



Keystone Kids Go!

Early Childhood Literature and Resource Guide

Helpful Resources for Early Childhood Programs Looking to Improve Nutrition and Physical Activity Practices for Staff, Children, and Families

Professional Development Support

PA Nutrition and Physical Activity Self-Assessment for Child Care – PA NAP SACC

<http://panapsacc.weebly.com/>

This website guides programs in carrying out specific action plans to improve nutrition and physical activity environments for preschools.

Keystone Kids Go!

<http://www.panen.org/keystone-kids-go>

Initiative in Pennsylvania focused on improving nutrition and physical activity among preschoolers and their families.

I Am Moving, I Am Learning

http://www.pakeys.org/pages/get.aspx?page=Fitness_Nutrition

I Am Moving, I Am Learning (IMIL) is a proactive approach for addressing childhood obesity in preschool age children. IMIL seeks to increase moderate to vigorous physical activity (MVPA) every day, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day.

DataSpeak

<http://mchb.hrsa.gov/researchdata/MCHESP/dataspeak/index.html>

DataSpeak is a series of Web conferences that feature special topics related to Maternal and Child Health (MCH) data, including children with special health care needs.

RECIPE for Growing Healthy Children: Child Care Culinary Workshop

[http://www.jneb.org/article/S1499-4046\(14\)00552-1/abstract](http://www.jneb.org/article/S1499-4046(14)00552-1/abstract)

This resource was developed to train child care food service staff on planning and preparing meals and snacks that comply with the Dietary Guidelines.

Online Course from National Food Service Management Institute - Serving Safe Food in Child Care

www.nfsmi.org

This course focuses on applying the four key concepts of the USDA Fight Bac program: clean, separate, cook and chill in child care programs. This online training is free and registered participants can obtain CEUs, certification and other credentialing requirements.

Nibbles for Health: Nutrition Newsletters for Parents of Young Children

<http://www.fns.usda.gov/tn/Resources/nibbles.html>

Developed for child care center staff and parents of young children enrolled in child care centers. The CD-ROM includes guidance on conducting discussions with parents in four “sharing sessions” and forty reproducible newsletters addressing many of the challenges parents face.

Building Mealtime Environments and Relationships

<http://www.cals.uidaho.edu/feeding/pdfs/BMER.pdf>

This inventory focuses on mealtime setting, child development, and guiding individuals. Practitioners in child care settings can rate their practices as minimal, effective, or ideal.

Office of Child Development and Early Learning (OCDEL) Keystone STARS

<http://www.pakeys.org/pages/get.aspx?page=home>

The Pennsylvania Keys to Quality consists of a statewide PA Key and six Regional Keys which are a system of technical assistance support for Keystone STARS and other programs, including professional development opportunities for early childhood and school-age providers.

Better Kid Care

<http://betterkidcare.psu.edu>

Better Kid Care site offers recipes for healthy snacks and lunches and provides information to share with parents on children's nutrition and active play. Better Kid Care also offers distance education lessons on preventing childhood obesity and working with fussy eaters.

Penn State Cooperative Extension

<http://extension.psu.edu/health>

Penn State Extension is committed to providing high-quality information and programs designed to facilitate positive behavior changes to help build caring, safe, and healthy communities

Early Childhood Education Linkage System (ECELS)

<http://www.ecels-healthychildcarepa.org/professional-development-training>

ECELS offers early learning programs resources in PA to combat obesity and promote healthy choices. The purpose of this site is to bring awareness to the serious health problem of childhood overweight and obesity and to support pediatricians, families and community advocates in improving the health status of those children who are already overweight and obese.

Alaska Head Start

<http://eclkc.ohs.acf.hhs.gov/hslc>

Contains a menu of professional development opportunities and resources for staff and families that focus on nutrition and physical activity best practices. Also includes a nutrition and physical activity self-assessment for the classroom.

Food Safety in Family Day Care Homes Video Lesson

<http://www.nfsmi.org/documentlibraryfiles/PDF/20100312114305.pdf>

Targeted audience is CACFP personnel and other child care staff and is appropriate for family day care home providers. The lesson is 45 minutes and discusses food safety in family day care homes. Many suggestions and best practices are described.

Let's Move Pennsylvania! Conference Presentation Links <http://extension.psu.edu/youth/betterkidcare/knowledge-areas/k7/lets-move-pennsylvania-conference-presentations>

Links to presentation materials presented at the Let's Move Pennsylvania! Conference during October 2014.

ECELS - Breastfeeding: Promoting and Supporting

<http://www.ecels-healthychildcarepa.org/professional-development-training/webinars/item/772-breastfeeding-promoting-and-supporting?highlight=WyJicmVhc3RmZWVkaW5nIlQ>

Breastfeeding gives infants a healthy start! Learn what you can do to promote and support breastfeeding for families and staff members in early education and child care programs. On March 17, 2016 ECELS presented this live webinar. Presenters included: Dr. Debra Bogen, MD, AAP, FABM, Associate Professor of Pediatrics at the University of Pittsburgh

School of Medicine, and Nickki Lee, RN, BSN, IBCLC, CCE, CIMI, ANLC, CKC, Lactation Consultant, Philadelphia Department of Public Health.

PA AAP ECELS Breastfeeding Friendly Child Care Center - Self Learning Module

<http://www.ecels-healthychildcarepa.org/professional-development-training/self-learning-modules/item/181-breastfeeding-friendly-child-care-center-self-learning-module-2-hours?highlight=WyJpbmZhbzQlCjpbmZhbzQncyIsIm51dHJpdGlvbilsImluZmFudCBudXRyaXRpb24iXQ>

By using the information in this self-learning module to perform the required activities, you can help give children and their mothers a life-long health benefit! This Self Learning Module is based on an online resource kit developed by the Wisconsin Partnership for Activity and Nutrition. This kit contains two important tools that centers can use to become breastfeeding friendly.

PA AAP ECELS Infants and Toddlers: Nutrition and Physical Activity Best Practices

<http://www.ecels-healthychildcarepa.org/professional-development-training/webinars/item/701-infants-and-toddlers-nutrition-and-physical-activity-best%20practices?highlight=WyJpbmZhbzQlCjpbmZhbzQncyIsIm51dHJpdGlvbilsImluZmFudCBudXRyaXRpb24iXQ>

Do infants and toddlers really need to be active? Are you following recommended feeding practices for infants and toddlers? On Wednesday, April 22, 2015 ECELS presented a webinar to learn about the Baby NAPSACC (Nutrition and Physical Activity Self-Assessment for Child Care) study underway in North Carolina and Caring for Our Children recommendations for infant and toddler care related to feeding, nutrition and physical activity. Presenters for this webinar include:

- Beth A. DelConte, MD, FAAP - ECELS Pediatric Advisor
- Sara Benjamin Neelon, PhD, MPH, RD, Department of Community and Family Medicine, Duke University Medical Center & Duke Global Health Institute
- Susan S. Aronson, MD, FAAP ECEL Founder and Pediatric Advisor - Moderator

Penn State Better Kid Care Childhood Obesity Prevention: LMCC – Support Infant Feeding

<http://extension.psu.edu/youth/betterkidcare/lessons/childhood-obesity-prevention-lmcc-2013-support-infant-feeding>

Goal number five in the Let's Move! Child Care initiative is to support infant breastfeeding by encouraging mothers to breastfeed. Breastfeeding benefits mothers and babies in many ways, including helping to prevent childhood obesity. Continuing to breastfeed for the recommended amount of time can be challenging, especially when children need to be in child care. Child care providers will learn practical solutions for encouraging and supporting mothers to breastfeed their babies.

Motion Moments

<http://nrckids.org/index.cfm/products/videos11/motion-moments1/>

The *Motion Moments* videos will show you 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.

Better Kid Care – Get Outdoors. Explore.

<http://extension.psu.edu/youth/betterkidcare/lessons/get-outdoors>

Research documents the benefits of playing, learning, and simply being outdoors. National and international movements encourage more time in nature. However, this can be challenging for early care professionals. In this lesson, adult facilitators view examples of rural, suburban, and urban programs that support outdoor fun. Grow in confidence, understanding and capacity to support best practices in outdoor play for birth to school-age children.

Better Kid Care – The Ups and Downs of Outdoor Play

<http://extension.psu.edu/youth/betterkidcare/lessons/the-ups-and-downs-of-outdoor-play>

One of the most important responsibilities in child care is keeping children safe and well supervised while on playground equipment. Learn how to do this, keep costs down, and provide great activities for outdoor play.

Penn State Better Kid Care – Go Healthy, It All Begins with You (On Demand Lesson)

<http://extension.psu.edu/youth/betterkidcare/lessons/go-healthy-it-all-begins-with-you>

Child care practitioners are important role models for the children in their care. The phrase "actions speak louder than words" is especially true for children since they watch and imitate what adults are doing. Being a healthy role model not only is important for the children but enables the care provider to have the energy and good health to meet the demands of the job. This lesson explores key concepts and actions for modeling healthy behaviors for children.

Keystone Kids Go! Go Healthy

<http://www.panen.org/keystone-kids-go/go-healthy>

It All Begins with You! training sessions educate child care practitioners about healthy habits for adults and being a positive role model for children. Please visit the Go Learn! section of this website to find out how to register and to see other excellent professional learning opportunities related to your important role in children's development of healthy habits!

Early Childhood Learning and Knowledge Center (ECLKC) - Strategies to Support and Encourage Healthy Active Living Course

<https://eclkc.ohs.acf.hhs.gov/physical-health/learning-module/strategies-support-encourage-healthy-active-living-course>

The Strategies to Support and Encourage Healthy Active Living course is an online, interactive self-study course for Head Start and Early Head Start staff. It is focused on healthy, active living for children and families. Practice building skills to effectively communicate and engage with families around creating and maintaining a healthy, active lifestyle.