



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

Research

Accredited Schools Online

<http://www.accreditedschoolsonline.org/resources/student-nutrition-fitness-guide/>

Nutrition and fitness are vitally important for the growing bodies of children, adolescents and young adults. Never has this been truer than during the last few decades, when the rates of obesity, type 2 diabetes, high blood pressure, and other health problems have become more prevalent among younger people. Obesity is at the root of most of these health concerns. This website provides research and resources for adults, young adults, and youth.

Preschool's Role in Fighting Childhood Obesity

<https://nieer.wordpress.com/2010/03/09/preschool%E2%80%99s-role-in-fighting-childhood-obesity/>

Research article: A Publication of the National Institute for Early Education Research contains article stating that researchers and advocates have proposed that preschools might be an appropriate place for preventive health measures, particularly activities that increase young children's physical activity.

Active Living Research

<http://www.activelivingresearch.org/>

Active Living Research, a national program of the Robert Wood Johnson Foundation, contributes to the prevention of childhood obesity in low-income and high-risk racial/ethnic communities by supporting research to examine how environments and policies influence active living for children and their families.

Nestle Feeding Infants and Toddlers Study (FITS)

<http://medical.gerber.com/nestle-science/feeding-infants-and-toddlers-study>

Research article brief: Study Shows That Diets of Infants are Improving; Concerns Remain for Toddlers and Preschoolers

Rutgers: Nutritional Sciences Preschool

<http://nutrition.rutgers.edu/presch/>

Learn more about this preschool site where research and evaluation projects are an integral part of the function of the school. Research topics are related to childhood nutrition, early childhood education and child/family development.

American Dietetic Association

<http://www.eatright.org/Public/>

Organization of food and nutrition professionals focused on the importance of making informed food choices and developing sound eating and physical activity habits.

What Works in Early Care and Education

<http://www.dhs.wisconsin.gov/publications/P0/P00232.pdf>

This resource consists of a two-page summary of evidence-based nutrition and physical activity strategies for the early care and education setting.

Study Examining the Relationship of Physical Activity, TV Watching, and Body Weight of Children

Link to summary of findings: <http://jama.jamanetwork.com/article.aspx?articleid=187368>

Published in the August 17, 2011 issue (VOL 306, No.7, p.679-681) of JAMA, this article examines how the amount of time spent in front of the television may have a positive correlation with a greater body mass index in children.

Preventing Obesity Among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity? (October 2011)

<http://files.eric.ed.gov/fulltext/ED541796.pdf>

Prepared jointly by RWJF's Healthy Eating Research and Active Living Research programs, this research synthesis reviews studies that have identified opportunities to promote a healthy diet and regular physical activity among preschool children. It also examines outcomes of research interventions designed to prevent obesity in child-care settings.

Despite industry promises, Yale study finds unprecedented marketing of sugary drinks to youth

<http://news.yale.edu/2011/10/31/despite-industry-promises-yale-study-finds-unprecedented-marketing-sugary-drinks-youth>

Young people are being exposed to a massive amount of marketing for sugary drinks, such as full-calorie soda, sports drinks, energy drinks, and fruit drinks. The study is the most comprehensive and science-based assessment of sugary drink nutrition and marketing ever conducted. The data show that companies marketing sugary drinks target young people, especially black and Hispanic youth.

Nutrition Policies at Child-Care Centers and Impact on Role Modeling of Healthy Eating Behaviors of Caregivers

[http://www.andjrn.org/article/S0002-8223\(11\)01541-0/abstract](http://www.andjrn.org/article/S0002-8223(11)01541-0/abstract) Journal of the Academy of Nutrition and Dietetics
Volume 112, Issue 1, Pages 119 – 124, January 2012

Studies suggest that caregivers influence children's dietary behaviors through role modeling in child-care environments. However, few studies have examined role modeling by caregivers and child-care center policies. This cross-sectional study evaluated the associations between child-care center policies about staff eating practices and caregivers' eating behaviors during mealtime interactions with children.

The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent – Child Bond: Focus on Children in Poverty

<http://pediatrics.aappublications.org/content/129/1/e204>

Children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their healthy social-emotional development. For children who are under-resourced to reach their highest potential, it is essential that parents, educators, and pediatricians recognize the importance of lifelong benefits that children gain from play.

Societal Values and Policies May Curtail Preschool Children's Physical Activity in Child Care Centers

<http://pediatrics.aappublications.org/content/early/2012/01/02/peds.2011-2102.abstract>

Three fourths of US preschool-age children are in child care centers. Children are primarily sedentary in these settings, and are not meeting recommended levels of physical activity.

Serving Larger Portions of Fruits and Vegetables Together at Dinner Promotes Intake of Both Foods among Young Children. Journal of the Academy of Nutrition and Dietetics February 2012

[http://www.andjrn.org/article/S0002-8223\(11\)01506-9/abstract](http://www.andjrn.org/article/S0002-8223(11)01506-9/abstract)

Serving larger portions of energy-dense foods has been shown to promote children's energy intake at meals. These results indicate that serving larger F&V portions at meals can be used to promote young children's intake of both foods without influencing total meal energy intake. Effects were not seen in children who disliked F&V, suggesting a need to combine increased F&V portions with strategies to increase their acceptance.

The U.S. Department of Health and Human Services (HHS)

www.health.gov/paguidelines

This is a 5-year follow-up report to the 2008 Physical Activity Guidelines for Americans.

Screen Sense: Setting the Record Straight Research-Based Guidelines for Screen Use for Children Under 3 Years Old

http://www.pakeys.org/private/net/docs/34/screen-sense_wp_final3.pdf

Because screen media is now a fact of life for millions of families with young children, expanding our knowledge of how these devices can serve as tools for learning, while mitigating any potential negative effects on young children's development, is imperative. It is also critical that we keep parents informed about what researchers are learning and the implications of screen use with young children. This resource will be a "living document" that ZERO TO THREE will

continue to update as new research findings in this area becomes available.

Final Rule: Revisions in the WIC Food Packages

<http://www.fns.usda.gov/wic/final-rule-revisions-wic-food-packages>

The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk. WIC food packages and nutrition education are the chief means by which WIC affects the dietary quality and habits of participants.

A final rule revising the food packages was published on March 4, 2014. This rule completes implementation of the first comprehensive revisions to the WIC food packages since 1980.

Oral Health in the Early Learning Environment

<http://www.ecels-healthychildcarepa.org/component/k2/item/539-oral-health-in-the-early-learning-environment?highlight=WyJvcmlwGvVhbHRoIiwib3JhbCB0ZWZsdGgiXQ>

Caring for Our Children, 3rd edition (CFOC3) defines the best-practice standards for early learning programs. CFOC3 Standard 3.1.5.1 states “Caregivers/teachers promote the habit of regular tooth brushing. All children with teeth should brush or have their teeth brushed at least once during the hours the child is in child care.” CFOC3 Standard 9.2.3.14 has additional details: All child care programs should have an oral health policy that includes information about fluoride content of water at the facility, contact information for each child’s dentist, a resource list for children without a dentist, daily tooth brushing or rinsing the mouth with water after eating, use of Sippy cups and bottles only at mealtimes during the day and not at naptimes, no serving of sweetened food products, promotion of healthful foods per the USDA Child Care and Adult Food Program, early identification of tooth decay, age-appropriate oral health education activities, and a plan for handling dental emergencies.

PA AAP ECELS Health Capsule – Infants Need Physical Activity Too

<http://www.ecels-healthychildcarepa.org/publications/health-capsules/item/788-infants-need-physical-activity-too?highlight=WyJpbmZhbzQlLCJpbmZhbzQncylsInRvZGRsZXliLCJwaHlzaWNhbCIsImFjdGJ2aXR5IiwiaW5mYW50IHRvZGRsZXliLCJ0b2RkbGVyIHBoeXNpY2FslwidG9kZGxlcjBwaHlzaWNhbCBhY3Rpdml0eSlsluBoeXNpY2FslGFjdGJ2aXR5IIO=>

Infants need opportunities for physical activity many times a day just like toddlers and preschoolers. Tummy time is a great way to provide physical activity. This practice is an important way to help infants develop good neck and upper body strength and control. Infants need tummy time daily to reach these developmental milestones.

Education Week: Withholding Recess as a Punishment Declines

<http://www.edweek.org/ew/articles/2015/04/15/withholding-recess-as-discipline-declining.html>

It's not uncommon for elementary school teachers to take away recess time to discipline students. Withholding cherished playtime clearly communicates to children that their misbehavior is unacceptable, they argue.

But more and more, schools are doing away with withholding recess for disciplinary reasons, pointing to research findings that unstructured play and exercise benefit students both inside and outside the classroom.