

# Childcare Physical Activity and Nutrition Program



## Childcare Physical Activity and Nutrition program gives kids a healthy foundation

You're invited to participate in an exclusive physical activity and nutrition program for childcare providers. We know you care about the health of the children, but it's sometimes difficult to make healthy choices because there's only so much time in a day—and it's usually spent running after kids. That's why we're extending an invitation for childcare providers in the counties of Adams, Clark, Langlade, Lincoln, Marathon, Marquette, Portage, Taylor, Waushara and Wood to participate in the Childcare Physical Activity and Nutrition Program, a fun and easy way to help childcare facilities, just like you, improve physical activity and nutrition.



## You've got a team of professionals supporting you

You can count on Childcaring and Security Health Plan to share their resources and support you with implementing this program in your facility.

## We'll help you every step of the way

The Childcare Physical Activity and Nutrition Program is designed and proven to be user friendly, time and resource efficient, and easily integrated into your busy day. **Did we mention that participation is completely FREE?** You and a trained health consultant from Childcaring will work together for 3-4 months to help young children ages 2 to 5, find ways to integrate more physical activity and healthier foods into their lives. You can count on support every step of the way as you complete the five steps of this program.

### Step 1

Complete a 20-minute **self-assessment** survey that will help you and your health consultant identify strengths and weaknesses related to your facility's physical activity and nutrition environment.

### Step 2

You and your health consultant meet at a time that is convenient for you to talk about the self-assessment and develop an action plan with physical activity and nutrition goals that work for you and your facility. Your health consultant will provide suggestions to help improve your facilities meals, snacks, celebrations, television viewing and outdoor/indoor active play time--just to name a few. You may also hear ideas on how to improve your own health so you can be great role models for the children you are caring for. You will choose at least three goals for improving nutrition, three goals for improving activity and then you will create an action plan that works for you and your facility to implement those goals.

### Step 3

We provide you and your staff with free **training and education** to help you meet your physical activity and nutrition goals. This is when you receive the tools and resources to help support your action plan, such as handouts, information and other ways to include parents and families.

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## Step 4

Receive ongoing **support and assistance** from your health consultant to help you meet your goals, in a way that works best for you (on-site, telephone, e-mail). You will communicate with your health consultant to report progress on goals and when you need assistance.

Complete a 20-minute **post self-assessment** survey that will allow you to share the changes you made to your facility's physical activity and nutrition environment. You will have the opportunity to provide valuable feedback about how to improve the program.

## Step 5

You and your health consultant sit down to talk about successes, challenges and develop **plans to continue your efforts**.

## Receive incentives for participation

You will receive incentives that will help you be successful in achieving your goals. Incentives include a zip drive with handouts and resources, plastic water bottles, and a fitness and nutrition curriculum book.

## You play an important role in child development

Good nutrition and plenty of physical activity are essential to a young child's growth and development. These behaviors begin early in life and are fostered by the environment in which children live and play. Because many children spend much of their day in childcare settings, you are essential to the development of healthy behaviors. Here's your opportunity to be a leader in creating a healthy environment by participating in the **FREE** Childcare Physical Activity and Nutrition Program.

## Join us

Space is limited so reserve your spot in the program by contacting:

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