Benefits of Physical Activity in Early Childhood

- Motor Development
- Cognition
- Obesity Prevention
- Healthy Habits
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
Physical Activity Best Practices in Early Care and Education

- Time
- Type
- Policies
- Facilities
- Teachers
- Class Lessons
- Training
Physical Activity in ECE

- **Infants**
  - Multiple opportunities to freely move each day

- **Toddlers and Preschoolers**
  - 15 minutes of every hour
  - 120 minutes total per 8 hour day

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IOM. Early Childhood Obesity Prevention Policies. 2011
CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
CFOC. Preventing Childhood Obesity in Early Care and Education. 2012

Physical Activity in ECE

- Time
- Type
- Policies
- Facilities
- Teachers
- Training

Types:
- Unstructured
- Structured
- Outdoor
Physical Activity in ECE

- Time
- Type
- Facilities
- Indoor Facilities
- Outdoor Facilities
- Appropriate Equipment

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

- Time
- Type
- Policies
- Facilities
- Teachers
- Training
- Class Lessons
- Leading
- Participating
- Role Modeling
- Encouraging

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

- Time
- Type
- Policies
- Facilities
- Teachers
- Training

Integrate into Curriculum Lessons
5-10 min bouts

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

- Training
- Policies
- Teachers
- Class Lessons
- Facilities
- Type

Ongoing Professional Development

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Young Children Engaging in Play Across the Child Care Day
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.

- Encourage self-assessments
Self Assessment Tools

- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)
- Georgia Growing Fit Toolkit
- C.H.O.I.C.E Toolkit & Self-Assessment Questionnaire
- YMCA CHLI
- Head Start Body Start Play Space Assessment
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
- Share resources
Physical Activity Programs & Curricula
Early Care and Education

SNAP-Ed TOOLKIT
Obesity Prevention Interventions and Evaluation Framework

https://snappedtoolkit.org/
Welcome to the new SNAP-Ed Toolkit website! This toolkit will help SNAP-Ed Implementing Agencies across the country find evidence-based interventions and explore the SNAP-Ed Evaluation Framework in order to strengthen our impact on our goal to help SNAP-eligible households make healthy eating and physical activity choices on a limited budget.

Grab a SNAP-Ed Toolkit web badge to share on your website! (small/large)
<table>
<thead>
<tr>
<th>Open field</th>
<th>Age/population group</th>
<th>Classification</th>
<th>Evaluation Indicators</th>
<th>Population Results</th>
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<tbody>
<tr>
<td>Search...</td>
<td>□ Preschool (&lt;5 years old)</td>
<td>□ Research-tested</td>
<td>Readiness &amp; Capacity – Short Term (ST)</td>
<td>□ Trends and Reduction in Disparities</td>
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<td>□ High School</td>
<td>□ Evidence-based</td>
<td>□ Sectors of Influence</td>
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<td>□ Adults</td>
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<td></td>
<td>□ Older Adults</td>
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<td>□ Homeless/Food Pantry Clients</td>
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<td>□ African Americans</td>
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<td>□ Social Marketing</td>
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<td>□ School (Learn)</td>
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<td>□ Creole</td>
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<td>□ English</td>
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SNAP-Ed TOOLKIT

- Policy Regulations for Day Care in NYC
- Healthy Apple Program
- I am Moving, I am Learning
- First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care
- Healthy Habits for Life
- Empower Program
- Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)
- CHOICES, Contra Costa Child Care Council’s Best Practices
• Eat Well Play Hard in Child Care Settings
• Hip Hop to Health Jr.
• CATCH Early Childhood
• Sports Play Active Recreation for Kids
• Preschools Shaping Healthy Impressions Through Nutrition and Exercise (SHINE)
• Ways to Enhance Children’s Activity and Nutrition (We Can!)
• National Early Care and Education Learning Collaboratives
• Harvest of the Month
Physical Activity Programs & Curricula
Early Care and Education

www.militaryfamilies.psu.edu/programs
Programs

We know that both the issues facing military families today and the sheer number of programs for families and children can be overwhelming. Effective programs can enhance military family readiness and resilience. However, there are hundreds of programs designed to help children, parents, and families. Some programs are specifically intended for military families. Others are intended for civilians, but hold great promise for military families as well. Identifying which ones actually work and produce the intended results can be difficult. There are many programs that have the potential to benefit military families. However, there are also programs that, while well intentioned, can be ineffective or even harmful.

The Clearinghouse comes in. Although the science of military family readiness is in its infancy, we are working hard to identify truly outstanding programs and practices that meet a high scientific standard of effectiveness. The Clearinghouse serves as a resource to help you make sense of it all, determine which programs are both right for your situation and worth the investment, and continuously update the research on programs for military families.
<table>
<thead>
<tr>
<th>Target Population</th>
<th>Sector</th>
<th>Military Use</th>
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<tbody>
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<tr>
<td>Title</td>
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<td>Topic</td>
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<td>LAUNCH (Learning about Activity and Understanding Nutrition for better Child Health)</td>
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<td>Physical Activity, Academic Performance, Early Intervention, Emotional Competency, Parenting, School Readiness, Social</td>
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</table>
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
- Share resources
- Identify training opportunities
Training Opportunities

- Integrate into existing trainings
- On Demand, Web-based trainings
- State-sponsored trainings or interventions
- State training calendar
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
- Share resources
- Identify training opportunities
Small Group Discussion

In groups of 3-4 individuals, share your response to the following question:

What is at least 1 next step you can take to promote physical activity practices among the ECE providers you work with?