



SECTION 1

Wellness Policy Training & Support

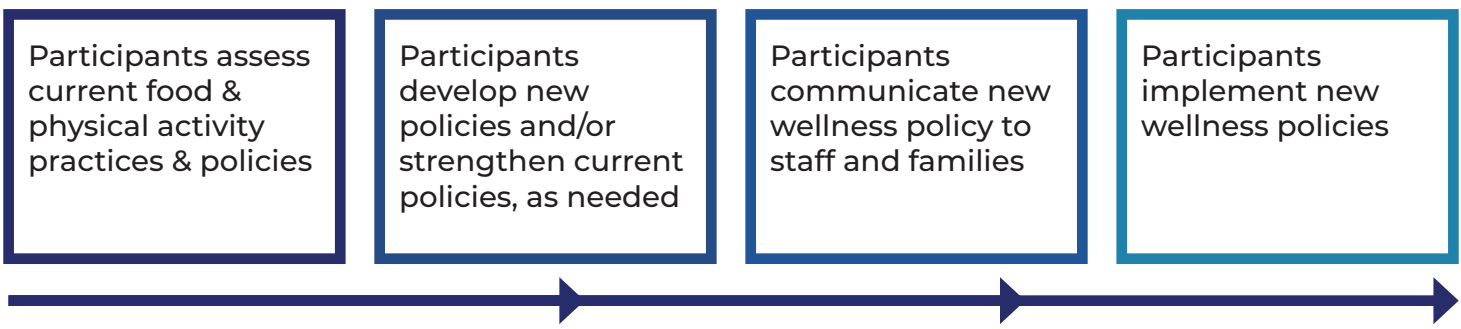


Comprehensive, well-written wellness policies make it easier for administrators, educators, and families to follow guidelines that help keep children healthy. Read on to learn about some user-friendly tools you can use to create or strengthen wellness policies for your program.

Background

Written policies set clear standards and expectations about practices that may help create a child care environment that promotes healthy behaviors in children, yet little training or support on this topic has been provided to Rhode Island CACFP sponsors. This aspect of the grant was implemented to ensure that any changes made to the CACFP sponsors' food and physical activity practices would be intentional, achievable, and sustainable.

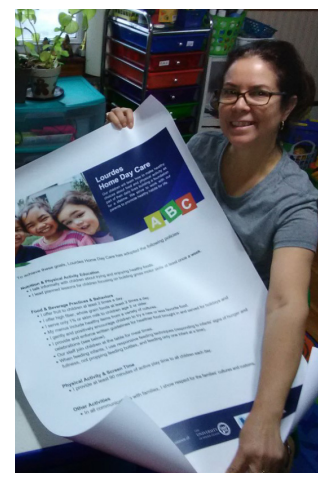
Prior to this grant, the URI SNAP-Ed program piloted the Healthy Way to Grow Wellness Policy Workbook for Early Care and Education with child care center directors to help them create and implement comprehensive wellness policies. The tool and accompanying trainings were well-received by participants. Healthy Way to Grow, which is a joint effort of the American Heart Association and Nemours, was accepted into the USDA SNAP-Ed Toolkit as a practice-based intervention in 2019. The workbook is based on best practices for nutrition, active play, screen time, and other wellness-related topics, and is consistent with Head Start standards and state child care licensing regulations.



Key components of the activity

This intervention consisted of a series of three, two-hour trainings for child care administrators in which they worked to create and implement comprehensive wellness policies for their program. Training topics included:

- The importance of wellness policies in child care settings
- How to write strong wellness policies using the Healthy Way to Grow Wellness Policy Workbook
- Policies for food and nutrition,
- Policies for active play
- Engage staff and families in wellness policy development.



Participants used the Healthy Way to Grow Wellness Policy Workbook to assess their programs' current practices and policies related to wellness and to identify new or strengthened policies they wanted to implement. Group trainings offered an opportunity for participants to share wellness-related challenges and successes, and to brainstorm solutions. Personalized support and technical assistance was provided to each participating organization as they continued to create their wellness policy after the training sessions ended. Specific types of support included prioritization of policies for inclusion, suggestions for strong wording of policies, resource sharing to help programs implement wellness policies, and translation of the final policies into Spanish. The training series was delivered by URI's SNAP-Ed Program, with communication and evaluation support from the Project Coordinator. Once the policies were finalized, each program received full color, laminated posters of their new wellness policy. Three cohorts completed the wellness policy training series.



How Activity Helped Accomplish Overall USDA Grant Objectives

This intervention supported all of the goals of the grant, as a strong wellness policy is important in creating meaningful, sustainable changes to the food environment, mealtime practices, nutrition education activities, and wellness-related family engagement efforts.

Implementation of the Intervention

Modifications/adaptations

The intervention was delivered as planned for the first two cohorts, which included staff and administrators from center-based early care and education programs. In order to deliver the wellness policy training series to the third cohort, which consisted of providers from family child care homes, some modifications were made. In planning the intervention with Children's Friend, the CACFP sponsor for the home-based programs, it became clear that the 50-page Healthy Way to Grow Wellness Policy Workbook would be too lengthy and involved for providers who have very limited time to commit to administrative duties. Furthermore, the main interest in the training series was from Spanish-speaking providers, and the workbook is only available in English. To replace the Wellness Policy Workbook for Cohort 3, URI SNAP-Ed developed a checklist of 49 potential wellness policies based on selected NAPSACC self-assessment materials. NAPSACC is an evidence-based intervention in the USDA SNAP-Ed Toolkit that is designed to enhance nutrition and physical activity practices in early care and education programs. The wellness policy checklist covered the same content areas as the workbook used for the other cohorts but was presented in a shorter, more user-friendly format. The checklist was then translated into Spanish. Training participants received the checklist during the first training, and worked to select and prioritize policies by the final workshop. Just as with the first two cohorts, Cohort 3 also received posters of their personalized wellness policies.

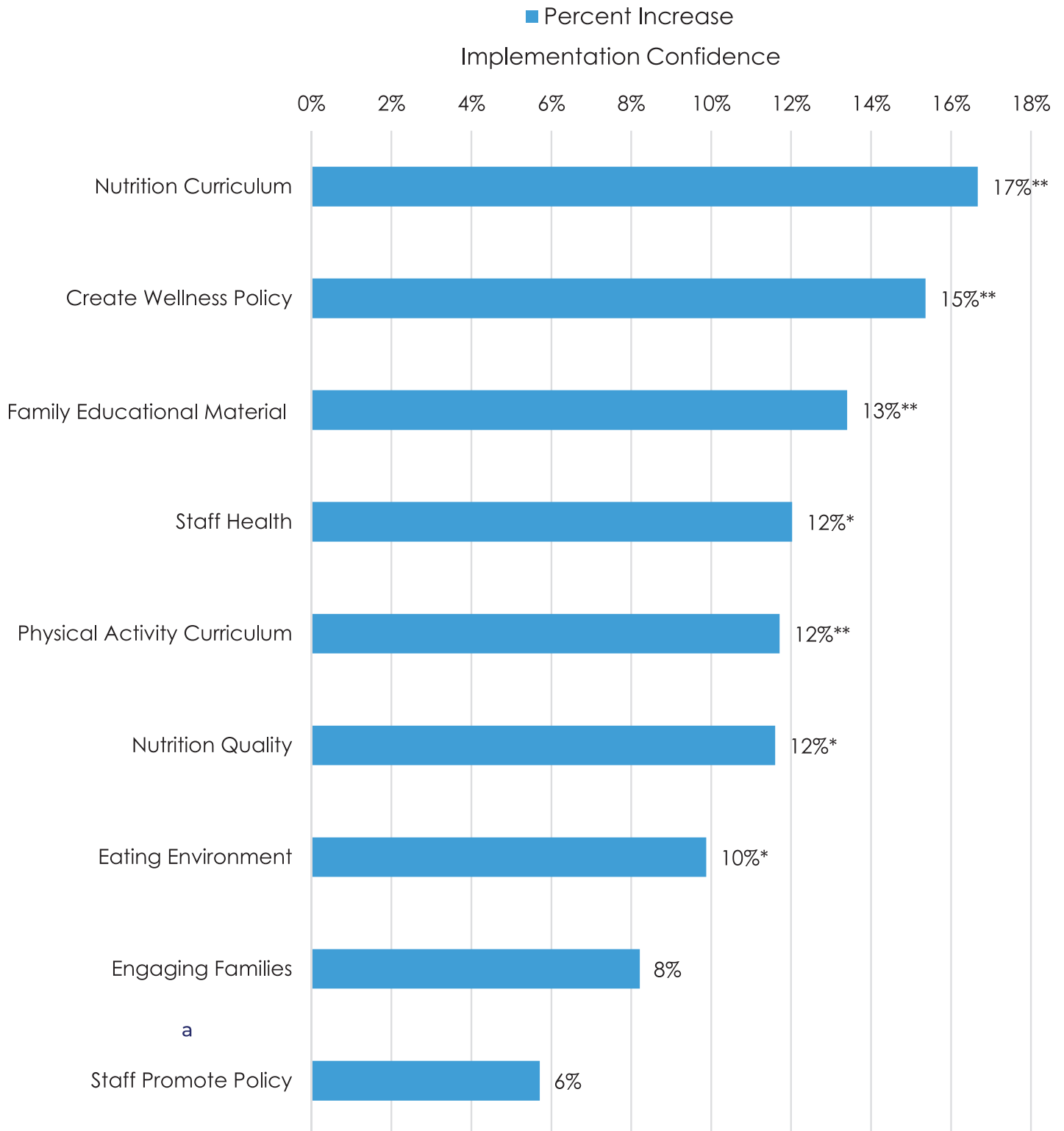
Outcomes

- Participants increase their confidence to create wellness policies for their program.
- Participants increase their confidence to find resources for improving food quality, parent education, staff wellness, nutrition education, and physical activity.
- Participants successfully create a comprehensive wellness policy for their early care and education program.

Wellness Policy Training

The figure below displays the average of responses for implementation confidence pre- and post-Wellness Policy Training. Questions were asked on a scale from 1 (not at all confident) to 4 (very confident). The higher the average score, the more confidence was reported by participants of the Wellness Policy Training to implement what they learned.

Confidence that Eating Behavior, Policies, and Educational Materials can be Improved



Ready to implement a wellness policy at your center or home?

Step 1. Check your program's alignment to best practices regarding healthy habits by using one or more of GO NAP SACC's self-assessments. Self-assessments for both center-based and home-based programs are available at <https://gonapsacc.org/> for the following areas.

- Breastfeeding & Infant Feeding
- Child Nutrition
- Infant & Child Physical Activity
- Outdoor Play & Learning
- Screen Time
- Oral Health

Step 2. Use one of the following tools to guide you through the process of writing and/or selecting wellness policies for your program.

Healthy Way to Grow Wellness Policy Workbook



URI SNAP-Ed Wellness Policy Checklist for Home Daycares

TEMPLATE- WELLNESS POLICY FOR HOME DAYCARES

Your name: _____
Child care program name: _____

Nutrition & Physical Activity Education:

Choose at least 1 policy in this section

Nutrition Education for Staff, Children, and Parents

- I lead planned nutrition education activities at least one time per week.
- I talk informally with the children about trying and enjoying healthy foods.
- I complete annual professional development on child nutrition.
- I offer families information on child nutrition 2 times per year or more.

Physical Activity Education

- I lead planned lessons for children focused on building gross motor skills at least 1 time per week.
- I often talk with children informally about the importance of physical activity.
- I complete annual professional development on children's physical activity.
- I offer families information on children's physical activity 2 times per year or more.

Other nutrition/physical activity education policies:

1

Step 3. Communicate your new policy to staff, families, and the community and make a plan for implementation. Wellness policies are best put into action by teams of staff, parents, and community members.

Step 4. Evaluate your wellness policy annually, or more frequently if needed. Which policies have been partially or fully implemented? Which policies need more attention?

For questions and resources related to creating and implementing wellness policies in your child care program, contact the URI SNAP-Ed Program at 1-877-FOOD-URI (1-877-366-3874) or visit <https://uri.edu/SnapEd>.

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- I offer families information on children's physical activity 2 times per year or more.

Other nutrition/physical activity education policies:

- _____
- _____
- _____



Food & Beverage Practices & Behaviors

Choose at least 1 policy in this section

- My program serves healthy meals and snacks daily that follow USDA CACFP meal patterns.

Fruits and Vegetables

- I offer fruit to children at least 2 times a day.
- I only offer fruit canned in its own juice (no syrups), fresh, or frozen.
- I offer vegetables to children at least 2 times a day.
- I only offer vegetables steamed, boiled, roasted, or lightly stir-fried with little added fat.

Meats, Fats, and Grains

- I offer fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) once a week or less.
- I offer fried or pre-fired potatoes (French fries, tater tots, hash browns) once a week or less.
- I offer high fat meats like sausage, bacon, hot dogs, or bologna once a week or less.
- I offer beans or lean meats at least once a day.
- I offer high fiber, whole grain foods at least 2 times a day.
- I offer sweets or salty foods less than once a week or never.

Beverages

- I make drinking water freely available so children can serve themselves both inside and outdoors.
- I rarely or never offer sweetened drinks other than 100% juice.
- I rarely or never serve juice. We provide water and milk for thirst.
- I serve only 1% or skim milk to children age 2 or older.

Menus and Variety

- My menus include healthy items from a variety of cultures.
- My menus include a combination of new and familiar foods.

Feeding Practices

- I help children determine if they are full before removing their plate.
- I help children determine if they are still hungry before serving additional food.
- I gently and positively encourage children to try a new or less favorite food.
- I do not use food to encourage positive behavior.

Foods Offered Outside of Regular Meals and Snacks

- I provide and enforce written guidelines for healthier food brought in and served for holidays and celebrations.
- We celebrate holidays with mostly healthy foods or non-food treats.

Supporting Healthy Eating

- Our staff join children at the table for meal times.
- We do not have television or videos on during meal or snack times.
- Our program serves meals family style to allow children who are ready to choose and serve foods themselves.
- Our staff always consumes the same food and drink as the children.
- Our staff rarely eats less healthy foods in front of the children.

Infant Feeding

- I provide a quiet, comfortable space for mothers to breastfeed or express breast milk.
- I complete annual professional development on promoting and supporting breastfeeding.
- When feeding infants, I use responsive feeding techniques (responding to infants' signs of hunger and fullness, not propping feeding bottles, and feeding only one infant at a time).
- I inform families about what, when, and how much their infants eat each day through a written and verbal report.
- I complete annual professional development on infant feeding and nutrition.

Other food/beverage policies:

- _____
- _____
- _____

Physical Activity & Screen Time

Choose at least 1 policy in this section

Active Play and Inactive Time

- I provide at least 90 minutes of active play time to all children each day.
- We ensure that children are rarely seated for periods of more than 15 minutes.
- I offer tummy time to non-crawling infants 4 times per day or more.
- I often use physical activity during daily routines, transition, and planned activities.
- I often encourage children to be active and join children in active play.
- We rarely or never show television and videos.

Other physical activity/screen time policies:

- _____
- _____
- _____

Other Activities

Choose at least 1 policy in this section

- Each year I do a self-assessment of my progress on wellness goals.
- In all communications with families, I show respect for the families' cultures and customs.

Other policies:

- _____
- _____
- _____

Modelo de Póliza de Bienestar para Guarderías

Su nombre: _____

Nombre de guardería (cómo debe aparecer en su poster de la póliza de bienestar):

Educación sobre Nutrición y Actividad Física:

Elija por lo menos 1 póliza en esta sección

Educación Nutricional para el Personal, Niños y Padres

- Dirijo actividades planificadas de educación nutricional al menos una vez a la semana.
- Hablo informalmente con los niños sobre probar y disfrutar alimentos saludables.
- Participo en desarrollo profesional anual sobre nutrición infantil.
- Les ofrezco información a las familias sobre nutrición infantil 2 veces al año o más.

Educación Física

- Dirijo lecciones planificadas para niños enfocadas en desarrollar habilidades motoras gruesas al menos 1 vez a la semana.
- Frecuentemente hablo de manera informal con los niños sobre la importancia de la actividad física.
- Participo en desarrollo profesional anual sobre la actividad física infantil.
- Les ofrezco información a las familias sobre la actividad física infantil 2 veces al año o más.

Otras pólizas de educación sobre nutrición/actividad física:

- _____
- _____
- _____

Prácticas y Hábitos de Alimentos y Bebidas

Elija por lo menos 1 póliza en esta sección

- Mi programa diariamente sirve comidas y meriendas saludables que siguen los patrones de comida de USDA CACFP.

Frutas y Vegetales

- Les ofrezco fruta a los niños por lo menos 2 veces al día.
- Solo ofrezco fruta enlatada en su propio jugo (jarabes no), fresca o congelada.
- Les ofrezco vegetales a los niños por lo menos 2 veces al día.
- Solo ofrezco vegetales al vapor, hervidos, asados o ligeramente salteados con poca grasa agregada.

Carnes, Grasas y Granos

- Ofrezco carnes (Nuggets de pollo) o pescado (deditos de pescado) fritos o pre-fritos (congelados o empanizados) una vez a la semana o menos.
- Ofrezco papas fritas o pre-fritas (papas a la francesa, tater tots, hash browns) una vez a la semana o menos.
- Ofrezco carnes altas en grasa como salchicha, tocino, hot dogs o boloña una vez a la semana o menos.
- Ofrezco habichuelas o carnes magras al menos una vez al día.
- Ofrezco alimentos de grano integral altos en fibra al menos 2 veces al día.
- Ofrezco alimentos dulces o salados menos de una vez a la semana o nunca.

Bebidas

- Tengo agua potable disponible sin restricciones para que los niños se sirvan solos tanto adentro como afuera en el patio.
- Raramente o nunca ofrezco bebidas azucaradas (aparte de 100% jugo).
- Raramente o nunca sirvo jugo. Proveemos agua y leche para la sed.
- Solo sirvo leche 1% o sin grasa a los niños de 2 años y mayores.

Menús y Variedad

- Mis menús incluyen productos saludables de una variedad de culturas.
- Mis menús incluyen una combinación de alimentos nuevos y familiares.

Prácticas de Alimentación

- Les ayudo a los niños a entender si están llenos antes de retirarles su plato.
- Les ayudo a los niños a entender si aún tienen hambre antes de servirles comida adicional.

- Animo a los niños de una forma delicada y positiva a probar alimentos nuevos y menos preferidos.
- No uso la comida para animar un comportamiento positivo.

Alimentos Ofrecidos Fuera de las Comidas y Meriendas Regulares

- Proporciono y hago cumplir las reglas escritas para alimentos más saludables traídos y servidos para los días festivos y las celebraciones.
- Celebramos los días festivos con alimentos mayormente saludables o sorpresas que no sean comida.

Apoyando una Alimentación Saludable

- Nuestro personal se sienta con los niños en la mesa a la hora de comer.
- No tenemos la televisión o videos puestos durante las horas de comida y meriendas.
- Nuestro programa sirve comidas estilo familiar para dejar a los niños que están listos a elegir y servirse los alimentos ellos mismos.
- Nuestro personal siempre consume los mismos alimentos y bebidas que los niños.
- Nuestro personal raramente come alimentos menos saludables en frente de los niños.

Alimentación del Bebé

- Tenemos un espacio tranquilo y confortable para que las madres amamanten o extraigan leche materna.
- Participo en desarrollo profesional anual sobre la promoción y apoyo a la lactancia materna.
- Al alimentar a los bebés, uso técnicas de alimentación responsiva (respondiendo a las señales de hambre y saciedad de los bebés, no apoyando las botellas y alimentando a solo un bebé a la vez).
- Les informo a las familias sobre qué, cuándo y cuánto comió su bebé cada día a través de un reporte escrito y verbal.
- Participo en desarrollo profesional sobre alimentación y nutrición del bebé.

Otras pólizas de alimentos/bebidas:

- _____
- _____
- _____

Actividad Física y Tiempo de Pantalla

Elija por lo menos 1 póliza en esta sección

Juego Activo y Tiempo Inactivo

- Proporciono al menos 90 minutos de juego activo a todos los niños cada día.
- Nos aseguramos de que los niños raramente estén sentados por más de 15 minutos.
- Para los bebés que no gatean, ofrezco tiempo boca abajo a 4 veces al día o más.
- Frecuentemente uso la actividad física durante las rutinas diarias, transiciones y actividades planificadas.
- Frecuentemente animo a los niños a ser activos y participo en juego activo con ellos.
- Raramente o nunca mostramos la televisión y videos.

Otras pólizas de actividad física/tiempo de pantalla:

- _____
- _____
- _____

Otras Actividades

Elija por lo menos 1 póliza en esta sección

- Cada año hago una autoevaluación de mi progreso en las metas de bienestar.
- En todas las comunicaciones con las familias, demuestro respeto por las culturas y costumbres de las familias.

Otras pólizas:

- _____
- _____
- _____

Example Wellness Policy

The Children's Workshop

Our children, staff and families will learn how to make healthy choices about food and physical activity as part of their daily lives – building a foundation for a lifetime. Our staff model healthy eating and physical activity.

We strive to work with our parents to promote healthy habits for life.



To achieve these goals, The Children's Workshop has adopted the following policies:

Nutrition & Physical Activity Education

- Nutrition education is provided through monthly nutrition activities, mealtime discussions about food, and inclusion of nutrition games and books in our learning centers.
- Children are offered education about the health benefits of physical activity at least once a month.
- Staff members receive training on nutrition, physical activity or food safety at least twice per year.

Food & Beverage Practices & Behaviors

- Healthy meals and snacks that follow the USDA CACFP meal patterns are provided daily. Food provided from home needs to be approved by the center director.
- Birthdays are recognized in a monthly celebration; guidelines will be center based and provided by the School Director regarding healthy options.
- Non-food alternatives will be encouraged for special events.
- Our center encourages healthy celebrations. Childcare providers will be provided with suggestions for healthier celebration foods and non-food activities.
- Staff and children will practice family style serving at all meals.

Physical Activity & Screen Time

- Children have outdoor active playtime at least two times daily, weather and air quality permitting. Please reference the weather quality guide. Indoor gross motor activities will be provided if weather is not permitting.
- Among children two and older, screen time is limited to no more than 30 minutes total per week and no more than 15 minutes per session. Only educational or physical activity programming is shown under direct supervision.

Other Activities

- All snacks and meals provided at staff meetings and events include healthy foods and beverages.
- Education on healthy lifestyles is offered to parents at least twice yearly. Materials are written in a language and at a level the families can understand.
- In all communications with families, early childhood providers show respect for families' cultures and customs.
- Review of wellness policies is done once a year to determine what, if any, changes are needed.