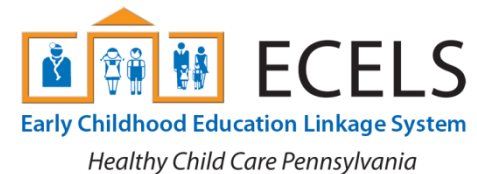



Early Childhood Education Linkage System / Healthy Child Care Pennsylvania
PA Chapter, American Academy of Pediatrics
Rose Tree Corporate Center II, Suite 3007
1400 N. Providence Road
Media, PA 19063
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ECELS Obesity Prevention Toolkit May 2018

The ECELS 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 (CCHCs), Specialty Discipline Instructors and TA Specialists should be familiar with the resources, forms, and websites that are part of the ECELS Obesity Prevention Toolkit.





The Obesity Prevention Toolkit highlights resources to develop and implement sustainable child care policies related to Nutrition, Physical Activity and Screen Time. CCHCs and other professionals working with child care professionals to write, revise, and strengthen their programs' policies should use this Toolkit 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.


ECELS acknowledges the input and expertise provided by the following reviewers: Jill Cox, Mandy Fitzpatrick, Kathleen Hiltwine, Rose Gioia-Fine, Lori McMonigal, Winnie Richards and Dyan Schauer.








Children who attend center-based child care can get as much as 67% of their daily dietary intake while in care.*





NUTRITION





CHECKLISTS AND FORMS			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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 	N7 PA5 IN4 ITPA5
Child Care Service Encounter Form	Form to be used to document health consultant activities.	ECELS 	Not specifically addressed in assessment
Child Care Service Encounter Form Tips	Tips on how to fill out the Child Care Service Encounter Form correctly	ECELS 	Not specifically addressed in assessment
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. 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.acep.org/by-medical-focus/pediatrics/medical-forms/emergency-information-form-for-children-with-special-health-care-needs/	N7 PA5 IN4 ITPA5
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. (MCCHP5)- Appendix Z http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies	N7 PA5 IN4 ITPA5




*(Radcliffe BC, Cameron CV Baade PD. Nutrient intakes of young children: implications for long-day child care nutrition recommendations. *Nutr Diet.*2002;59(3): 187-190.)

FACT SHEETS			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
Banishing Brown Bag Boredom	Academy of Nutrition and Dietetics offers simple strategies for parents to ensure a child's nutritious meal doesn't go to waste. Encourage child's interests and appetite with simple strategies.	https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/banishing-brown-bag-boredom	N1, N4, N6
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.vmhost.psu.edu/documents/Lunches91.pdf	B2
Breastfeeding and Early Care and Education: Increasing support for breastfeeding families	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.	<p>Welcome breastfeeding moms and offer support.</p> <p>https://www.cdc.gov/obesity/downloads/bf_and_ece_final.pdf</p>	B2 B4 IN2 IN3
Breastfeeding Friendly Child Care: Recommended Resources	Links to resources from South Carolina's Program for Infant/Toddler Care. Includes posters.	http://scpitc.org/breastfeeding-friendly-child-care-step-6-resources/	B1-B4
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 	N7 IN4
Eating Healthy. Growing Strong	The Alliance for a Healthier Generation and the American Academy of Pediatrics have joined with the best-selling children's book, The Very Hungry Caterpillar by Eric Carle, to help families of toddlers and preschool children learn about healthy eating habits.	https://www.healthychildren.org/English/healthy-living/nutrition/the-very-hungry-caterpillar/Documents/VHCOlineGuide.pdf	N1-N7 IN1, IN2
My Child Doesn't Eat the Lunch I Pack! What Do I Do?	Academy of Nutrition and Dietetics identifies 4 common reasons children have "lunchtime leftovers". Offers parent solutions.	https://www.eatright.org/food/nutrition/eat-right-at-school/my-child-doesnt-eat-the-lunch-i-pack-what-do-i-do	N1, N4, N6

My Plate Lunch Bag Ideas	Iowa State University resource to help parents improve packed lunches. Food selection examples for fruits, vegetables, protein, grain and milk/beverage. Includes preparation/packing tips.	https://store.extension.iastate.edu/product/MyPlate-Lunch-Bag-Ideas	N1-N4, N6 IN2
Picky Eaters	Article from Penn State Extension offers some tips and advice on how to cope with young, opinionated eaters.	https://extension.psu.edu/abcs-of-growing-healthy-kids-picky-eaters	N1, N4, N5 IN1, IN2
Tips for Packing a Healthy School Lunch	Infographic with tips for parents to improve quality of packed lunches. Includes ideas to get children involved, make your own healthy snacks and incorporate all food groups.	https://visual.ly/community/info-graphic/food/tips-packing-healthy-school-lunch	N1-N4, N6
HEALTH CAPSULES			
	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.	ECELS 	
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
	Drinking Water Available All Day	ECELS 	N3
	Fitness and Nutrition Tips (includes a poster/fact sheet)	ECELS 	N1 PA4 N6
	Food Insufficiency- Too Many Children Go Hungry	ECELS 	Not specifically addressed in assessment.
	Food Safety is Critical in Any Weather	ECELS 	N6
	Obesity Prevention Standards	ECELS 	Obesity prevention research informed development of PA NAP SACC.
	Obesity Prevention: Physical Activity, Nutrition, Screen Time	ECELS 	Obesity prevention research informed development of PA NAP SACC.



	Salt, Sugar and Obesity	ECELS 	N2
	Sleep Needs and Obesity	ECELS 	Not specifically addressed in assessment.
MEDIA			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
Food Preparation Observation video	Observation practice to identify health and safety issues in food handling. (3 minute video)	ECELS  Publications/ Audio Visuals	N6 B3 IN4
Institute of Child Nutrition Culinary Techniques for Healthy School Meals	<p>Materials available from a website of the Institute of Child Nutrition (University of Mississippi) for education of staff who prepare food. 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 Institute of Child Nutrition website at www.theicn.org.</p>	http://www.theicn.org/ Culinary Techniques 	Not specifically addressed in assessment.
Picky Eaters	Video from national American Academy of Pediatrics provides tips to help manage challenges of toddlers that are picky eaters. (one minute duration)	https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Picky-Eaters.aspx	N1, N4, N5 IN1, IN2




SELF-LEARNING MODULES			
	See Professional Development/Training tab on ECELS website. Successful completion earns ECELS approval for PA Key credit.		
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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. Uses national 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 	Resources align generally with all areas of PA NAP SACC.
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 	N7 IN4
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 	MCCHP5 informed development of PA NAP SACC.
Oral Health	Uses National Maternal and Child Oral Health Resource Center’s comprehensive training on prevention of tooth decay and promotion: “Open Wide.” Materials include excellent photographs, embedded videos, and real-life case studies to show what to do with situations you are likely to encounter with families. Also, oral health curriculum ideas/guidelines for implementing tooth brushing during the child care day as well as key information to share with staff, children and families.	ECELS 	N5 N6 IN2 IN3









Nutrition and Oral Health	Learn the basics of oral health in this media - rich module. Self-paced module includes active visuals and is part of PA Nutrition and Physical Activity Self Assessment for Child Care (PA NAP SACC). Developed in partnership with Tuscarora Intermediate Unit (TIU), ECELS and oral health professionals.	http://www.panapsacc.org/nutrition-and-oral-health.html	N5 N6 IN2 IN3
WEBINARS			
See Professional Development/Training tab on ECELS website.			
Item	Description	Source/ Link	PA NAP SACC Self-Assessment Area
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 	B1-4 N1-N4 ITPA1-ITPA5
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 (MCCHP5)</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 	MCCHP5 informed development of PA NAP SACC.
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 	Obesity prevention research informed development of PA NAP SACC.





Staff are gatekeepers for children's Physical Activity.





PHYSICAL ACTIVITY

CHECKLISTS AND FORMS			
See Tools tab on ECELS website.			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
Limited Space Activities	Inclement weather can put a damper on children's activity, but it shouldn't stop them from getting their daily physical activity. Options for activities children can do inside to get their bodies moving. Easy to adapt for toddlers.	https://wvde.state.wv.us/child-nutrition/leap-of-taste/physical-activity/limited-space-activities/	PA1- PA6 ITPA1-5
We Have the Moves! Physical Activity Resource	Fun-filled activities to help incorporate physical activity into everyday moments: physical activities that require minimal time and equipment; activities for both large and small spaces and groups; fun and easy ways to add more active play into everyday routines; and ways to link movement to different curriculum areas. Includes tips to modify these preschool activities for infants.	http://www.sesamestreet.org/sites/default/files/media_folders/images/We%20have%20the%20moves%20-%20Providers.pdf	PA1- PA6 ITPA1-5
Move, Play, and Learn	Activities teach the importance of physical activity for young children. They offer a variety of ideas, strategies, information and resources to use space available, materials, and limited time to model and encourage physical activity. From Society of Health and Physical Educators (SHAPE) America.	https://www.shapeamerica.org/publications/resources/downloads-earlyChildhood.aspx	PA1-PA6 ITPA1-ITPA5
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 	Not specifically addressed in assessment.
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 	PA2 ITPA2
Asthma Action Plan	Plan for families to use with their child's health care provider to write down how to manage their child's asthma 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	Not specifically addressed in assessment.




Daily and Monthly Playground Maintenance Form	Document to use on a daily and monthly basis to make sure active play area is free of hazards. Identify areas that need repair and make a plan to correct the hazard.	ECELS 	Not specifically addressed in assessment.
Staff Assignments for Active (Large Muscle) Play	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	PA5 ITPA5
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	PA5 ITPA5
FACT SHEETS			
See Publications tab on ECELS website.			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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 	Not specifically addressed in assessment.
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 	Not specifically addressed in assessment.
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.alabamapublichealth.gov/healthystart/physical-activity.html	ITPA3
Shape America	SHAPE America (Society of Health and Physical Educators): A Statement of Physical Activity Guidelines for Children from	www.shapeamerica.org	PA4 ITPA5



	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.		
HEALTH CAPSULES			
See Publications tab on ECELS website.			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
	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.	ECELS 	
	Air Quality in Winter	ECELS 	Not specifically addressed in assessment.
	Drinking Water Available All Day	ECELS 	N3
	Fitness and Nutrition Tips - includes a poster/fact sheet	ECELS 	N1 PA4 N6
	Obesity Prevention Standards	ECELS 	Obesity prevention research informed development of PA NAP SACC.
	Obesity Prevention: Physical Activity, Nutrition, Screen Time	ECELS 	Obesity prevention research informed development of PA NAP SACC.
	Sleep Needs and Obesity	ECELS 	Not specifically addressed in assessment.
	Sun Protection in Child Care	ECELS 	PA5 ITPA5





MEDIA			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
Active Play Observation video	Observation practice to identify health and safety issues in active play. (3 minute video)	ECELS  Publications/ Audio Visuals	Not specifically addressed in assessment.
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://www.nrckids.org/Healthy Weight	PA4 ITPA3
SELF-LEARNING MODULES			
	See Professional Development/Training tab on ECELS website. Successful completion earns ECELS approval for PA Key credit.		
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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 	Not specifically addressed in assessment.
Children with Medical and Developmental Special Needs, Inclusive Practices	Uses an interactive format with embedded video, case studies, and questions for the user to answer. Learn key strategies for inclusion of children with special needs.	ECELS 	PA5 ITPA5
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 national 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 	Resources align generally with all areas of PA NAP SACC.


Injury Prevention: Practice and Teach Injury Prevention	Provides updated information about injury prevention at child care/school and at home. Describes the eight most common causes of unintentional injury in children. User completes each of eight (8) fun, easy learning activities with preschool children. Educate parents to decrease the risk of injury at home. Complete a Health and Safety Checklist. Use Model Child Care Health Policies, 5th Ed. to Identify, adapt and implement policy items.	ECELS 	Not specifically addressed in assessment.
An Inclusive Approach to Planning Physical Activities	Understand the benefits of inclusion and how to focus on communication. Identify strategies that can be used to create adaptations. Refers to Cara's information. Developed in partnership with Tuscarora Intermediate Unit (TIU) and ECELS.	http://familyliteracy.tiu11.org/napsacc/Inclusion17/presentation.html	PA5 ITPA5
WEBINARS			
See Professional Development/Training tab on ECELS website.			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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 	PA4 ITPA3
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 	Not specifically addressed in assessment.
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 	B1-B4 IN1-IN4 ITPA1-ITPA5

Snow, rain and less than ideal weather provide learning experiences for outdoor play.

MCCHP- 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 	MCCHP5 informed the development of PA NAP SACC.
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 	Obesity Prevention research informed the development of PA NAP SACC.
PUBLICATIONS Nutrition and/or Physical Activity			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
Achieving a State of Healthy Weight 2016 Supplement	Comparison of <i>Caring for Our Children</i> Standards and state regulations related to nutrition and physical activity. See pages 83-84 for Pennsylvania specific report.	http://www.nrckids.org/files/ASHW.2016.Supplement_11.09.17.pdf	<i>Caring for Our Children</i> informed the development of PA NAP SACC.
Active Play! Fun Physical Activities for Young Children	Ideas to avoid barriers of expense and space when it comes to physical activity. DVD included – contains short video clips showing children playing 30 of the 52 physical activities.	www.activeplaybooks.com	PA1- PA6 ITPA1-5
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	PA5 ITPA5
<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 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.	National Resource Center for Health and Safety in Child Care and Early Education (NRC)  http://nrckids.org/	<i>Caring for Our Children</i> informed the development of PA NAP SACC.

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/wellness_minigrantyr2_2014.pdf	All areas are supportive.
Dietary Guidelines for Americans 2015-2020	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.	https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf	N1-N7 B1-B4 IN1-IN4
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	Not specifically addressed in assessment.
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 NIH with CMOM's creative educational approach to teach young children and their parents how to make healthy nutritional and physical activity choices. Ideal for child care programs where parents and children come to learn, be active, and have fun.	http://www.eatplaygrow.org/	N6 PA4 IN3 ITPA3
Farm to Preschool	Helpful fact sheet: Local Food and Learning in Early Child Care and Education Settings presents basic information about farm to preschool efforts, including tips and resources.	https://www.fns.usda.gov/farmtoschool/farm-preschool	N6
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 	Not specifically addressed in assessment.
Health Link Online	Quarterly online newsletter published by ECELS. PDF posted at website for programs to copy and distribute articles or entire newsletter. Previous issues archived at website.	ECELS 	Not specifically addressed in assessment.

<i>Healthy Young Children, 5th Edition</i>	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	Not specifically addressed in assessment.
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.	<p>STARS Standard LM.3.4.4.14 earns points for STAR 3 & 4 programs.</p> <p>ECELS </p>	Not specifically addressed in assessment.
<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.	<p>AAP </p> <p>http://shop.aap.org/</p>	Not specifically addressed in assessment.
<i>Model Child Care Health Policies (MCCHP), 5th Edition</i>	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.	<p>ECELS </p> <p>http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies</p> <p>AAP </p> <p>http://shop.aap.org/</p>	MCCHP5 informed the development of PA NAP SACC
Pennsylvania Department of Health Breastfeeding Awareness and Support Program	Started in 2004 to increase the number of new mothers who choose breastfeeding as their long-term infant feeding method. Resources and tools available to promote and support breastfeeding in your community.	http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Pages/default.aspx#.WjhZLIVKtUT	B1-B4 IN 1-4
Pennsylvania Breastfeeding Referral Guide	County-specific individuals and organizations that provide breastfeeding awareness, support, and assistance. Includes information about lactation specialists, community programs, support/mother groups, community coalitions, breast pump rentals and retail purchases, and local, state, and national help lines. Definitions of terms used in the guide are presented after the Table of Contents. List of websites/other materials included.	http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Documents/PA%20Bfg%20Referral%20Guide%20Rev%20Aug%202017.pdf	B1-B4 IN 1-4

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.pabreastfeeding.org/parents/pennsylvania-resources/	B2
<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/	B1-B4 IN1-IN4
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://www.nrckids.org/CFOC/Childhood_Obesity	<i>Caring for Our Children</i> informed the development of PA NAP SACC.
WEBSITES Nutrition and/or Physical Activity			
Item	Description	Source/Link	PA NAP SACC Self-Assessment Area
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, therapists and medical professionals. Finding Balance is a report on obesity and children with special needs. The report includes statistics about obesity and recommendations.	http://www.abilitypath.org/ Search "Finding Balance" report.	Not specifically addressed in assessment.
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	Not specifically addressed in assessment.

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	This resource informed the development of PA NAP SACC.
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	This resource informed the development of PA NAP SACC.
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 C hoose H ealthy O ptions O ften and S tart Y oung	www.choosykids.com	PA3 ITPA3
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	ECELS is a partner in the delivery of PA NAP SACC services.
Go Smart (National Head Start Association)	Highlights importance of implementing physical activity in the everyday play of children birth to 5 yrs. Guides parents and teachers to use activities to reach defined goals for each child. Increases children's movement and shows caregivers how to use simple, physical activity games as a vehicle for learning.	https://gosmart.nhsa.org/	PA3, ITPA3, ITPA4
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	Not specifically addressed in assessment.

Healthy Kids, Healthy Future	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 Healthy Beverages 3. Get Kids Moving 4. Reduce Screen Time 5. Support Breastfeeding. Many resources for parents.	https://healthykidshealthyfuture.org/	All areas are aligned.
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	KKG is the umbrella initiative of the PA NAP SACC.
Let's Move Child Care Technical Assistance Manual	Guidebook from Nemours to help child care programs adopt nutrition, breastfeeding support, physical activity and screen time policies and practices. Includes best practice, challenges and solutions to overcome them, e.g., lack of space, bad weather, productive tummy time, serve fruits and vegetables at every meal, and more.	https://healthykidshealthyfuture.org/trainers/	N1-N7 PA1-6 B1-4 ITPA1-5
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/	Not specifically addressed in assessment.
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	Not specifically addressed in assessment.
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	<i>Caring for Our Children</i> , 3 rd Ed. informed development of PA NAP SACC.
Nutrition and Physical Activity Self-Assessment	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	NAP SACC informed development of PA NAP SACC.

for Child Care (NAP SACC) / Go 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.	http://www.pdesas.org/	OCDEL SAS informed development of PA NAP SACC.
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.	http://www.pakeys.org/pa-early-learning-initiatives/early-learning-standards/	PA Learning Standards for EC informed development of PA NAP SACC.
PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) - Innovative Practices	<p>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.</p> <p>After the 2012 mini-grant project, fifteen child care providers were selected to share their successes as nutrition and physical activity Promising (Innovative) Practices.</p>	<p>Free online PD modules earn PA Keys credit.</p> <p>www.panapsacc.org</p> <p>http://www.panapsacc.org/innovative-practices.html</p>	All areas are supported; depicted in success stories of programs who have completed the PA NAP SACC.
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 Healthy Kids, Healthy Futures 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	Not specifically addressed in assessment.

Ready, Set, Grow	<p>The Food Trust and PA Head Start Association partner on a statewide initiative: <i>Ready, Set, Grow: Linking Pennsylvania Farms to Early Childhood Programs</i>. See the resources for ECE Staff section for a farm to ECE curricula, Farmers Market Activity Ideas, Child Care Garden Toolkit and more.</p> <p>Multicultural collection of farm to ECE books highlights children’s books that feature characters from underrepresented racial and ethnic groups. List includes many bilingual and Spanish books. Books cover a variety of farm to ECE related topics, e.g. gardening, farms, family meals, farmers markets, shopping for food and more.</p>	<p>http://www.pareadyssetgrow.org/resources/for-ece-staff/</p> <p>http://www.pareadyssetgrow.org/book-list/</p>	N6
USDA Choose My Plate	<p>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.</p>	<p>http://www.choosemyplate.gov</p>	N1-N6 IN1-IN4
USDA Food and Nutrition Service - Child and Adult Care Food Program (CACFP)	<p>CACFP Final Rule, Updated Meal Pattern Charts, and One-Page Summaries of the Updated Meal Patterns</p> <p>CACFP Recipes – Select from a variety of recipes calculated for a family of 6, or groups: 25 or 50 servings.</p> <p>CACFP Meal Pattern Training Tools: Includes training worksheets, infographic, and poster series that provides samples of creditable meals and snacks for all age groups. (English and Spanish)</p>	<p>https://www.fns.usda.gov/cacfp/meals-and-snacks</p> <p>https://www.fns.usda.gov/tn/cacfp-recipes</p> <p>https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools</p>	N1-N6 B1-B4 IN1-IN4

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