healthy Child Care Center



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Nemours Health &
Prevention Services

Strategy

- **To address healthy eating and physical activity (HEPA) through policy change at the state level and practice change in child care facilities, advancing HEPA as a critical component of quality care**
 - This work directly engages licensed child care programs and professionals, Delaware's early childhood stakeholders, including policy leaders, public and private administrators, business leaders and family advocates.



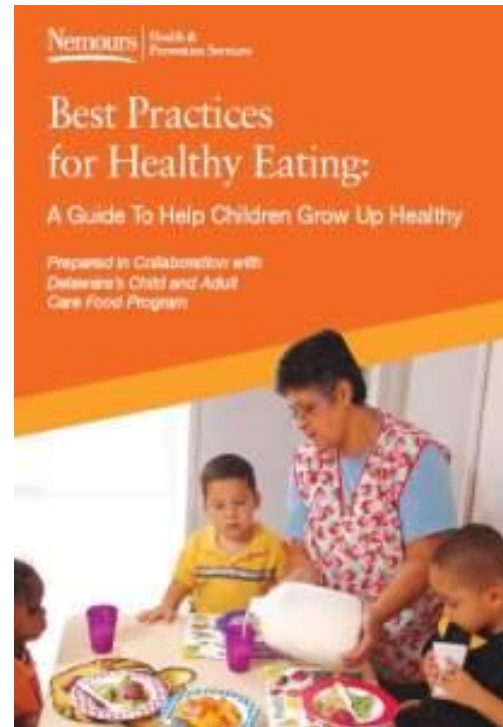
Child Care Policy

- Reaching 54,000 children
- Built on 2007 success with Office of Child Care Licensing (OCCL) regulations update – reducing screen time and increasing physical activity in licensed child care centers
- Child and Adult Care Food Program (CACFP) is adopting policy changes for foods served in child care
- OCCL is also requiring that all licensed child care providers use the CACFP guidelines to provide adequate nutrition to children
- Policy changes in support of 5-2-1-Almost None



Child and Adult Care Food Program

- Best practices identified in the Guide resulted in policy regulations implemented this Past July.
- Delaware CACFP standards are endorsed by the USDA.



Achieving Practice Change: Child Care Collaborative

REACH = 28 Centers serving 3,000 children

- Imbedding moderate to vigorous physical activity into the day
- Increasing fruits and vegetables on the menus
- Creating policies for what parents and staff can bring into the center (e.g. no unhealthy fast food or sodas)
- Increasing access to water
- Limiting juice to one serving per day



Tools to Support Healthy Habits

- **NAPSACC**

- Child Care Directors collect baseline data on current state of practices in their centers and use that information to plan policy and practice changes

- **Child Care Collaborative DVDs**

- Interactive instruction for center directors to teach child care providers to implement healthy eating and physical activity best practices

- **University of Delaware Toolkit (Infant – 2 year olds)**

- Influencing practice change with concrete healthy eating and physical activity lessons and activities



Tools to Support Healthy Habits

- **Sesame Workshop Preschool Toolkit (3 - 5 year olds)**
 - Nemours partnering with Sesame Workshop
 - Influencing practice change with concrete healthy eating and physical activity lessons and activities
 - Distributed 705 kits that reach 13,000 children in Delaware
 - Helps children develop positive associations with healthy foods and physical activity



Opportunities for policy partnerships

- **CACFP**
- **State regulations/licensing**
- **Resource and Referral agencies**
- **State Early Childhood Comprehensive Systems grants**
- **Tiered quality rating systems**
- **Higher education/ professional development training systems**

Discussion Questions

1. **What is happening here in Central Florida?**
2. **What are your opportunities?**
3. **What are your challenges/ barriers?**
4. **What could be a path forward?**
 - What would you like to accomplish?
 - How do you build support?
5. **What should ROCK do next?**
 - Do you have all the players you need?
 - What can your organization contribute?