

Obesity Prevention Toolkit

The *Obesity Prevention Toolkit* supplements the current *Toolkit for Child Care Health Consultants*. This toolkit is available at <http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies>. Child Care Health Consultants (CCHC) should be familiar with the resources, forms, and websites that are part of the Toolkit for Child Care Health Consultants.

The *Obesity Prevention Toolkit* highlights resources to develop and implement sustainable child care policies related to Nutrition, Physical Activity and Screen Time. CCHCs working with child care providers to write, revise, and strengthen their programs' policies should use this addendum as a reference guide.

*The ECELS computer symbol  indicates that you can access the materials online by linking to the ECELS website at www.ecels-healthychildcarepa.org. For print documents, you may contact the publishing organization. A list of commonly cited organizations is found at the end of this document.

NUTRITION

CHECKLISTS AND FORMS		
	See Tools tab on ECELS website.	
Item	Description	Source/Link
Care Plan for Children with Special Needs (with Care Plan Explanation)	Care plan to be used by health care providers and other professionals to prepare a plan of care for children who require special care. The Care Plan Explanation provides rationale/comments for each item on the Care Plan.	ECELS 
Child Care Service Encounter Form	Form to be used to document health consultant activities.	ECELS 
Child Care Service Encounter Form tips	Tips on how to fill out the Child Care Service Encounter Form correctly	ECELS 
ECELS Health and Safety Checklist 2011 with References	ECELS Health and Safety Checklist-Version 1.4 is a 167 item observational tool with references for health professionals who provide child care health consultation.	ECELS 
Emergency Information Form for Children with Special Health Care Needs and Instructions	A form that records the health data for a child with special needs so that in an emergency, the child care provider can give the form to EMS personnel to inform them about the child's diagnoses, medications and special care needs. Putting this information into the hands of the EMS personnel enables them to make appropriate decisions for the child's care.	AAP  https://www.aap.org/Clinical-Practice-Management/Emergency-

		Information-Form-for-Children-With-Special-Health-Care-Needs/
Situations that Require Medical Attention Right Away	A list of conditions that caregivers can use to recognize situations in the early education and child care setting that need urgent action.	Model Child Care Health Policies, 5 th Ed. (MCCHP)- Appendix Z http://www.ecels.org/publications/manuals-pamphlets-policies
FACT SHEETS		
See Publications tab on ECELS website.		
Item	Description	Source/ Link
Breastfeeding and Early Care and Education: Increasing support for breastfeeding families	Description: Flyer from Centers for Disease and Prevention shares breastfeeding statistics as well as how ECE caregivers can promote breastfeeding in their programs. Gives examples of six states' efforts to increase support for breastfeeding women in ECE environments.	https://www.cdc.gov/obesity/downloads/bf_and_ece_final.pdf
Be A Caregiver Who Supports the Breastfeeding Mother	Penn State Extension - Better Kid Care: Shares Important steps to supporting nursing mothers, ways to Share and plan together, ways to Welcome mothers and ways to Communicate your needs as a caregiver.	https://bkc.vmhst.psu.edu/documents/Lunches91.pdf
Choking Hazards	Examples of hazardous foods and non-food causes of choking. Identifies easy ways to make foods safer. Use as a poster or handout.	ECELS 
HEALTH CAPSULES		
See Publications tab on ECELS website.		
	Brief articles to insert into parent and staff newsletters, post on bulletin boards or otherwise share information on health and safety topics. You may reproduce the Health Capsules as long as the wording of sentences is not changed, and ECELS is indicated as the source. See the following samples of nutrition-related topics.	ECELS 
	Drinking Water Available All Day	
	Fitness and Nutrition Tips (includes a poster/fact sheet)	
	Food Insufficiency- Too Many Children Go Hungry	
	Food Safety is Critical in Any Weather	
	Obesity Prevention Standards	

	Obesity Prevention: Physical Activity, Nutrition, Screen Time	
	Recipe Winners for Centers and Home-Based Early Educators	
	Salt, Sugar and Obesity	
	Sleep Needs and Obesity	
MEDIA		
Item	Description	Source/Link
Food Preparation Observation video	Observation practice to identify health and safety issues in food handling. (3 minute video)	ECELS 📄 Publications/ Audio Visuals
Culinary Techniques for Healthy School Meals	<p>Materials available from a website of the National Food Service Management Institute of the University of Mississippi for education of staff who prepare food.</p> <p>Directors/Administrators can support staff use of these self-guided materials for safer, healthier food service:</p> <ul style="list-style-type: none"> • 51 clearly presented, brief video lessons featuring chefs from the Culinary Institute of America demonstrating step-by-step preparation methods for all kinds of foods. • 16 print lessons • 6 online courses that include the 51 video lessons. Users can complete these courses for continuing education credits. Each course includes Culinary Practice activities to be done on the job. <p>The online learning activities feature recipes from the U.S. Department of Agriculture, Food and Nutrition Service. These recipes are on the Culinary Techniques website and in the National Food Service Management Institute Resource Center at www.nfsmi.org.</p>	Culinary Techniques 📄 http://nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTIxNg
SELF-LEARNING MODULES		
	See Professional Development/Training tab on ECELS website. Successful completion earns ECELS approval for PA Key credit.	
Item	Description	Source/Link
Fitness and Nutrition: Moving and Munching, Supporting Wellness in Early Learning Programs	Assess your program's physical activity and nutrition policies and practices for infants through children age 5. Use the Let's Move Child Care resources and the Nutrition and Physical Activity Self- Assessment for Child Care (Go NAP SACC). Based on your assessment, develop an action plan to make improvements. Addresses infant feeding and screen time. Learn about new resources, parent engagement strategies and policy development.	ECELS 📄
Food Allergy	Learn the basics of food allergy and allergen types in foods and how to prevent a food allergy response. Use forms, guides, and links to online videos and other materials. Practice reading food labels to find hidden ingredients that are the same as common food allergens. Describe how to modify the early learning and school age program for a child with a food allergy and plan for handling a food allergy response	ECELS 📄

Model Child Care Health Policies	Use <i>Model Child Care Health Policies</i> , 5th Edition to develop customized health and safety policies for your center or home-based program. Complete self-assessment questions and review selected policies. Submit one policy of your choice to ECELS for review.	ECELS 
WEBINARS		
See Professional Development/Training tab on ECELS website.		
Item	Description	Source/ Link
Caring for Infants and Toddlers: Nutrition and Physical Activity Best Practices	Learn about infant and toddler physical activity and recommended feeding practices. Information about the Baby NAPSACC (Nutrition And Physical Activity Self Assessment For Child Care) study underway in North Carolina was presented. Review Caring for Our Children recommendations for infant and toddler care related to feeding, nutrition and physical activity.	ECELS 
Model Child Care Health Policies - Using Policies to Increase Quality	Presented in partnership with the national American Academy of Pediatrics. Learn to use <i>Model Child Care Health Policies (MCCHP)</i> , 5th edition to write or revise your program's written policies to be consistent with <i>Caring for Our Children</i> , 3rd Ed.	ECELS 
Obesity Prevention: New Tools for Early Care and Education Programs	Highlights the current childhood obesity problem and compares helpful obesity prevention tools that child care providers can use. Tools include <i>Model Child Care Health Policies</i> , the Moving and Munching Self-Learning Module from ECELS, and the PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC).	ECELS 
WORKSHOPS		
See Professional Development/Training tab on ECELS website. Lesson Plans provided by ECELS to qualified instructors.		
Item	Description	Source/Link
Food Allergy	Uses the interactive curriculum from the Food Allergy Network. Includes a video and mock epinephrine (EpiPen®) demonstration. Practice reading food labels to find hidden ingredients that are the same as common food allergens. Learn the basics of food allergy and allergen types in foods. Discuss how to modify the child care setting for a child with a food allergy, and plan for handling a food allergy response.	ECELS 
Obesity - What Adults Can Do to Reduce Childhood Obesity	Addresses national and state initiatives to reduce obesity among children in group care. Includes nutritional needs of infants, toddlers, preschool and school age children. Learn how to adjust portion sizes, and evaluate food and nutrition labeling. Discussion includes comparing standards for physical activity and limitation of sedentary activities with current practices. Learn how to use research about how children acquire attitudes about food and physical activity. Identify nutrition education opportunities at mealtimes, snacks, holidays and birthdays.	ECELS 

PHYSICAL ACTIVITY

CHECKLISTS AND FORMS		
See Tools tab on ECELS website.		
Item	Description	Source/Link
Active Play Safety Checklist and Planning Tool	An updated checklist to identify hazards in indoor and outdoor active play areas. Checklist is followed by a table to use to plan corrective actions and suggestions for how to finance any actions that require seeking additional money to cover costs.	ECELS 
Active Play-Checklist of Environmental Rating Scale (ERS) Items	A list of the ERS items related to active play in the areas of safety, supervision, space, and program structure.	ECELS 
Asthma Action Plan	A plan for families to use with your child's health provider to write down how to manage your child's asthma; routinely on a daily basis and during an asthma episode. Includes list of possible asthma triggers and ways to avoid them.	www.nhlbi.nih.gov/files/docs/public/lung/asthma_actplan.pdf
Daily and Monthly Playground Maintenance Form	A document to use on a daily and monthly basis to make sure active play area is free of hazards. Identify areas that need fixing and make a plan to correct the hazard.	ECELS 
Staff Assignments for Active (Large Muscle) Play	A form to create written schedule of staff assignments to supervise high-risk areas during active (large-muscle) play times.	MCCHP, 5 th edition Appendix P http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies
Sun Safety Permission Form	A form to authorize and provide instructions from parents/legal guardians for use of sunscreen.	MCCHP, 5 th edition Appendix T http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies
FACT SHEETS		
See Publications tab on ECELS website.		
Item	Description	Source/Link
Asthma	General information for parents and caregivers about asthma, the most frequently occurring chronic illness in children. For more detailed information, see <i>Managing Children with Chronic Health Needs in Child Care and Schools</i> , 2010.	ECELS 

Injury Prevention	Steps to prevent injury in child care facilities. Useful for all types of facilities, but especially helpful to providers who want to meet the PA STARS standards. Originally published as an article in the March 2006 issue of <i>Health Link Online</i> . Find active links to checklists that staff, parents and older children can use to hunt for and correct hazards and risky practices.	ECELS 
Physical Activity with Infants/ Physical Activity with Toddlers	Fliers give simple ways to increase and encourage physical activity for Infants and toddlers. Give a “jump start” to infant and toddler caregivers who are looking for ways to stimulate increased physical activity in their classrooms and outside. Great for parent education	http://www.adph.org/healthystart/Default.asp?id=6548
Shape America	SHAPE America (Society of Health and Physical Educators): A Statement of Physical Activity Guidelines for Children from Birth to Age 5, Second Edition. Contains practical suggestions how ECE caregivers and parents can implement physical activity guidelines for infants, toddlers, and preschoolers. Frequency, time, and type guidelines are given for each age.	www.shapeamerica.org
HEALTH CAPSULES		
See Publications tab on ECELS website.		
	Brief articles to insert into parent and staff newsletters, post on bulletin boards or otherwise share information on health and safety topics. You may reproduce these brief articles as long as the wording of sentences is not changed, and ECELS is indicated as the source. See samples of topics related to physical activity.	ECELS 
	Air Quality in Winter	ECELS 
	Drinking Water Available All Day	ECELS 
	Fitness and Nutrition Tips - includes a poster/fact sheet	ECELS 
	Obesity Prevention Standards	ECELS 
	Obesity Prevention: Physical Activity, Nutrition, Screen Time	ECELS 
	Sleep Needs and Obesity	ECELS 
	Sun Protection in Child Care	ECELS 
MEDIA		
Item	Description	Source/Link
Active Play Observation video	Observation practice to identify health and safety issues in active play. (3 minute video)	ECELS  Publications/ Audio Visuals
Motion Moments	Videos show a few simple ways to weave physical activity into your current early care and education program in either a child care center or family child care home working with infants, toddlers or preschoolers. English and Spanish.	http://nrckids.org/default/index.cfm/products/more-achieving-a-state-of-healthy-weight1/
SELF-LEARNING MODULES		
See Professional Development/Training tab on ECELS		

	website. Successful completion earns ECELS approval for PA Key credit.	
Item	Description	Source/Link
Active Play	Learn how to make active play areas safe, fun places for children and their teachers/caregivers. Learn to assess play areas for hazards and make corrections. View four online videos and review forms, guides and other materials. Use tools to plan for supervision and maintenance of indoor and outdoor active play areas.	ECELS 
Fitness and Nutrition: Moving and Munching, Supporting Wellness in Early Learning Programs	Assess your program's physical activity and nutrition policies and practices for infants through children age 5. Use the Let's Move Child Care resources and the Nutrition and Physical Activity Self- Assessment for Child Care (Go NAP SACC). Based on your assessment, develop an action plan to make improvements. Addresses infant feeding and screen time. Learn about new resources, parent engagement strategies and policy development.	ECELS 
Injury Prevention: Practice and Teach Injury Prevention	Assess your program's physical activity and nutrition policies and practices for infants through children age 5. Use the Let's Move Child Care resources and the Nutrition and Physical Activity Self- Assessment for Child Care (Go NAP SACC). Based on your assessment, develop an action plan to make improvements. Addresses infant feeding and screen time. Learn about new resources, parent engagement strategies and policy development.	ECELS 
WEBINARS		
See Professional Development/Training tab on ECELS website.		
Item	Description	Source/Link
Active Play - Reducing Risk and Promoting Health	Learn about safe active play experiences for young children. Content includes: the importance of active play to support social-emotional, cognitive and physical development of young children; leading hazards that cause the most common injuries in active play environments; and tools to implement a plan for active play area maintenance.	ECELS 
Asthma: Reduce the Wheeze Please!	Asthma is one of the most common chronic diseases in children. Use the recorded ECELS webinar presented on Wednesday, February 4, 2015 to learn more about asthma. Learn about asthma symptoms, resources and tools to care for children with this special need.	ECELS 
Caring for Infants and Toddlers: Nutrition and Physical Activity Best Practices	Learn about infant and toddler physical activity and recommended feeding practices. Information about the Baby NAPSACC (Nutrition And Physical Activity Self Assessment for Child Care) study underway in North Carolina was presented. Review <i>Caring for Our Children</i> recommendations for infant and toddler care related to feeding, nutrition and physical activity.	ECELS 
MCCHP- Using	Presented in partnership with the national American Academy	ECELS 

Policies to Increase Quality	of Pediatrics. Learn to use <i>Model Child Care Health Policies (MCCHP)</i> , 5th edition to write or revise your program's written policies to be consistent with <i>Caring for Our Children</i> , 3rd Ed.	
Obesity Prevention: New Tools for Early Care and Ed programs	Highlights the current childhood obesity problem and compares helpful obesity prevention tools that child care providers can use. Tools include <i>Model Child Care Health Policies</i> , the Moving and Munching Self-Learning Module from ECELS, and the PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC).	ECELS 
WORKSHOPS		
	See Professional Development/Training tab on ECELS website. Lesson Plans provided by ECELS to qualified instructors.	
Item	Description	Source/Link
Active Play	Highlights 12 most common active play hazards. Emphasizes the use of certified playground inspectors, facility checklists and injury reports to identify and remove significant hazards. Teaches how to maintain safe, developmentally appropriate play areas, and accommodate children with special needs.	ECELS 
Obesity - What Adults Can Do to Reduce Childhood Obesity	Addresses national and state initiatives to reduce obesity among children in group care. Includes nutritional needs of infants, toddlers, preschool and school age children. Learn how to adjust portion sizes, and evaluate food and nutrition labeling. Discussion includes comparing standards for physical activity and limitation of sedentary activities with current practices. Learn how to use research about how children acquire attitudes about food and physical activity. Identify nutrition education opportunities at mealtimes, snacks, holidays and birthdays.	ECELS 
PUBLICATIONS		
Nutrition and/or Physical Activity		
Item	Description	Source/Link
Achieving a State of Healthy Weight	Comparison of <i>Caring for Our Children</i> Standards and state regulations related to nutrition and physical activity. See page 146 for Pennsylvania specific report.	http://nrckids.org/default/assets/File/Products/ASHW/regulations_report_2010.pdf
Cara's Kit	Goal of Cara's Kit is to promote the participation of all children in the full early childhood curriculum. Provides guidance to adapt daily activities and routines so children ages 3-6 with disabilities and other special needs can successfully participate in all classroom activities. Contains a CD with resources and a booklet about adaptations.	http://panapsacc.weebly.com/an-inclusive-approach-to-planning-physical-activities.html
<i>Caring for Our Children</i> , 3 rd Ed.	Ten chapters delineate performance expectations for: 1) staffing, 2) program activities, 3) health promotion, 4) nutrition, 5) facilities, 6) play areas, playgrounds and transportation, 7) infectious disease, 8) children with special	National Resource Center for Health and Safety in Child

	needs and disabilities, 9)policies, 10) licensing and community action. Available for purchase from the National AAP bookstore and, in the most updated version, online from the NRC http://nrckids.org/ .	Care and Early Education (NRC)  http://nrckids.org/
Crosswalk PA's Initiatives and Let's Move! Child Care	Crosswalk of I am Moving, I am Learning; Keystone Kids Go; the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC); Pennsylvania Learning Standards for Early Childhood; Head Start Child Development and Early Learning Framework; Pennsylvania American Academy of Pediatrics/ECELS and Better Kid Care with the national Let's Move! Initiative.	www.pakeys.org/uploadedContent/Docs/Early%20Learning%20Programs/Other%20Programs/Lets%20Move%20Crosswalk%20JAN2012.pdf
Crosswalk PA'S Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC)	Crosswalk aligning PA Initiatives to PA NAP SACC goals, Pennsylvania Early Learning Standards, ERS (Environmental Rating Scale), and STARS Standards. The objective of developing this crosswalk for the PA NAP SACC is to provide insight on how this program can aid child care providers in boosting their scores within the STARS system, ERS, the Pennsylvania ELS, and the Pennsylvania CKC. (Core Knowledge Competencies.	http://www.panen.org/sites/default/files/Keystone_Kids/wellnessminigrantyr2_2014.pdf
Dietary Guidelines for Americans 2010	Information and advice for choosing a healthy eating pattern—one that focuses on nutrient-dense foods and beverages, and that contributes to achieving and maintaining a healthy weight. Also embodies food safety principles to avoid foodborne illness.	http://www.health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf
Dirty Dozen – 12 Playground Hazards	National Recreation and Park Association- Identify 12 of the leading causes of injury on playgrounds. By familiarizing yourself with the 'Dirty Dozen Checklist', you can inspect your local playground for safety hazards. Also free online video.	http://www.zeager.com/content/uploads/2015/12/DirtyDozen_Final.pdf
EatPlayGrow™	Early childhood health curriculum developed by the Children's Museum of Manhattan (CMOM) in partnership with the National Institutes of Health's (NIH's) We Can! Program. Combines up-to-date science from the NIH with CMOM's creative educational approach to teach young children and their parents how to make healthy nutritional and physical activity choices. Ideal program for child care centers where parents and children come to learn, be active, and have fun.	http://cmom.org/eatplaygrow_curriculum
Farm to Child Care Year-Round	Resource identifies Farm to Child Care activities that can be pursued year-round. Part of a series of resources designed to inform and support efforts to cultivate child care settings that promote healthy eating, active play, reduced screen time, and tobacco-free environments.	http://publichealthlawcenter.org/resources/farm-child-care-year-round
Health Consultant Role in Food Safety and Facility Sanitation	Brochure that describes the role of a sanitarian or food safety consultant for early education and child care programs.	ECELS 
Health Link	Quarterly online newsletter published by ECELS. PDF posted at	ECELS 

Online	website for programs to copy and distribute articles or entire newsletter. Previous issues archived at website.	
<i>Healthy Young Children</i> , 5 th Edition	Health and safety reference and resource guide for program directors and teachers published by the National Association for the Education of Young Children.	www.naeyc.org
How to Choose and Use a Child Care Health Consultant	Brochure that describes the qualifications and role of the health consultant for an early education and child care program.	ECELS 
<i>Managing Chronic Health Needs in Child Care and Schools</i>	Publication of the American Academy of Pediatrics that functions as a quick reference guide on how to provide inclusive care for children with special needs in early education and child care settings. Includes quick reference sheets. Helps health care professionals communicate essential information and instructions clearly and efficiently. Includes tips for dietary considerations and adaptations of the physical environment, including outdoor play.	AAP  http://shop.aap.org/
<i>Model Child Care Health Policies (MCCHP)</i> , 5 th Edition	Publication of the American Academy of Pediatrics (AAP) and the PA Chapter of the AAP that provides sample policies and forms that can be used as fill-in-the-blank document to draft health and safety policies for programs that provide child care.	ECELS  http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies AAP  http://shop.aap.org/
Pennsylvania Breastfeeding Coalition	Dedicated to bringing resources and information to all mothers on their breastfeeding journey. Includes information about PA: Le Leche Groups, WIC, Maternity Care Coalition, and Lactation Support Providers.	http://www.pabreasfeeding.org/parents/pennsylvania-resources/
<i>Pediatric Nutrition Handbook</i> , 7th Edition	Latest information about nutrient metabolism to support the normal development and health of infants and children who are well, those born with congenital anomalies or disorders of metabolism, and those with acute and chronic illnesses.	AAP  http://shop.aap.org/
Preventing Childhood Obesity in Early Care and Education Programs, 2 nd Edition (PCO)	Selected set of evidence-based and expert consensus-based standards from <i>Caring for Our Children</i> , 3 rd Ed. Three topic areas: nutrition, physical activity, and screen time in early care and education. Use to build healthy lifestyles for children of all ages.	http://nrckids.org/default/assets/file/preventingchildhoodobesity2nd.pdf
WEBSITES Nutrition and/or Physical Activity		
Item	Description	Source/Link
Ability Path	Online hub and special needs community for parents and professionals to learn, connect and live a more balanced life - through all phases of a child's growth and development. Website combines social networking features with expert content from AbilityPath.org's team of educators, parents,	http://www.abilitypath.org/

	therapists and medical professionals. Finding Balance is a report on obesity and children with special needs. The report includes statistics about obesity and recommendations.	Search for "Finding Balance" report
American Academy of Pediatrics	Professional organization of primary care pediatricians and other pediatric specialists. Dedicated to the health, safety, and well being of infants, children, adolescents and young adults. Professional resources and bookstore.	www.aap.org
Best Practices for Healthy Eating (Nemours Health and Prevention Services)	Best practice nutrition guide to help young children develop healthy eating habits early in life. Includes: healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates, and grains and breads; portion sizes based on the CACFP reimbursable meal guidelines; rationale; and sample policies for use in programs and with families.	http://www.delaware211.org/site_resources/uploads/NemoursBestPracticesHealthyEatingGuideWeb201368575.pdf
Best Practices for Physical Activity (Nemours Health and Prevention Services)	Guide to help you promote and support quality physical activity in your setting, Provides: physical activity guidelines for children birth through 18 years of age; concrete examples to support the guidelines; rationale for the guidelines; sample child care policies; Office of Child Care Licensing Regulations for physical activity; and sample school policies.	https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf
Choosy Kids	Choosy™ is a fun character used in the I Am Moving, I Am Learning program who helps adults be active play partners with children. Choosy stands for Choose Healthy Options Often and Start Young	www.choosykids.com
Early Childhood Education Linkage System-Healthy Child Care PA (ECELS/HCCPA)	Provides consultation, professional development, and technical assistance about health and safety in child care. Primarily focused in PA, however shares resources with colleagues in other states and countries. Links quality improvement efforts of government, early childhood educators, health professionals, and other organizations.	www.ecels-healthychildcarepa.org
Head Start-Early Head Start National Resource Center	Promotes school readiness of young children from low-income families through local programs. Support the mental, social, and emotional development of children from birth to age 5. Provides children and their families with health, nutrition, social, and other services. Responsive to each child and family's ethnic, cultural, and linguistic heritage. See specific content for I Am Moving, I am Learning and Nutrition and Physical Health under T/TA Resources Tab	http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health
Keystone Kids Go (Includes Keystone Color Me Healthy)	Pennsylvania initiative focused on improving young children's nutrition and physical activity. Includes Keystone Color Me Healthy and physical activity toolkit and numerous other resources	http://panen.org/keystone-kids-go
Let's Move! Child Care	National initiative dedicated to solving the problem of obesity within a generation. Encourages, supports, and recognizes early care and education providers that make positive changes in their programs to help children develop healthy habits. There are five main goals: 1. Nurture healthy Eaters 2. Provide	https://healthykidshalthyfuture.org/

	Healthy Beverages 3. Get Kids Moving 4. Reduce Screen Time 5. Support Breastfeeding. Many resources for parents.	
National Program for Playground Safety	Empowers communities to create safe, inclusive, and high quality play areas for children through research-based advocacy and education. Combines knowledge of playground safety content and educational standards to offer high quality training opportunities.	http://www.playgroundsafety.org/
National Recreation and Parks Association	Dedicated to the advancement of public parks, recreation and conservation. Leading the nation to improved health and wellness through parks and recreation. Access contact information for Certified Playground Safety Inspectors (CPSIs) through CPSI Registry USA.	www.nrpa.org www.nrpa.org/CPSI_registry/default.aspx
National Resource Center for Health and Safety in Child Care (NRC)	Identifies and promotes healthy and safe child care and early education programs. Resources include: <i>Caring for Our Children</i> , 3 rd Ed. - full text of searchable standards and recommendations; States Licensing and Regulation Information; A – Z Child Care Information Links; Healthy Weight Resources. 800-598-KIDS (5437)	http://www.nrckids.org
Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) / Go NAP SACC	Helps early care and education programs improve their nutrition and physical activity practices. Nutrition and Physical Activity Self-Assessments, Trainings, and Resources.	http://www.panen.org/keystone-kids-go/go-pa-nap-sacc
Office of Child Development and Early Learning Standards Aligned Systems (OCDEL SAS)	Collective body of research that identifies 6 elements that provides a framework for program improvement and child success. Elements are standards, assessments, curriculum framework, instruction, safe and supportive schools, and materials and resources.	https://websites.pdesas.org/Index/ViewWebPage?websitePageId=47293
PA Learning Standards for Early Childhood	Key Learning Areas for Infants-Toddlers and Pre-Kindergarten (ages 3 – 5). Defines the areas of children’s learning that assure a holistic approach to instruction. Includes experiences that build a child’s skill development in health, wellness and physical development.	www.pakeys.org/pages/get.aspx?page=career_standards
Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) - Innovative Practices	Online continuous quality improvement intervention designed to help child care providers achieve best practice nutrition and physical activity practices, policies, and environments. Provides a wealth of practical resources and accessible professional development modules for child care directors and staff. At the conclusion of the 2012 mini-grant project, fifteen child care providers were selected to share their successes as	http://panapsacc.weebly.com/self-assessment.html http://panapsacc-promisingpractices.weebly.com/

	nutrition and physical activity Promising (Innovative) Practices.	
PA Nutrition and Physical Activity Self Assessment for Child Care (PA NAP SACC)	The PA NAP SACC is an online continuous quality improvement intervention designed to help child care providers improve the nutrition and physical activity practices within their early child care setting.	http://panapsacc.webly.com/
Penn State Better Kid Care	Provides research based, evidence-informed professional development (PD) for early care and education professionals to improve quality of their care and educational practices. On Demand, online training provides PD on more than 200 topics that include health, safety and nutrition. Childhood obesity prevention series based on <i>Let's Move!</i> Child Care training developed in partnership with the Centers for Disease Control and Prevention. Toll-free mentoring line, resources, and monthly newsletter. Orientation packages are available for new staff caring for and teaching infants, toddlers, preschoolers and school-age youth.	http://extension.psu.edu/youth/betterkidcare/early-care
USDA Choose My Plate	Practical information for individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets. Resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. Online resources and tools to empower people to make healthier food choices for themselves, their families, and their children. English and Spanish.	http://www.choosemyplate.gov
USDA Food and Nutrition Service - Child and Adult Care Food Program (CACFP)	Provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.	http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program

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