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Strategies to Support and Encourage Healthy Active Living

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Today's Agenda

- Why obesity
- 5,2,1,0 Framework
- Parent perspective
- Obesity prevention & Early Head Start
- Resources



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Acknowledgement

The content for the NCH Healthy Active Living resources was derived from the American Academy of Pediatrics Institute for Healthy Childhood Weight Healthy Active Living for Families project.



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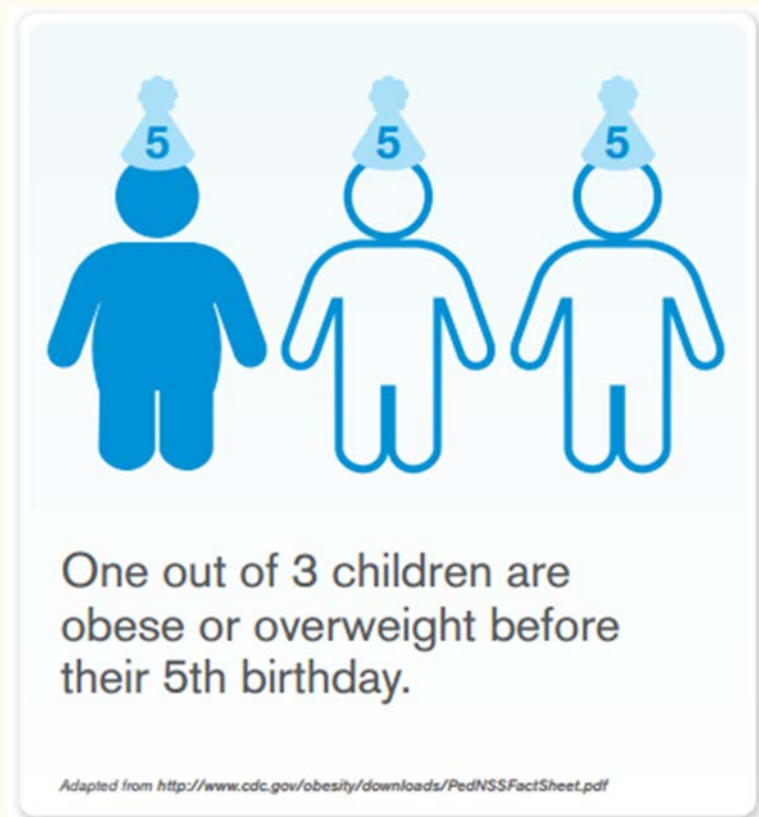
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OBESITY IN YOUNG CHILDREN

What are the numbers at the national level?

- Almost 10 percent of infants and toddlers have high weights for length.
- Slightly over 20 percent of children aged 2 to 5 are overweight or obese.



What are the numbers at the national level?

5x

Children who are overweight or obese as preschoolers are 5 times as likely as normal-weight children to be overweight or obese as adults.



Vital^{CDC}signs™

www.cdc.gov/vitalsigns



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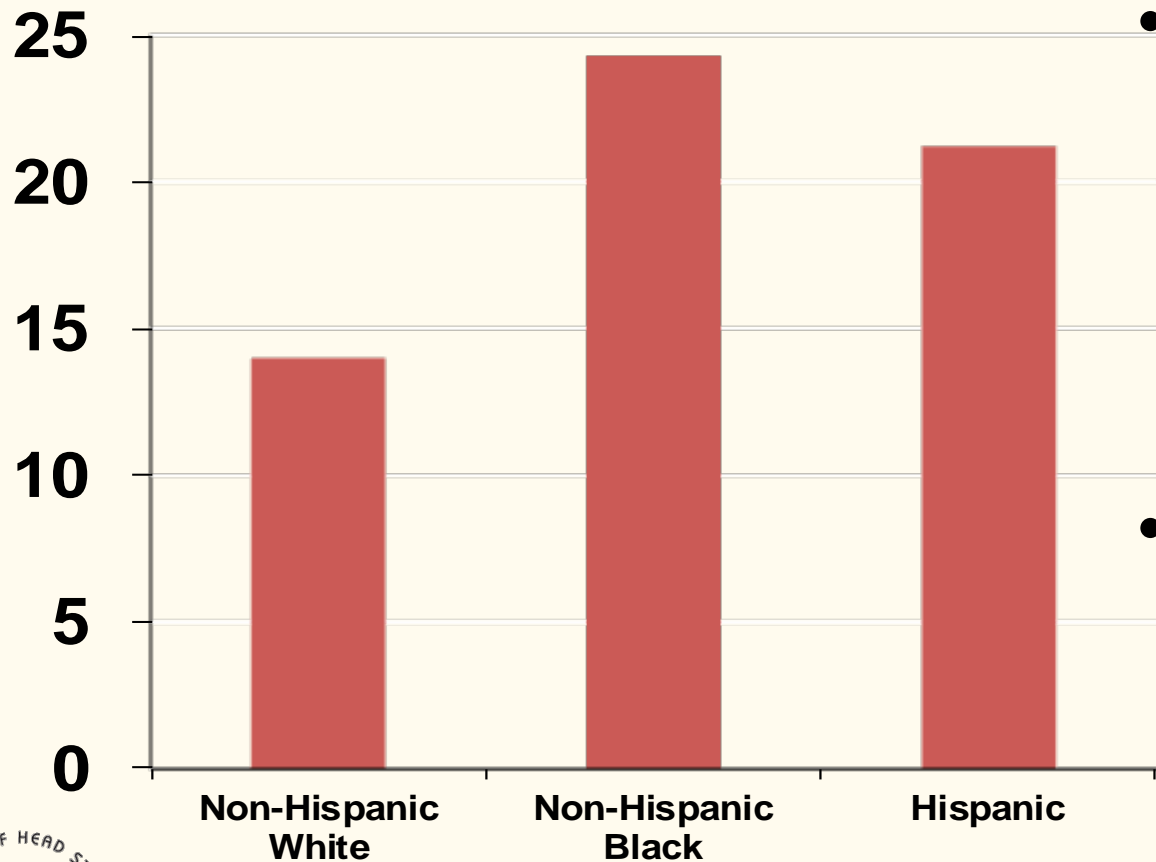
Goals for all Young Children

- Eat more fruits and vegetables
- Drink/eat less sugar
- Move more
- Limit screen time
- Establish eating, activity and sleeping routines
 - Eat breakfast daily
 - Have regularly scheduled healthy snacks
 - Make activity part of the routine
 - Prioritize sleep
- When possible, eat together as a family
- Foster self-feeding and responsive feeding



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Obesity Disproportionately Affects Minority Children



- In 2010: 14% of white, 24.3% of Black, and 21.2% of Hispanic children 2-19 years were obese.
- Overall rates are stubbornly high; racial/ethnic disparities are starting early and appear to be widening.



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Children, Youth, and Families: Prevalence and trends in overweight among US children and adolescents, 1999-2010. *JAMA*. 2012.

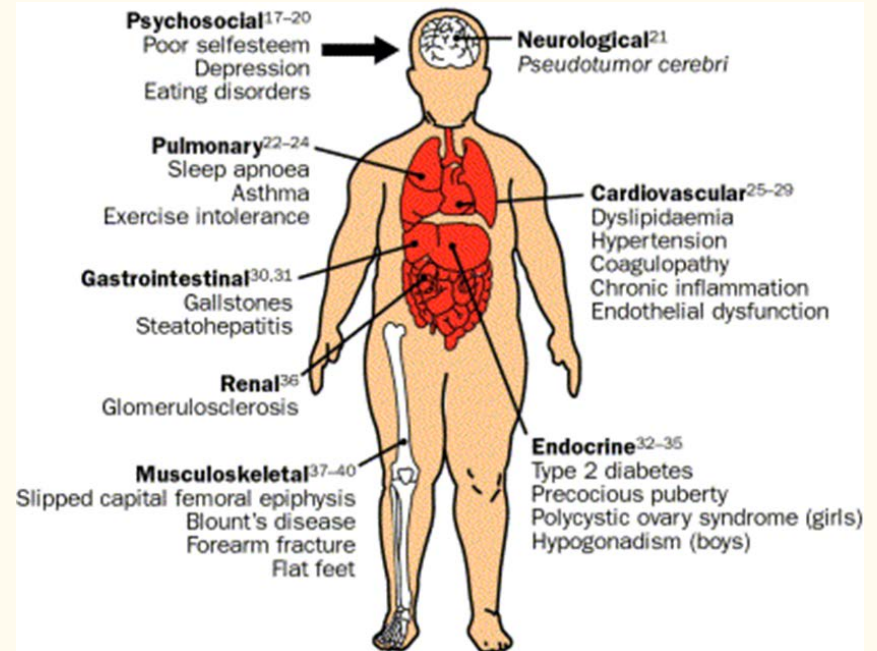
Did you know

- Overweight preschoolers are more likely to become overweight and obese school students.
- 80% of obese adolescents become obese adults.
- More specifically - by two years of age,
 - Children assume the eating practices of the family.
 - BMI is predictive of obesity in childhood and later life.



Physiological Impact

- Type 2 diabetes
- Hypertension
- Nonalcoholic fatty liver disease
- Dyslipidemia
- Upper Airway Obstruction
- Sleep Apnea Syndrome
- Blount's Disease
- Polycystic ovary syndrome
- Obesity related emergencies



Psychological Impact

- In addition to the devastating physical health consequences, overweight and obese children suffer social and emotional health consequences as well.
- Obese children:
 - have lower self-esteem;
 - are more likely to be depressed;
 - suffer from bullying and teasing; and
 - have lower academic achievement.



Critical Period

- Children are acquiring their eating, activity, and sleep patterns.
- Age 0-5 is a critical window to shape healthy habits.



Important Factors in Onset of Obesity

- Maternal weight gain during pregnancy
- Rate of weight gain during infancy
- Breastfeeding
- Introduction of complimentary foods
- Diet quantity and quality
- Parent feeding practices
- TV viewing time
- Physical Activity
- Sleep Routine
- Family Meals

Key areas where Head Start already has policy and/or can influence behavior



What do we know?

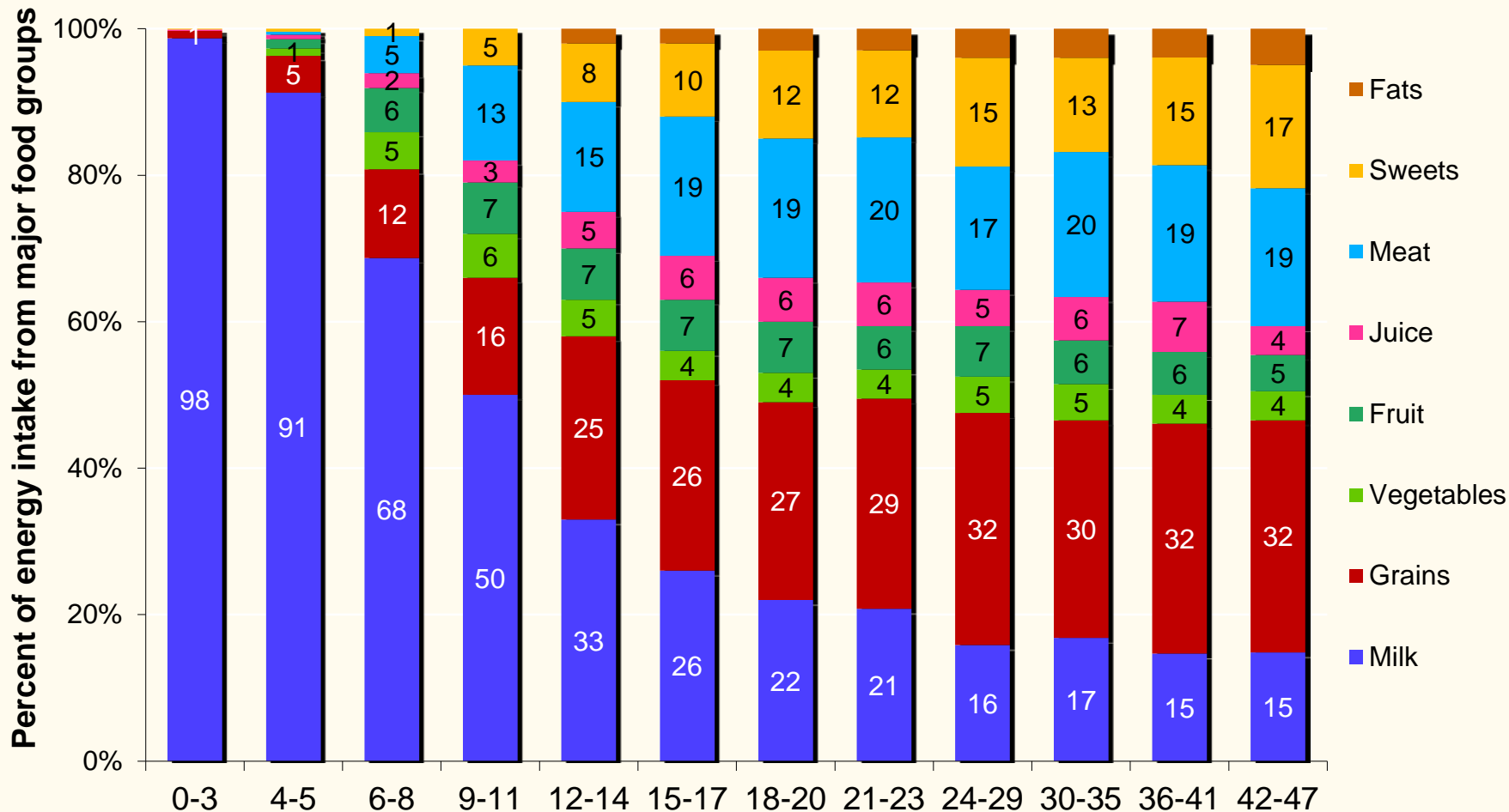
In general, most young children:

- Are not eating enough fruit and vegetables (if any).
- If they are eating vegetables it is usually limited to the starchy ones (i.e. potato and corn).
- Many consume sugary drinks, cereal, and snacks on a daily basis.
- Spend more time in front of a screen (TV, computer, phone, tablet, etc) than other generations.
- Sleep less than recommended amount.



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What are Young Children Eating



Feeding Infants and Toddlers Study

More About Current Eating Patterns

- Approximately 30% of children consumed no vegetables on the survey day, and 20% - 30% children consumed no fruit on survey day.
- Approximately 30% of children are consuming presweetened cereals.
- High caloric density foods are frequently consumed as snacks.
- 27% of 12-23 mo children consumed a sugar drink daily.



Small Changes Can Make A Difference

- ***Specific food choices matter***

- Eliminating only 33 calories per day can reduce levels of obesity in young children and this can be achieved by serving.

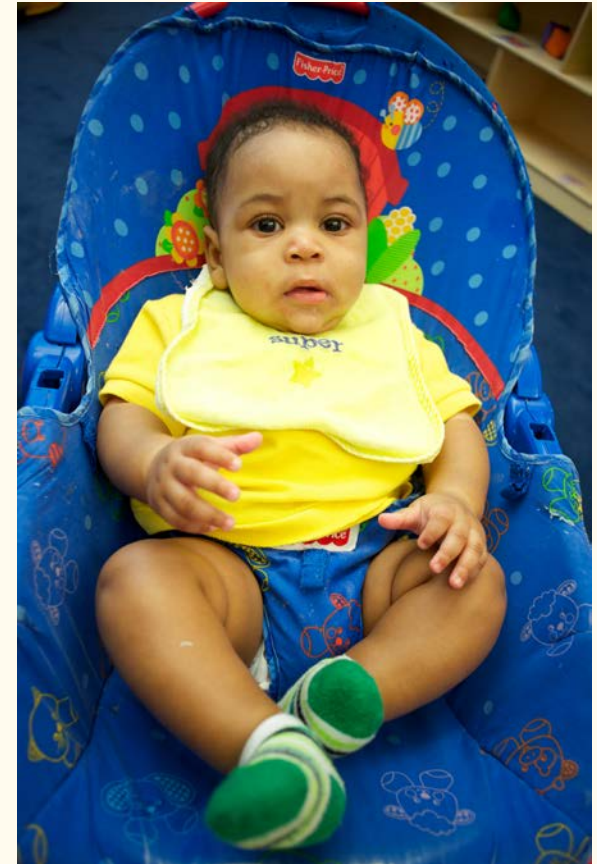
More often	Less often, smaller portions
Fruits	Sweets, esp sweet beverages
Colorful veggies	French Fries
Yogurt, bananas, hot cereal	Pizza, cookies, hotdogs



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Current Physical Activity Patterns

- Infants who spend too much time in confining equipment such as car seats, swings, bouncy seats, exersaucers, or strollers may experience delayed motor skill development.
- Many children less than 5 years of age fail to get at least 60 minutes of moderate to vigorous activity per day.



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Current Physical Activity Patterns

- Sedentary activity for young children has been shown to range from 32.8 to 56.3 minutes per hour.
- Playing outside often yields more active play than playing indoors.



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What We Know About Screen Time

- Screens are more prevalent than ever.
- 61% of children younger than 2 are exposed to television and spend approximately 1 hour and 20 minutes a day watching television.
- 30% of children aged 0 to 3 have televisions in their bedrooms.
- 39% of toddlers are using mobile devices for entertainment.



What Do We Know About Sleep?

- Evidence suggests a decrease in sleep duration across all age groups over the past 20 years.



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Target Behaviors

Primarily for Infants

- Breastfeeding
- Safe and appropriate bottle feeding practices
- Appropriate introduction of solid foods
- Understanding hunger and satiety cues



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Target Behaviors

All Young Children

- Foster self-feeding and responsive feeding
- Eat more fruits and vegetables
- Eat/drink less sugar
- Move more
- Limit screen time
- Establish eating, activity and sleeping routines
- When possible, eat together as a family



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What about Head Start?



What are the numbers in Head Start?

- About one-third of children who enter Head Start are overweight or obese.



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Great News!

In general, most Head Start programs report doing more to support healthy eating and gross motor activity than required.



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Nutrition at Head Start



- 70% of Head Start programs reported serving only nonfat or one percent fat milk.
- 94% of programs reported that each day they served children some fruit other than 100% fruit juice.
- 97% reported serving some vegetable other than fried potatoes.



Nutrition at Head Start



- 91% reported serving fruit and vegetables as daily practices.
- 66% of programs said they celebrated special events with healthy foods or nonfood treats.
- 54% did not allow vending machines for staff.



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Physical Activity at Head Start



- 89% of programs reported having an on-site outdoor play area at every center.
- 74% of programs reported that children were given structured (adult-led or -guided) gross motor activity for at least 30 minutes each day.



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Physical Activity at Head Start



- 73% reported that children were given unstructured gross motor activity for at least 30 minutes each day.
- 56% reported both unstructured and structured activity as daily practices.



What have we heard from HS Staff?

Barriers within HS:

- Time
- Money
- Knowledge



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What have we heard from HS Staff?

- Barriers for families:
 - Access to healthy foods and safe places for play
 - Knowledge about healthy active living
 - Cultural barriers



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What have we heard from HS Staff?

- Need help with:
 - Communicating with families around obesity.
 - Addressing cultural barriers to healthy living.
 - Engaging families in healthy living.
 - Improving staff wellness.
- Would like:
 - More plain language and culturally appropriate education materials for staff and parents/families.





We have heard you!

We are going to spend some time sharing:

- Consistent hi-level messaging to simplify obesity discussion.
- Strategies to engage and better communicate with families around healthy active living.
- Showcase some plain language tools and resources to help you in those conversations.



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A Common Framework For Obesity Prevention

Target Behaviors

Primarily for Infants

- Breastfeeding
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Target Behaviors

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A Simple Framework

5 or more fruits & vegetables

2 hours or less recreational screen time*

1 hour or more of physical activity

0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



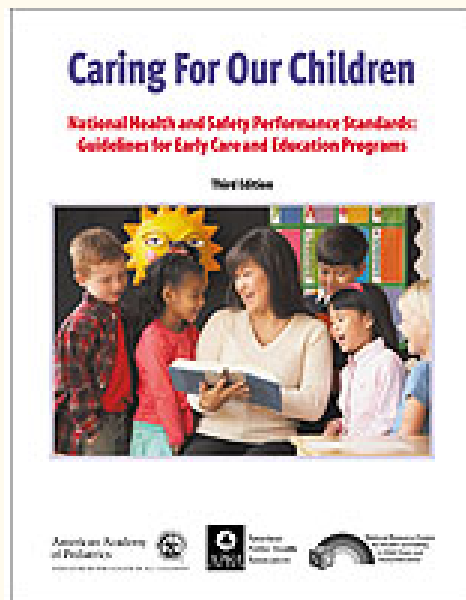
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- 5** FRUITS & VEGGIES 🍎
- 2** HOURS OR LESS OF RECREATIONAL SCREEN TIME 📺
- 1** HOUR OR MORE OF PHYSICAL ACTIVITY 🏃
- 0** SWEETENED DRINKS 🍷
- 10** HOURS OF SLEEP 🛌



5, 2, 1, 0 Messages are Consistent with:



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Parent Perspective



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What we know: Parent's Perception

- Parents think obesity is a serious problem.
- However, it is not perceived as a problem in their family.
- Parents are receiving mixed messages about obesity.



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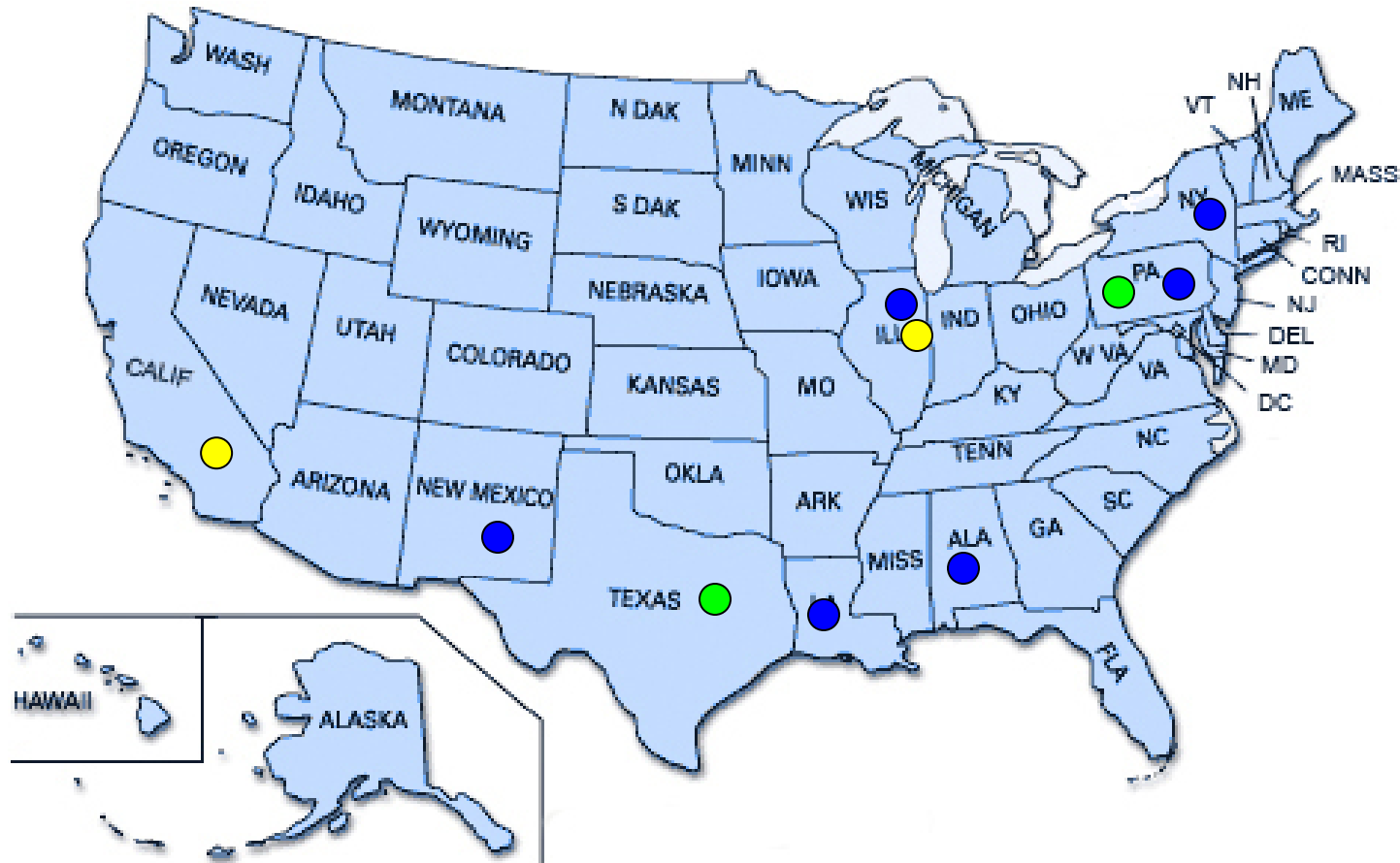
What we know: Parent's Preferences

- In general, it is best to present written health information:
 - Plain language (low literacy, white space, visually appealing, minimal text).



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Healthy Active Living For Family Focus Groups



What factors detracted from message endorsement by parents?

- Use of “obesity” language, esp related to infants.
- Guidance focused on future outcomes.
- Limited knowledge of recommendations.
- Disconnect between guidance and personal experience.



What contributed to message endorsement?



- Respect for the parent and his/her expertise.
- Explanation of the “why” behind the recommendations.
- Actionable strategies for implementation.



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When Talking to Families Consider:

- Use of healthy active living, healthy habits, growing healthy and healthy weight instead of obesity and overweight.

Start today: Help your child stay at a healthy weight for life.

Yes, it's true! The first years set the stage for healthy habits for the rest of your child's life. It's never too early to start.



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When Talking to Families Consider:

- Incorporating immediate outcomes and benefits in addition to future outcomes:

You've probably heard that breastfeeding is best for you and your baby. You may have even heard that breastfed babies get sick less often. But did you know that your baby will benefit from breast milk long after you've stopped nursing?



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When Talking to Families Consider:

- Including the “why” to help increase knowledge and add value to statement :

Breast milk and formula are the best choices for your baby. When it's time for him to start using a cup (around 6 to 9 months), give him breast milk, formula, or water.

Soda pop and juice — even 100% fruit juice:

- *Add unneeded calories to your baby's diet*
- *Get your baby used to very sweet, sugary flavors*
- *Can harm your baby's new teeth*

Why: in simple & clear statements



When Talking to Families Consider:

Acknowledging their expertise and important role as a parent:

- *Being a parent is an important — and hard — job!*
- *No one knows your child better than you, tell me a little bit about....*



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When Talking to Families Consider:

- Including realistic actionable strategies and try to meet parents where they are:

If TV time has gotten a bit out of control in your home, you are not alone! We understand that managing your kids' TV time can be a struggle. Even if you can't cut out TV completely, cutting back on TV will help. Try to limit TV to no more than 2 hours in a day.

- *Skip the ads. Watch TV shows on DVDs or TV On Demand. Shows with lots of ads for unhealthy foods make it harder for your child to learn to make healthy food choices.*
- *Try turning off the TV during mealtime, playtime, bath time, and bedtime.*
- *Watching TV will not help your child fall or stay asleep. It is best to keep the TV out of your child's bedroom so she can get the best rest possible.*



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When Talking to Families Consider:

- Acknowledge real life experiences and varying sources of information/inputs:
 - *Being a working mom is not easy and can be tiring, sometimes it can be really hard to ...*
 - *Grandparents love your baby/child and love to share advice, sometimes it is hard to sort through all the information ...*
 - *Many cultures have wonderful traditions and sometimes it is hard to figure out how to ...*



When Talking to Families:

It is most important to:

- Listen to family.
- Personalize and customize information to their child and family experiences and needs.



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HEALTHY ACTIVE LIVING & YOUR ROLE AS HEALTH MANAGER



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Relevant Head Start Program Performance Standards

- 45 CFR 1304.23(a);
 - 45 CFR 1304.23(b)(1)-(2);
 - 45 CFR 1304.23(c)(3);
 - 45 CFR 1304.23(d);
 - 45 CFR 1304.40(c)(1)(i);
 - 45 CFR 1304.40(f)(3)
 - 45 CFR 1304.21(a)(5)-(6)
- Identify nutrition needs
 - Design & implement nutrition education
 - Plan menus and provide healthy meals
 - Provide daily physical activity
 - Food safety and nutrition
 - Family partnerships

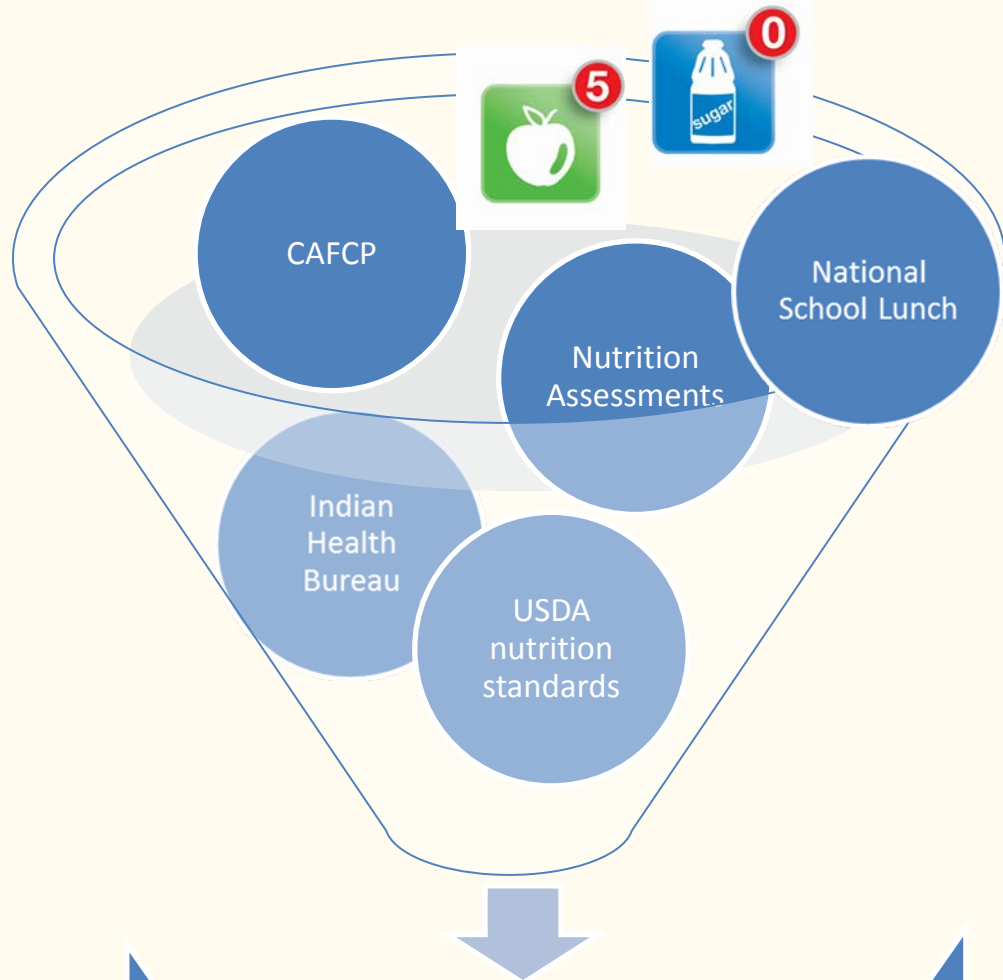




OPPORTUNITIES TO INTEGRATE HAL MORE PROACTIVELY



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Program Menus



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Design and Implement Nutrition Education

- Are the critical target behaviors addressed in the education efforts?
- Are the target behaviors screened for in the assessment?
- Address skill building in areas identified by parents



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Design and Implement ... physical and motor activity for all children

- Does every child and in every age range have structured and unstructured active play?
- Is there outdoor play?
- Are rooms and play areas set up with developmentally safe, appropriate and inclusive options for active play?



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Recommendations for Infants

- 5-10 minute supervised active breaks throughout the day.



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Recommendations for Toddlers

- 30 minutes of structured physical play.
- 60 minutes of unstructured physical play.



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Recommendations for Preschoolers

- 60 minutes of structured physical play.
- 60 minutes of unstructured physical play.



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LET'S MOVE! Child Care

- Physical activity: 1-2h/d, outside play when possible
- Screen time: None for <2yo; 30'/w during child care
- Food: Fruits or vegetables at every meal, no fried foods, family style
- Beverages: Water access at meals and throughout day; no sugar drinks; for > 3yo, LF or NF milk; limit juice to 4-6 oz 100% juice/d
- Infant feeding: Support breastfeeding for mothers who want to continue during the child care day





IOM Menu Recommendations

1. One fruit and 2 different vegetables should be served at each lunch/dinner.
2. Fruit rather than fruit juice should be served at most meals. Juice should be served a max of once per day in an appropriate serving size.
3. At least $\frac{1}{2}$ of the grains/breads served at meals and snacks should be whole grain-rich
4. Milk and yogurt should be low-fat or nonfat for all children aged 2 and older.





Robert Wood Johnson Foundation Summary Report

Key nutrition and physical activity policies and practices that have a relationship to preventing obesity:

1. Water is freely available
2. Sugar sweetened beverages are limited
3. Food of low nutritional value are limited
4. Children are not forced to eat
5. Food is not used as a reward
6. Support is provided for breastmilk
7. Screentime is limited
8. Physical activity is required daily.



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Important Factors in Onset of Obesity

- Maternal weight gain during pregnancy
- Rate of weight gain during infancy
- Breastfeeding
- Introduction of complimentary foods
- Diet quantity and quality
- Parent feeding practices
- TV viewing time
- Physical Activity
- Sleep Routine
- Family Meals

Key areas where Head Start already has policy and/or can influence behavior



Target Behaviors

Primarily for Infants

- Breastfeeding
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- Appropriate introduction of solid foods
- Understanding hunger and satiety cues



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Target Behaviors

All Young Children

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Where do I start?

- Nutrition Assessment
- Partner with other staff
- Parent Committee
- Policy Council
- Health Services Advisory Committee



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How to Partner with Families

- Menu Planning
- Nutrition Assessment
- Family Partnership Agreement
- Other staff- Family service worker, home visitor, teacher
- Parent Committee; Policy Council; Health Services Advisory Committee



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Where to find help

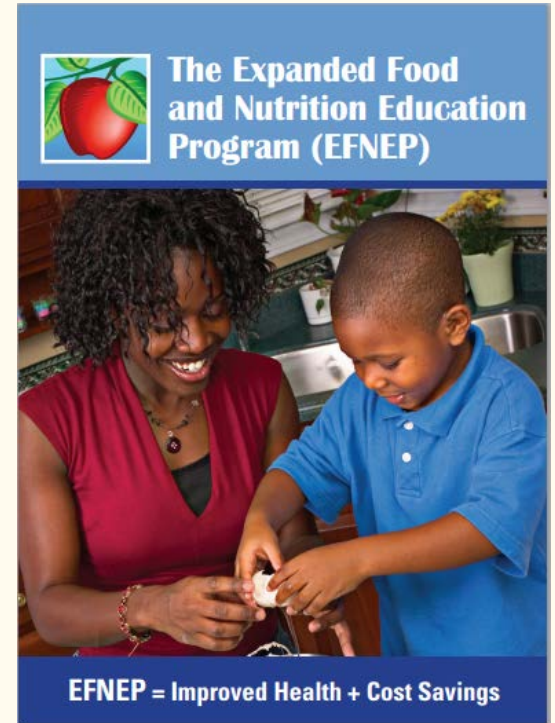
- State CAFCP contact
- HSAC
- USDA
- Dietitian
- Other staff- Family service workers, meal service staff
- Community resources i.e. WIC, SNAP, etc



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Need Help?

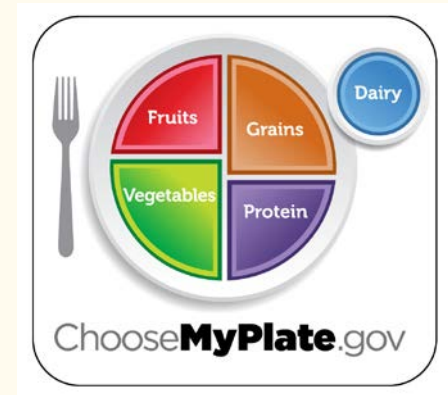
- Cooperative extension system
Extended Food and Nutrition Education Program
- Community partnerships- HSAC, registered dietitians, nurses, medical homes



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Online resources

- USDA
 - Eat Smart Play Hard
 - Team Nutrition
- Healthy Active Living for Families
- Let's Move
- Choose My Plate
- Eat Right.org



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Resources:

- Head Start Body Start
- I am Moving I am Learning
- Healthy Choices, Little Voices
- Let's Move Childcare
- Nature Based Learning
- Growing Healthy Flipchart and tarpad



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RESOURCES



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Healthy Active Living For Families Resources

Food & Feeding
Good eating habits begin early.

Physical Activity
Even small children need to get moving.

Tips for Parents
Being a parent is an important job!

Age groups: baby (0 to 12 months), toddler (1 to 3 years), preschool (3 to 5 years)

Quick Tips

Keep Your Child Healthy

1: My child is:
 0 to 1 years 1 to 3 years 3 to 5 years

2: Boy Girl

3: I want tips on:
 Breastfeeding
 Bottlefeeding
 Starting solid food
 Picky eaters
 Snack time
 Routines and schedules
 Physical activity
 Screen time (tv & online)
 Sleep

GET TIPS

healthychildren
Powered by pediatricians. Trusted by parents.

Parent²Parent

"I love my baby but I'm really busy and I work. I have other kids. It's just a lot of work...I breastfed for the time that I'm off of work but trying to go back to work and pump...I'm like oh, forget it."
- Mom, Midwest

Are you raising a healthy, active child?

TAKE

Healthy Beverages:

Choose milk or water for your child's beverage

Conversation Starters
Tell me a little bit more about what your child ate and drank yesterday and the day before?

For information -> [click to hide information](#)

What is your child's favorite drink?

What kind of beverages is your child drinking between and with meals?

Can you tell me what happens when you try to set limits on sugared beverage consumption?

What are your feelings about juice?





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MENU

- 1 5-2-1-0 Challenge
- 2 Assess Risk
- 3 Context Clues
- 4 Barriers
- 5 Listen, Assess, Advise
- 6 Bringing It All Together

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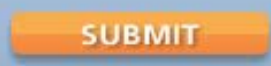




The 5-2-1-0 Framework

Risky Behaviors for Infants

Instructions: Out of every 10 infants, how many have been introduced to juice by 6 months? Drag the number of sippy cups you think represents the correct answer to the infants on screen. Click Submit to see if you have the right ratio.





The 5-2-1-0 Framework

Screen Time

Instructions: How many children age 3-4 watch TV daily? Click the arrows to the right to adjust the percentage on screen and then click Submit.

50 %

SUBMIT



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The 5-2-1-0 Framework

Healthy Eating

Instructions: What percentage of children ages 3-5 consume dessert, sweets, sweetened beverages, or salty snacks daily? Click the arrows below to adjust the percentage you feel is correct, and then click Submit.



50 %

SUBMIT



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The 5-2-1-0 Framework

Physical Activity

Instructions: Do you know the recommended number of minutes of structured and unstructured play children ages 1-5 should get per day? Click the arrows below to adjust the minutes you feel are correct. When you think you have the correct number of minutes for both, click Submit.

Minutes of Structured Play Per Day



50 mins



Minutes of Unstructured Play Per Day



50 mins



SUBMIT





The 5-2-1-0 Framework

Screen Time

Instructions: What percentage of 5-year-olds have regular access to a tablet, mobile device, computer, or game console? Make your selection by clicking the arrows to the right.



50 %

↑ ↓

SUBMIT





The 5-2-1-0 Framework

Exploring the 5-2-1-0 Framework

Did some of the facts you uncovered in these games surprise you? Hopefully, they gave you a good idea of the challenges we face when working with families to achieve a healthier lifestyle.

The 5,2,1,0 framework is a way to help you quickly remember some of those behaviors we want families to do more of and those we would like them to limit. Let's explore the framework to learn more about how we can help families lead healthier lives.

Click Continue to learn more.



CONTINUE

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Main Message	Theme	Main Target Behavior	Additional Target Behaviors (Infants)	Additional Target Behaviors (Toddlers/Preschoolers)
 <p>5 Fruits and Vegetables Per Day</p>	HEALTHY EATING	 <p>Eat more fruits and vegetables.</p>	<p>Young Infants (0-6 months):</p> <ul style="list-style-type: none"> Breastfeeding exclusively for the first 6 months. Use only breastmilk or formula in bottles <p>Older infants (6-12 months):</p> <ul style="list-style-type: none"> Introduce a variety of flavors & textures Encourage use of spoons & fingers to self-feed 	<p>MENU</p> <ul style="list-style-type: none"> Form routines around eating (such as daily breakfast & family meals) Avoid sugary foods as snacks Let children use fingers & utensils to feed themselves (foster self-feeding) Encourage children to listen to their body & stop eating when full (mindful eating).
 <p>2 Hours of Screen Time</p>	SEDENTARY BEHAVIOR	 <p>Limit screen time.</p>	<p>Encourage families to limit exposure of infants to TV as much as possible (ideal is none at all)</p>	<ul style="list-style-type: none"> Limit children's exposure to commercials. Avoid putting TV in child's bedroom.
 <p>1 Hour of Physical Activity</p>	PHYSICAL ACTIVITY	 <p>Move more.</p>	<p>Get babies moving! Limit use of restrictive items such as: car seats, swings & bouncy seats, etc.</p>	<ul style="list-style-type: none"> Structured and unstructured active play are important Where possible encourage outdoor play
 <p>0 Sugar Sweetened Beverages</p>	UNHEALTHY BEHAVIORS	 <p>Drink less sugar.</p>	<p>Other Behaviors to Avoid or Limit Include:</p> <ul style="list-style-type: none"> Offering solids too early. Adding cereal to babies' bottles. Over-feeding to calm fussy or sleepless child. Using bottles improperly (i.e. bottle propping). 	<p>Other Behaviors to Avoid or Limit Include:</p> <ul style="list-style-type: none"> Poor sleeping habits (i.e. no sleep routine, not enough sleep). Eating out regularly (especially fast food).



The 5-2-1-0 Framework

Self Assessment (1 of 2)

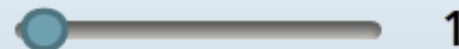
Read each statement. Move the blue slider to the position on the scale that best reflects your personal response to each statement.

1 - Never 3 - Sometimes 5 - Always

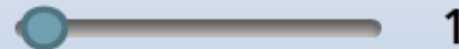
I eat vegetables every day



I eat fruits every day



I spend less than 2 hours watching television, playing video games, or using a computer each day



I make time to be active for 60 minutes each day



I avoid drinking juice, soda, sports drinks, sweet tea or other drinks with sugar between meals



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SUBMIT



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Assess Risk

Review Document 1

Click the form to review the Hernandez family's nutrition and activity habits with their baby Caroline.

Nutrition and Activity Questions Infant 6-12 months					
Please answer the following for the statements below: Does your infant...	Never	Seldom	Sometimes	Often	Always
1. Eat vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Eat fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Have scheduled meals and snacks throughout the day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat meals with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Need formula/breast milk in their bottle to go to sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use a spoon to feed themselves	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Use a cup	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. "Watch" TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Sleep 9-12 hours during the night and nap throughout the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Drink juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. Have active play with you everyday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Nutrition and Activity Questions Infant 6-12 months

Strength Opportunity for Growth

X

Strengths

Click on all the things that the Hernandez family is doing well (strengths to reinforce). Then click Continue.

Please select the strength or opportunity for growth for the Hernandez family.

Question	Strength	Opportunity for Growth	Strength	Opportunity for Growth	Strength	Opportunity for Growth
1. ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Have scheduled meals and snacks throughout the day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat meals with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Need formula/breast milk in their bottle to go to sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use a spoon to feed themselves	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Use a cup	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. "Watch" TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Sleep 9-12 hours during the night and nap throughout the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Drink juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. Have active play with you everyday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CONTINUE



< PREV

NEXT >



Nutrition and Activity Questions Infant 6-12 months

Strength Opportunity for Growth

Please answer the following for the statements below: Does your infant...

Never Seeldom Sometimes Often Always

	Never	Seeldom	Sometimes	Often	Always
1. Eat vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Eat fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Have scheduled meals and snacks throughout the day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat meals with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Need formula/breast milk in their bottle to go to sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use a spoon to feed themselves	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Use a cup	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. "Watch" TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Sleep 9-12 hours during the night and nap throughout the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Drink juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. Have active play with you everyday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Assess Risk

FAMILY 1 (1 of 2)

The Hernandez family is enrolling their daughter, Caroline, age 8 months. Review the information (located in the upper right of the screen) for this family.

Section	Page	View
Introduction	1	View
Section 1: Introduction	2	View
Section 2: Nutrition	3	View
Section 3: Activity	4	View
Section 4: Feeding	5	View
Section 5: Sleep	6	View
Section 6: Hydration	7	View
Section 7: Safety	8	View
Section 8: Parental Involvement	9	View
Section 9: Conclusion	10	View

Review Document

Select all that apply. Click Submit.



Family meals are a great time to teach your child healthy habits. Let Caroline see you eating healthy.



What are some activities you like to play with Caroline?



Can you tell me a little bit more about how much juice Caroline normally drinks in a typical day?

SUBMIT






THE NATIONAL CENTER ON
Health

MENU

- 1 5-2-1-0 Challenge
- 2 Assess Risk
- 3 Context Clues
- 4 Barriers
- 5 Listen, Assess, Advise
- 6 Bringing It All Together

 KNOWLEDGE CENTER





Context Clues

Instructions: Select the icon that best highlights which area of the conversation you'd like to focus on, starting with (1) a strength to reinforce. You must listen to the conversation before you can select an icon.





Context Clues

5

Feedback

Yes, you correctly identified a family strength. Keisha's mom understands the importance of a healthy breakfast and she is trying the best she can with a limited amount of time.

Continue



KNOWLEDGE CENTER

< PREV

NEXT >



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MENU

- 1 5-2-1-0 Challenge
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KNOWLEDGE CENTER





Barriers

Instructions: Review the parent's statement and select the response from below that you believe is most appropriate to overcome the barrier presented.

Response

Parent Statement

You're not the only one who has this challenge. We hear this lot! And you're right, breast milk or formula is all that Joshua should have in his bottle. What things do you do at home to help Joshua sleep through the night?

I would be so mad at my mother if she were doing that. Have you asked for advice from Joshua's pediatrician on what to do? Maybe he has some good ideas.

That must be really difficult for you. You are not being annoying or pushy when you're telling caregivers what you want for your baby - you are the parent. Have you tried talking with her about your concerns?

SUBMIT



KNOWLEDGE CENTER

< PREV

NEXT >





Barriers

[Click Here to Review
Your Choice](#)

Feedback

While it's good you empathized with this parent, this approach could use a little work. In particular, you'll want to ask open-ended questions so together you can identify a solution.

Well no, I haven't said anything to anyone. It's better to keep my mouth shut on this one!

Yeah, I really should talk with him at our next visit.





Barriers

[Click Here to Review Your Choice](#)

Feedback

Great response! You showed that you heard the parent's concerns and acknowledged he is trying to do what's best for his baby. By asking an open-ended question, you helped him to identify an actionable strategy to share with his mother.

We do have a routine at home that seems to work for Joshua. We start with a warm bedtime bath and then a lullaby or two.



I could ask my mother to follow the same bedtime routine we have at home. Those two things really seem to help him sleep through the night.





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MENU

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 KNOWLEDGE CENTER





Listen, Assess, Advise



View Transcript

1 - Poor

5 - Excellent

Discuss opportunities for growth



1

Use of open-ended questions



1

Show empathy/understanding around parental barriers



1

Work collaboratively with the parent to find a solution



1

Acknowledge family strengths



1



KNOWLEDGE CENTER

SUBMIT



< PREV

NEXT >



Listen, Assess, Advise

Review

Feedback - (4-5)

Based on your feedback you think this employee did an excellent job empathizing with the parent. Our coach thinks this is an opportunity for growth and the employee could have done a better job assuring Ms. Valdez that it's common for food strikes and picky eating to continue into preschool years.

Discuss opportunities

5 - Excellent

2

Use of open-ended q

3

Show empathy/understanding around parental barriers



4

Work collaboratively with the parent to find a solution



2

Acknowledge family strengths



1

KNOWLEDGE CENTER

CONTINUE

< PREV

NEXT >



Listen, Assess, Advise

An Effective Discussion

Now that you've had a chance to review the feedback on your decision-making, let's take a look at this same scenario conducted even more effectively. Click Play to hear this discussion modeled by an expert.



View Transcript





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MENU

- 1 5-2-1-0 Challenge
- 2 Assess Risk
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- 4 Barriers
- 5 Listen, Assess, Advise
- 6 Bringing It All Together

 KNOWLEDGE CENTER





Bringing It All Together

Review the family information and then choose from one of the options below to start the conversation.

Part 1 of 4

Family Information

- Do you know that games and television aren't educational?
- Why do you think these games are educational?
- Can you tell me about his current gaming habits?

SUBMIT

KNOWLEDGE CENTER



< PREV

NEXT >



Bringing It All Together

Feedback

[Click Here to Review Your Choice](#)

Great open-ended question to get the conversation going! This is a nice way to encourage Antoine's mother to share important information about her family's active living habits.

[Continue](#)

Of course. I love talking about my son.

Sure. He loves to play on my phone every day. After I pick him up from Head Start, I give him my phone and he plays his favorite games while I make dinner and then again while I am doing dishes before his bedtime.



Knowledge Center



Job Tools

Staff Wellness

Engage Families

Learn More

Healthy Active Living Screeners and Questionnaires:

- [Why Use a Screener?](#)
- Nutrition and Activity Questions:
 - [Newborn](#)
 - [Infant 6-12 month](#)
 - [Toddler](#)
 - [Preschooler](#)
- [State of Maine 5,2,1,0 screener](#)

Nutrition and Food Programs:

- [Child & Adult Care Food Program Nutrition and Nutrition Education](#)
- [Expanded Food and Nutrition Education Program \(EFNEP\)](#)
- [WIC resources for nutrition assessment with pregnant woman](#)



Growing Healthy Flipchart

GROWING HEALTHY

**A Guide for Head Start
Health Managers and Families
About Healthy Active Living
for Young Children**



**THE NATIONAL CENTER ON
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EVEN BABIES NEED ACTIVE PLAY



GROWING HEALTHY: TODDLERS (1–3 Years)

STAFF NOTES

FEEDING TODDLERS IN A HEALTHY WAY

Why Is This Important?

- Many parents know what foods are healthy but they may have difficulty feeding children in a healthy way due to food insecurity, lack of confidence with meal prep or questions about portion sizes and snacks.
- Picky eating frustrates and discourages so many parents!
- Many parents find it hard to set limits on sugary beverages, including juice. Some parents view juice as a way to provide their toddler with the recommended servings of fruit/vegetables. Even 100% fruit juice has sugar that can damage teeth.

Talking Points About Healthy Eating

- Serving sizes for toddlers are very small. A serving size of veggies is only 1–2 tablespoons, about the size of a quarter.
- Lots of parents say their child is picky, especially when it comes to new foods or eating fruits and vegetables. You are not alone!
- Did you know that a young child might need to try a new food 10–15 times over several months before she'll eat it?
- If possible, give your toddler a couple healthy choices at mealtimes but let her decide when and how much to eat.

Talking Points About Healthy Beverages

- Water and low-fat milk are the best beverage choices for your toddler. Toddlers never need soda pop or sports drinks.
- Toddlers need about 3 servings (1/2 cup for this age) of milk each day.
- Skip the juice and stick with water. Sometimes young children fill up on juice and then don't want to eat healthier foods.
- Try letting your child pick out a favorite, special cup for water only.
- If you choose to give other drinks, limit it to 4–6 ounces a day of 100% juice or low-fat, low-sugar, flavored milk.

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Growing Healthy Tear Pad



GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

Child's Name _____

Date _____

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5 Eat at least 5 fruits and vegetables a day.
- 2 Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1 Get 1 hour or more of physical activity every day.
- 0 Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

OUR GOAL FOR THIS MONTH IS TO:

Need help getting started? Turn this card over for more healthy ideas.

- Eat _____ fruits and vegetables a day.
- Limit screen time to _____ minutes a day.
- Get _____ minutes of physical activity a day.
- Limit sugary drinks to _____ a day.

Our plan: _____

Parent's Name _____

Staff contact _____



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Toll-free phone: 868/227-5125
E-mail: NCHinfo@aap.org

Adapted from the
American Academy of Pediatrics
Institute for Healthy Childhood Weight.



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GROWING HEALTHY

5 Fruits and Vegetables a Day

- Go for the rainbow. Each month, pick a color from the rainbow and try to eat a new fruit or veggie of that color (green, purple, orange, yellow, red). It's a great way for little ones to learn colors while you're all eating healthy.
- Whenever possible, let your child help get fruits and veggies ready to serve. Maybe he can wash an apple or mix the salad. Your little chef may be more likely to try foods that he helps to prepare.
- Ever feel like fresh fruits and veggies are just too expensive? Try using frozen ones for a few meals every week.

2 Hours or Less of Screen Time a Day

- A great way to cut down on screen time is to make a "no television (or computer) while eating" rule.
- If your children are watching TV, watch with them. Use commercial breaks for an activity break—hula hoop, dance, or come up with a crazy new way to do jumping jacks.
- If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and you'll know how long they watched.
- Television in your child's bedroom might seem like a convenience but watching TV close to bedtime can affect your child's ability to sleep.

1 Hour of Active Play or Physical Activity a Day

- An hour of active play might seem like a lot but you don't have to do it all at one time. Try being active for 10–15 minutes several times each day.
- What were your favorite active games when you were a child? They might seem old school to you but they'll be new to your child. Try one today.
- Rain or bad weather has you stuck in the house? Don't let it keep you and your child from being active together. Try one of these fun activities:
 - Have an indoor parade.
 - Set up a scavenger hunt inside.
 - Start your own indoor Olympics—who can jump on one foot the longest or do the most sit ups?

0 Sugary Drinks a Day

- Let your child pick their favorite "big kid" cup to use for water.
- Think plain water is too boring? Try adding a fruit slice (like orange) for natural flavor.
- Avoid buying juice—if it's not in the house, no one can drink it.
- If you're still trying to cut sugary drinks down to zero, keep up the great work! Young children should never have soda pop or sports drinks but if you choose to give juice, please remember:
 - make sure the label says 100% fruit juice.
 - limit the amount to 1 small cup a day (4–6 ounces if you measure it out).
 - serve milk with meals and offer water at snack time.

