



Wee Wons

Contact Information

CACFP Sponsor

Wee Wons Inc.

Child Care Facility Name

Wee Wons Inc.

Child Care Provider Contact Person Name

Cheryl Traylor

Contact Person E-mail

weewons@epix.net

Contact Person Phone Number

570-646-6500 x1

Description

We are a licensed day care center located in Monroe County. We serve 61 children. We accept children from six weeks to five years of age. Our families have the choice of bringing food from home or participating in our food program. We are fortunate to have excellent outdoor space and take advantage of this by getting outside as much as possible. We have a huge playground that is safe and secure nestled in a woody backdrop. Our playground is state of the art with padded ground covering (ASTM certified). We also have a large covered play area for those bad weather days.

Keystone STARS Level 3

Category

Nutrition or Physical Activity Education (through curriculum or other resource) – N8 Nutrition Education for Staff, Children, and Parents; PA4 Physical Activity Education for Staff, Children, and Parents

Goal

Our goal was to show the children how they can stay physically fit, and what foods are healthy and what foods are not. We want to give the children the opportunity for physical fitness and healthy eating and provide them with knowledge that they can take with them and use in the future.

Promising Practice

We wanted someone to come in to lead a physical activity workshop that would integrate proper eating and show the children what they could do to keep moving, as well as what foods help to keep you moving. We held the event in our Early Childhood room along with food tasting, comparison, and instruction. As the Director, I contacted someone that was knowledgeable in the fields of physical fitness and nutrition. I contacted many different people until I found someone that offered what we needed. I wanted to make sure that they had the credentials and knowledge and could support our staff in developing their knowledge, as well. I used the internet, asked parents, and looked in the phone book for ideas. Our parents were a big help in finding someone.

Action Steps

- Research resources – the Internet, phone book, families – to find what you need.
- Contact potential providers.

- When you decide on a provider, talk about what you want, the price, and the potential to continue the project and provide support to day care staff.
- Set the date and time for the event – talk about it with children and families to get them interested and excited.
- Afterwards, explore ways to continue with program with the provider or day care center staff.

Materials

Item Purchased

Nutrition and Physical Activity event

Cost of Item

\$125.00

Advice

Be willing to TRY. Things like this can be new to the children. Get everyone excited. Our children participated in everything – even the food tasting and comparison. When selecting a provider, make sure you have someone that knows what he or she is doing and is good with children. He or she needs to be full of energy!

Evidence of Success

Our success was measured by the children and staff continuing to do the exercises and talking about what they learned. The children shared their excitement with their parents upon departure and continue to talk about staying active and eating good, nutritious food.