



# Idaho Update

Progress on the Let's Move! Child Care project in Idaho's seven local public health districts



## Let's Move! Child Care Goals



**1. Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.



**2: Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).



**3. Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.



**4. Beverages:** Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4-to 6-ounce serving of 100% juice per day.



**5. Infant Feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day.

# Physical Activity Best Practices

1. Infants, including those with special needs, are provided short supervised periods of tummy time, several times each day.
2. Toddlers, including those with special needs, are provided 60-90 minutes or more of active play time every day, both indoor and outdoor.
3. Preschoolers, including those with special needs, are provided 120 minutes or more of active play time every day, both indoor and outdoor.

# Nutrition Best Practices

1. Drinking water is visible and available inside and outside for self-serve.
2. 100% fruit juice is limited to no more than 4-6 oz per day per child and parents are encouraged to support this limit.
3. Sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda are never offered.
4. Children 2 years and older are served only 1% or skim/NF milk (unless otherwise directed).

# Nutrition Best Practices, cont'd

5. Fruit (not juice) and/or vegetable is served to toddlers and preschoolers at every meal.
6. French fries, tator tots, hash brown, potato chips, or other fried or pre-fried potatoes are offered to toddlers and preschoolers no more than once per month.
7. Chicken nuggets, fish sticks, and other fried or pre-fried forms of frozen and breaded meats or fish are offered to toddlers and preschoolers no more than once per month.
8. All meals to preschoolers are served family style so children are encouraged to serve themselves with limited help.

# Screen Time Best Practices

1. Screen Time for infants is never allowed; for toddlers, limit to no more than 3-4 times per year or never allowed.
2. Screen time is limited to no more than 30 minutes for preschoolers per week, or never.
3. Work with parents to reduce screen time at home. Provide parents with screen time reduction and/or media literacy education such as special programs, newsletters, or information sheets, 2 or more times per year.

# Infant Feeding Best Practices

1. Breastfeeding mothers are provided access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy.

# Let's Move! Child Care in Idaho:

- 154 facilities in Idaho's 7 local public health districts participated in LMCC.
- Completed the LMCC Checklist Quiz.
- Become "official" LMCC participating providers.
- Developed Action Plans to work towards meeting goals and best practices of LMCC.



# LET'S MOVE! Child Care

We have joined First Lady Michelle Obama and other Child Care Providers across the nation in the fight to prevent childhood obesity!

By working towards the following **five goals** we are helping to build an entire generation of healthy kids:



**Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including inside and outside play when possible.



**Screen Time:** No screen time for children under 2 years. Limit of 30 minutes of quality screen time for children 2 and older.



**Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible and don't serve fried foods.

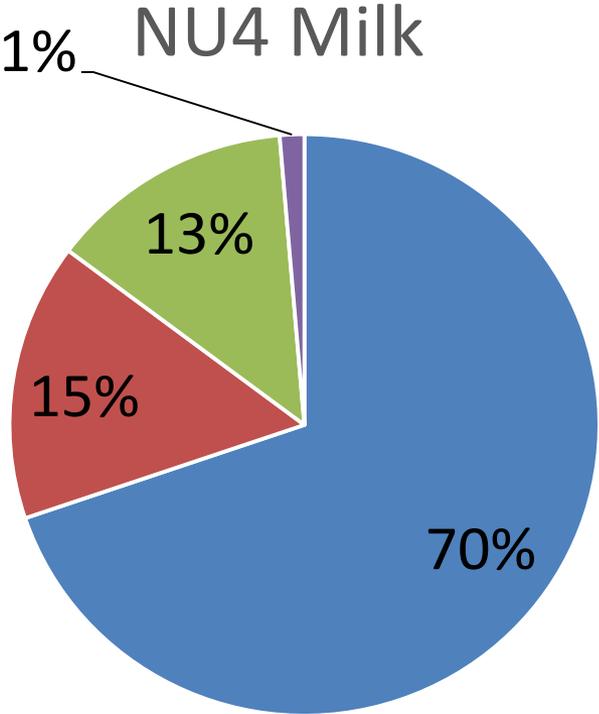


**Beverages:** Provide access to water throughout the day and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk and no more than one 4- to 6-ounce serving of 100% juice per day.

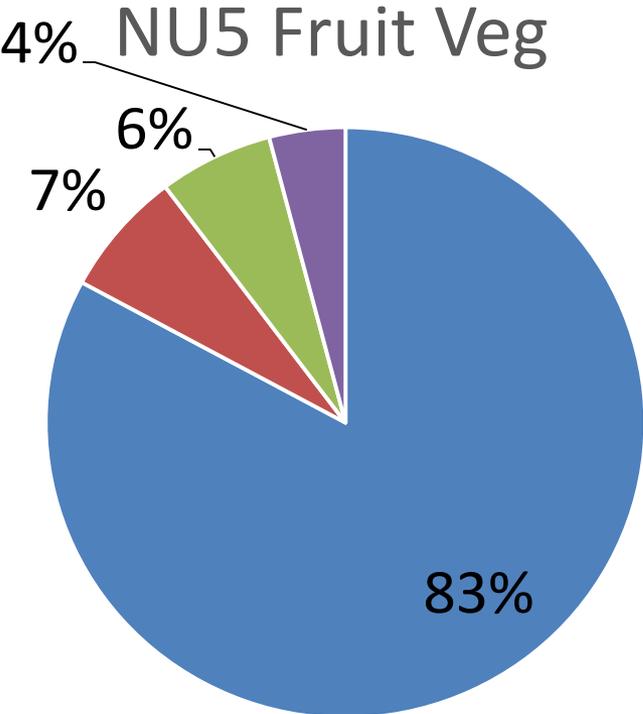


**Infant Feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

# Nutrition Best Practices – State

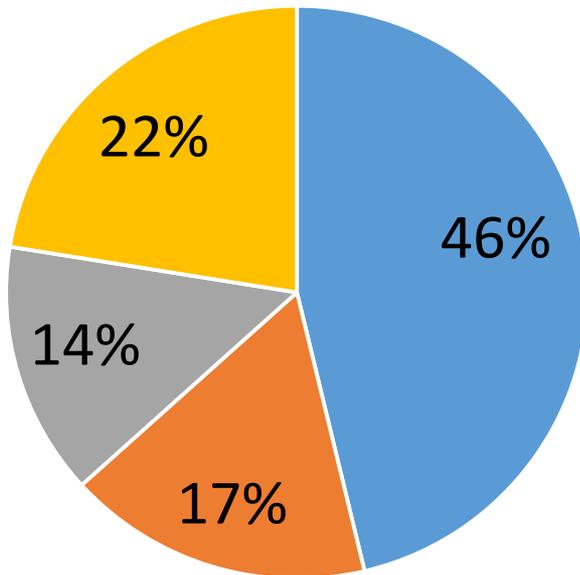


- Yes, fully meeting
- Making progress
- Ready to get started
- Unable to work on

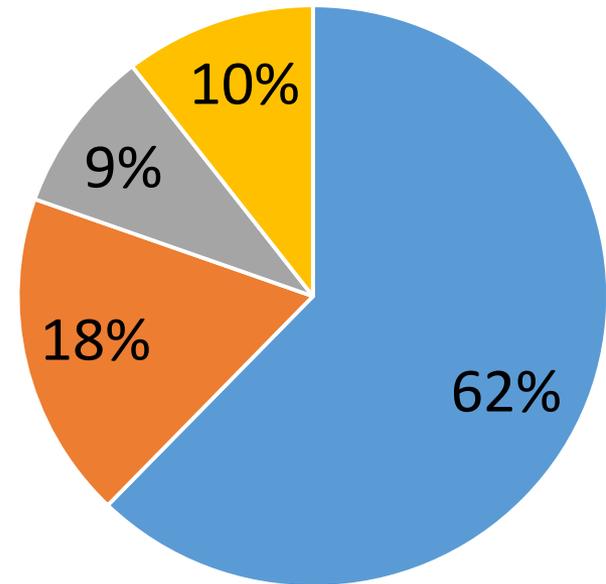


# Nutrition Best Practices - State

## NU8 Family Style Meals

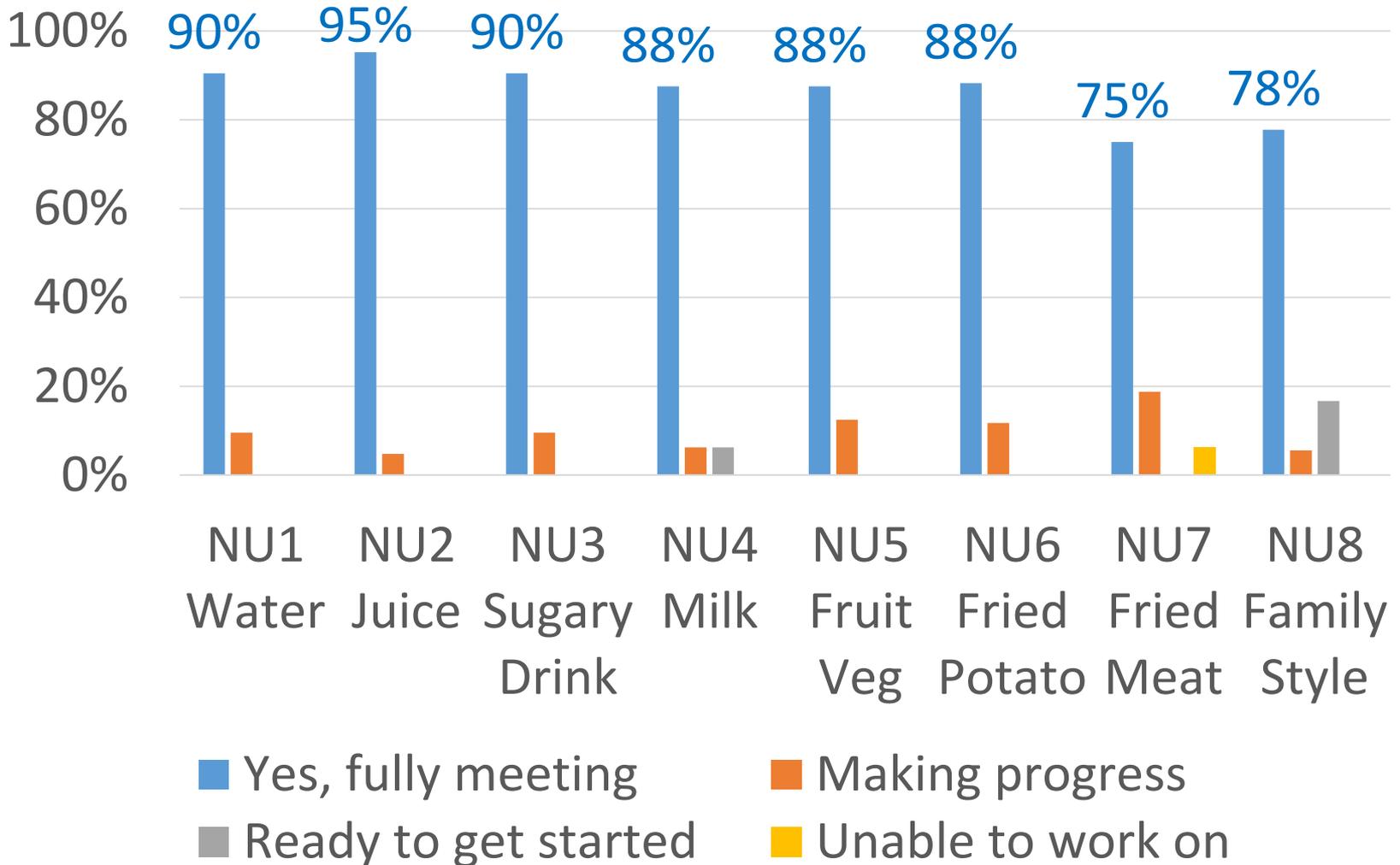


## NU7 Fried Meat

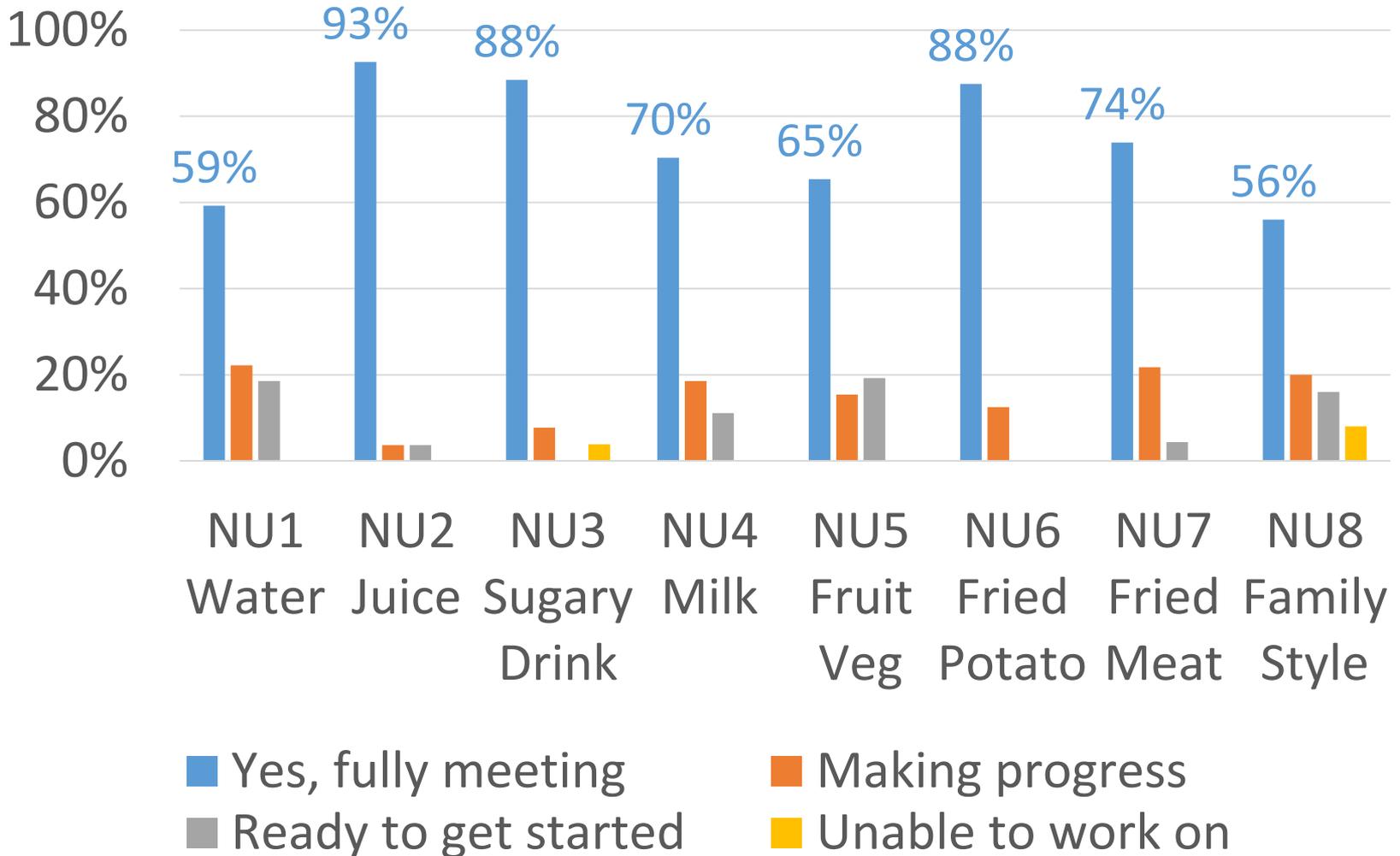


- Yes, fully meeting
- Making progress
- Ready to get started
- Unable to work on

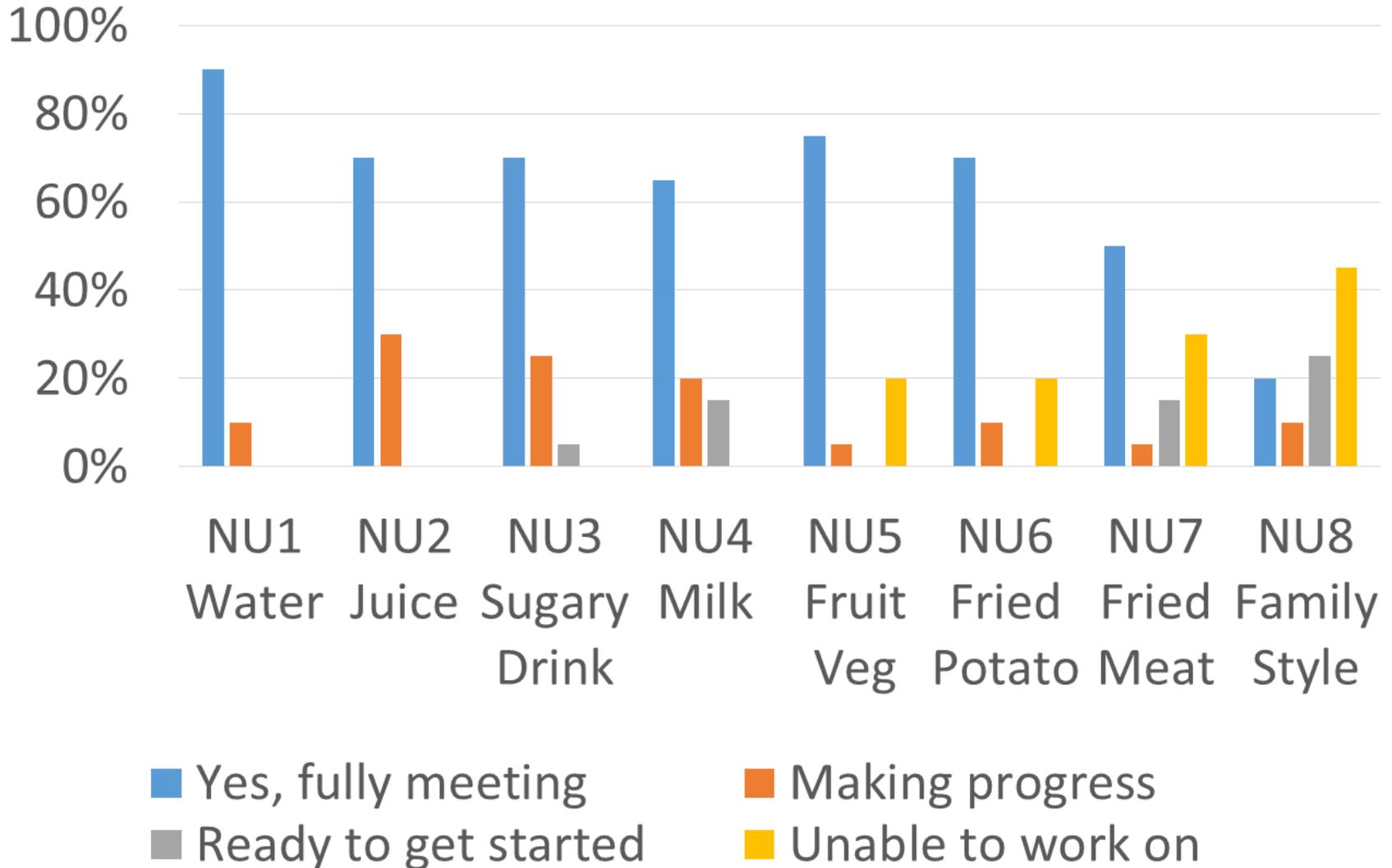
# Nutrition Best Practices - HD 1



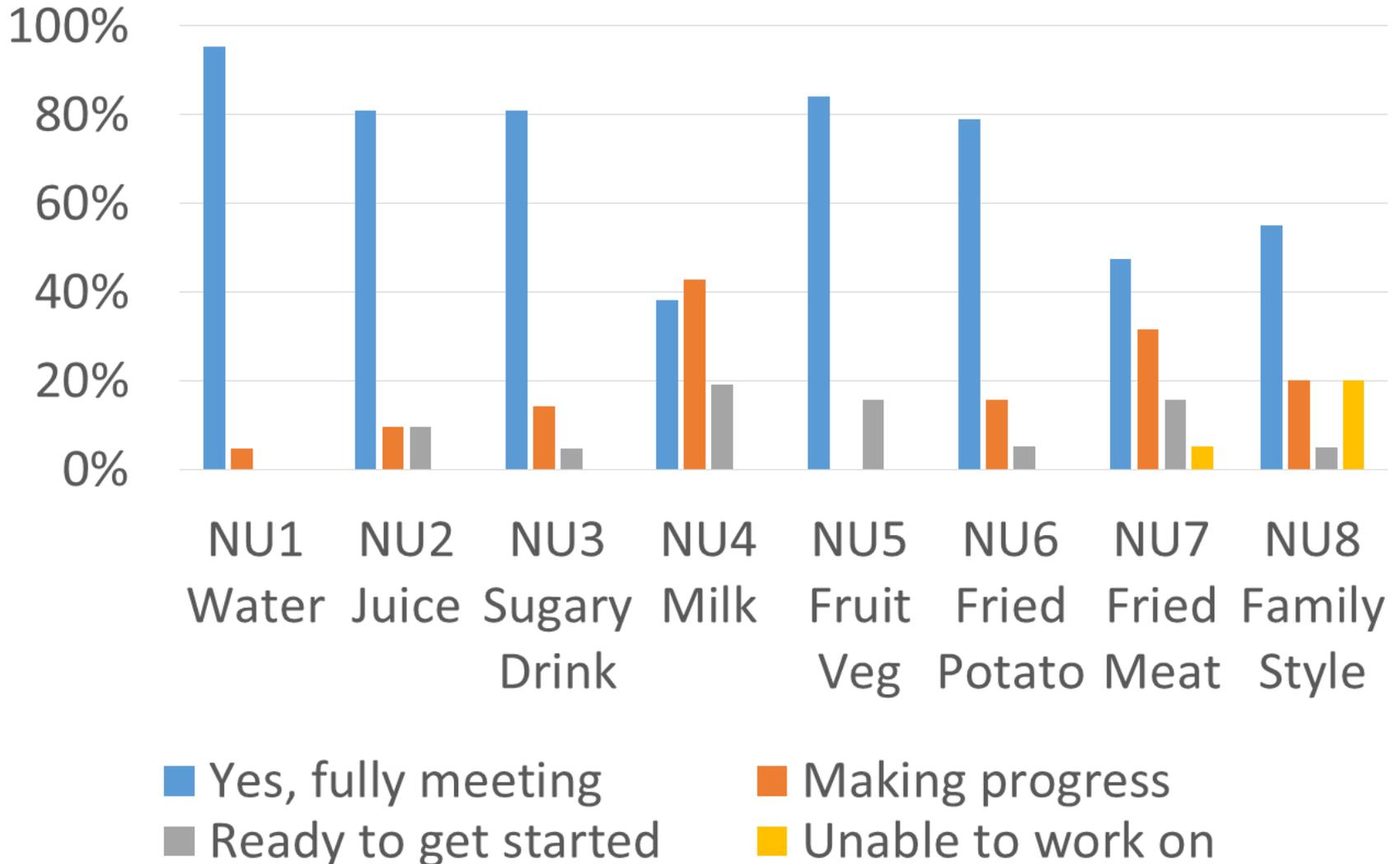
# Nutrition Best Practices - HD 2



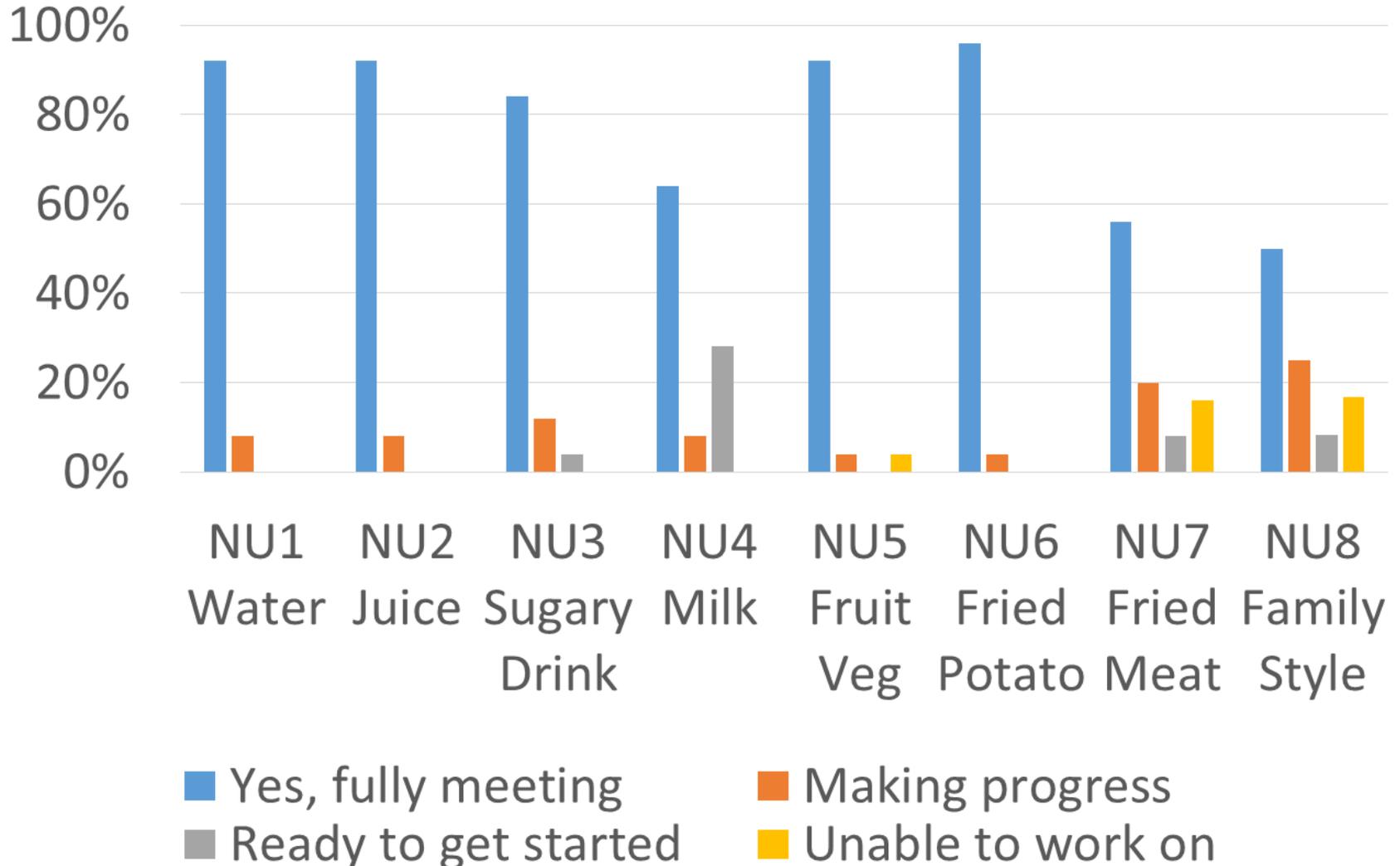
# Nutrition Best Practices - HD 3



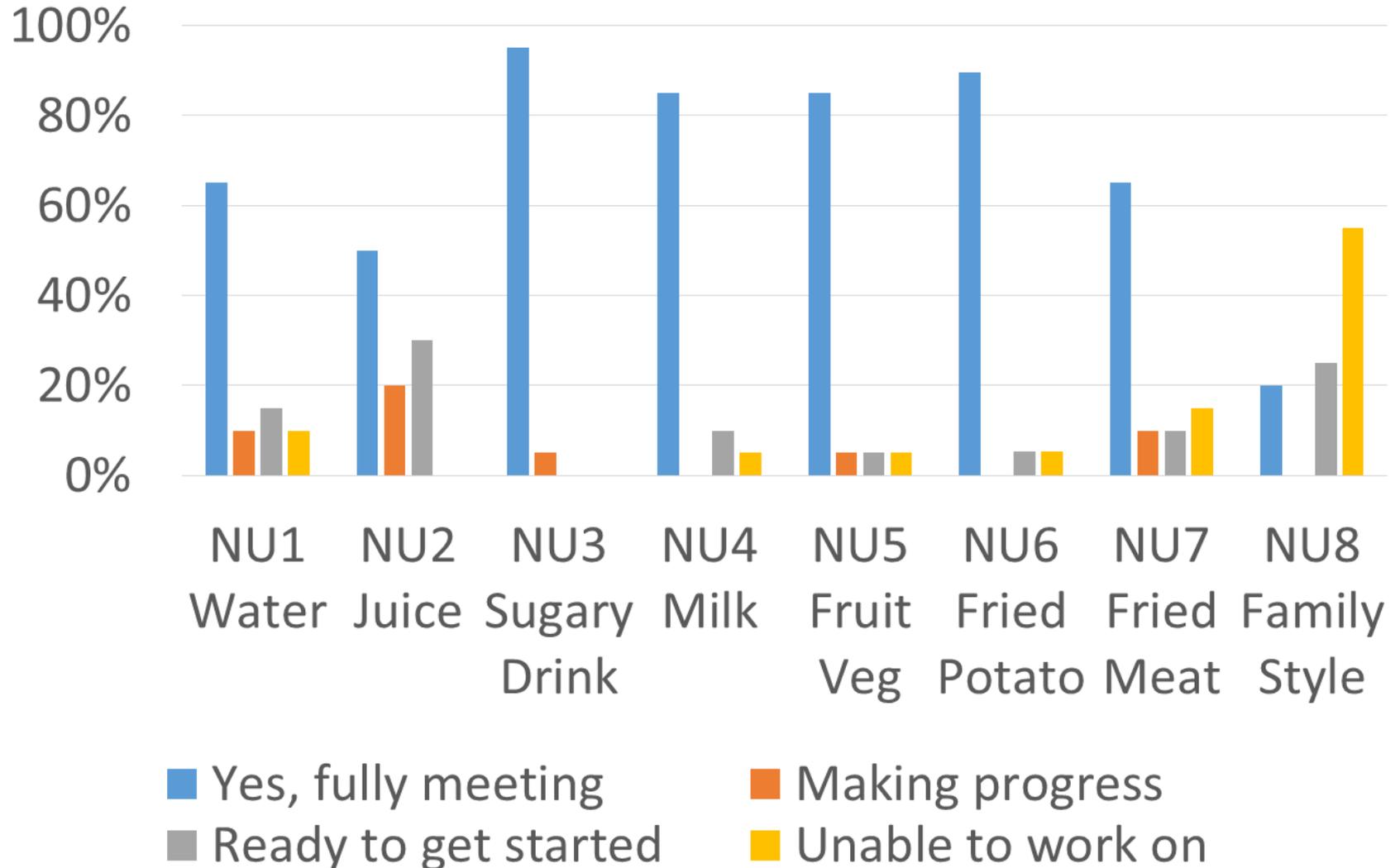
# Nutrition Best Practices - HD 4



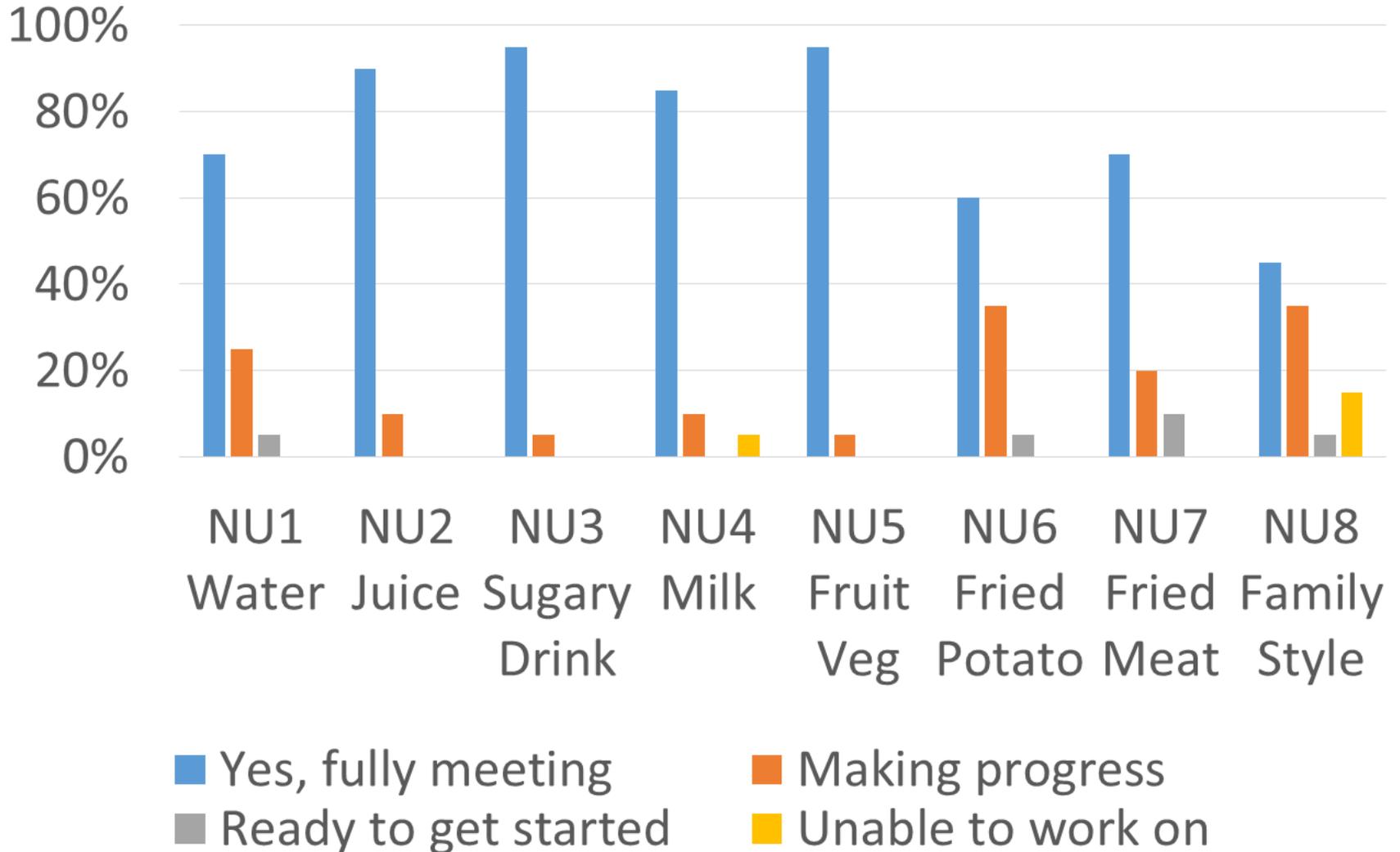
# Nutrition Best Practices - HD 5



# Nutrition Best Practices - HD 6

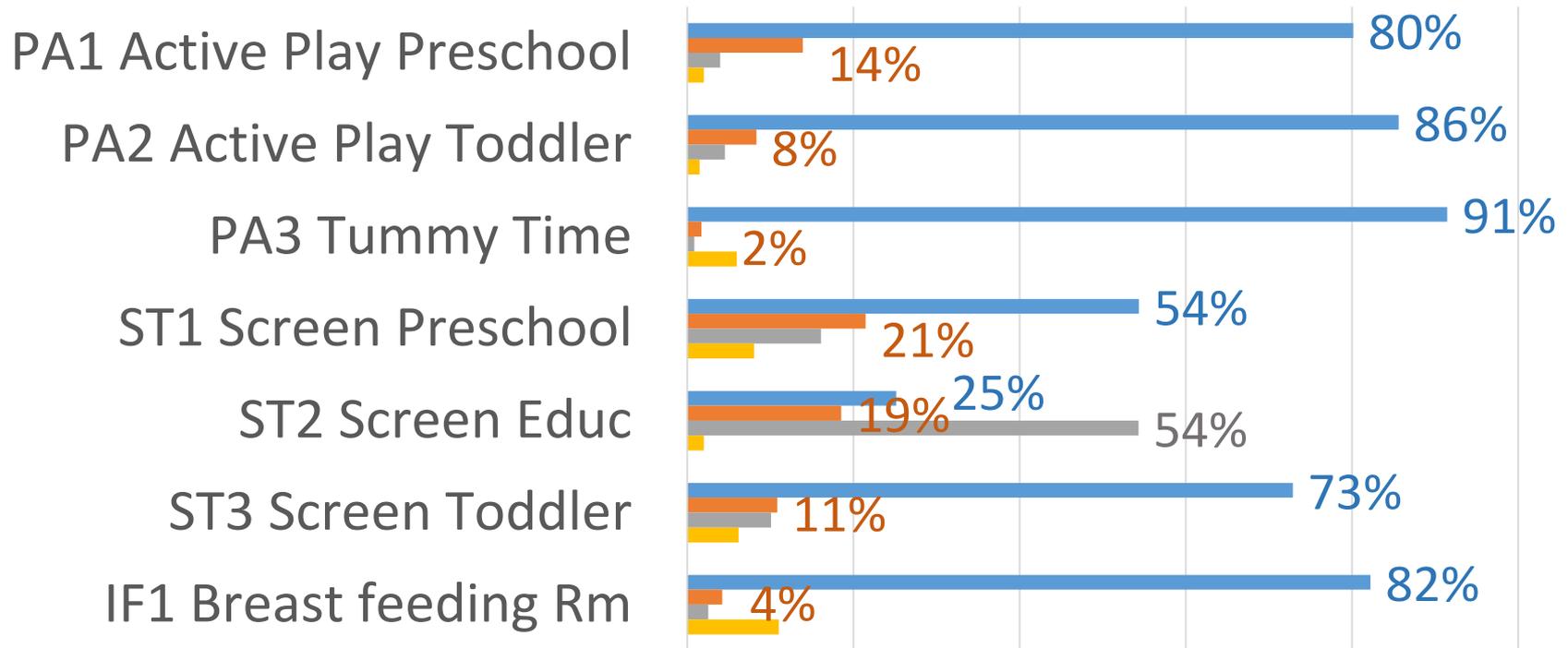


# Nutrition Best Practices - HD 7



# PA/ Screen Time/ Infant Feeding Best Practices - State

0% 20% 40% 60% 80% 100%

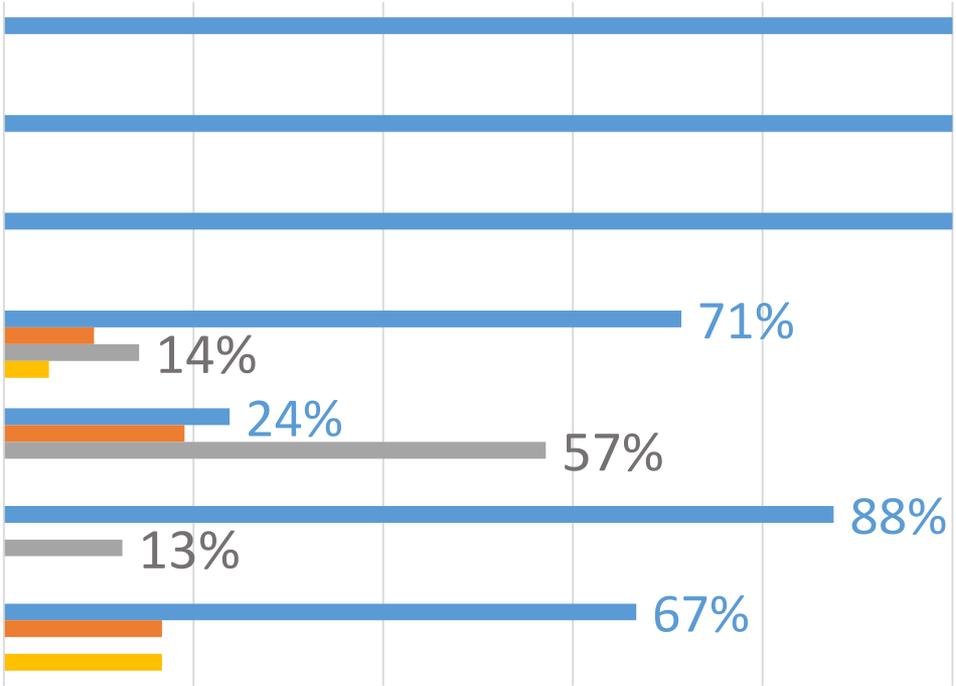


- Yes, fully meeting
- Making progress
- Ready to get started
- Unable to work on

# PA/ Screen Time/ Infant Feeding – Best Practices HD 1

0% 20% 40% 60% 80% 100%

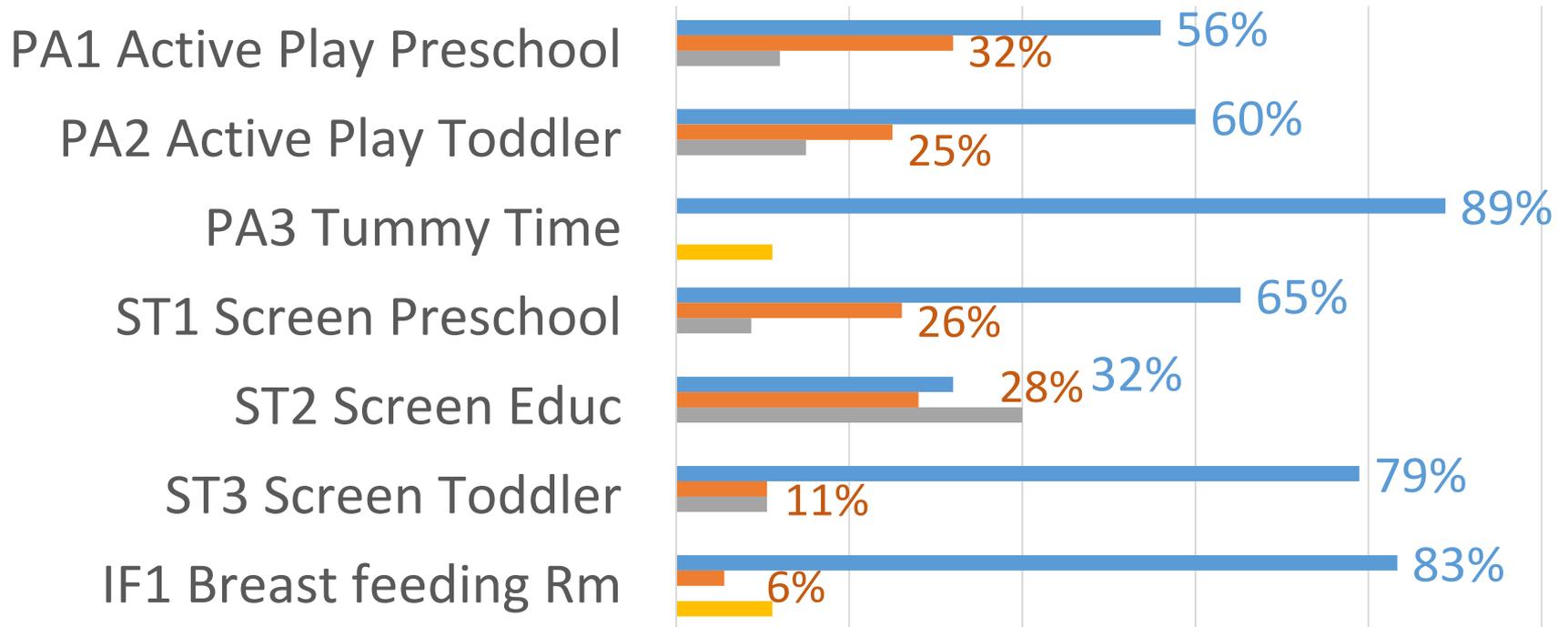
- PA1 Active Play Preschool
- PA2 Active Play Toddler
- PA3 Tummy Time
- ST1 Screen Preschool
- ST2 Screen Educ
- ST3 Screen Toddler
- IF1 Breast feeding Rm



- Yes, fully meeting
- Making progress
- Ready to get started
- Unable to work on

# PA/ Screen Time/ Infant Feeding Best Practices - HD 2

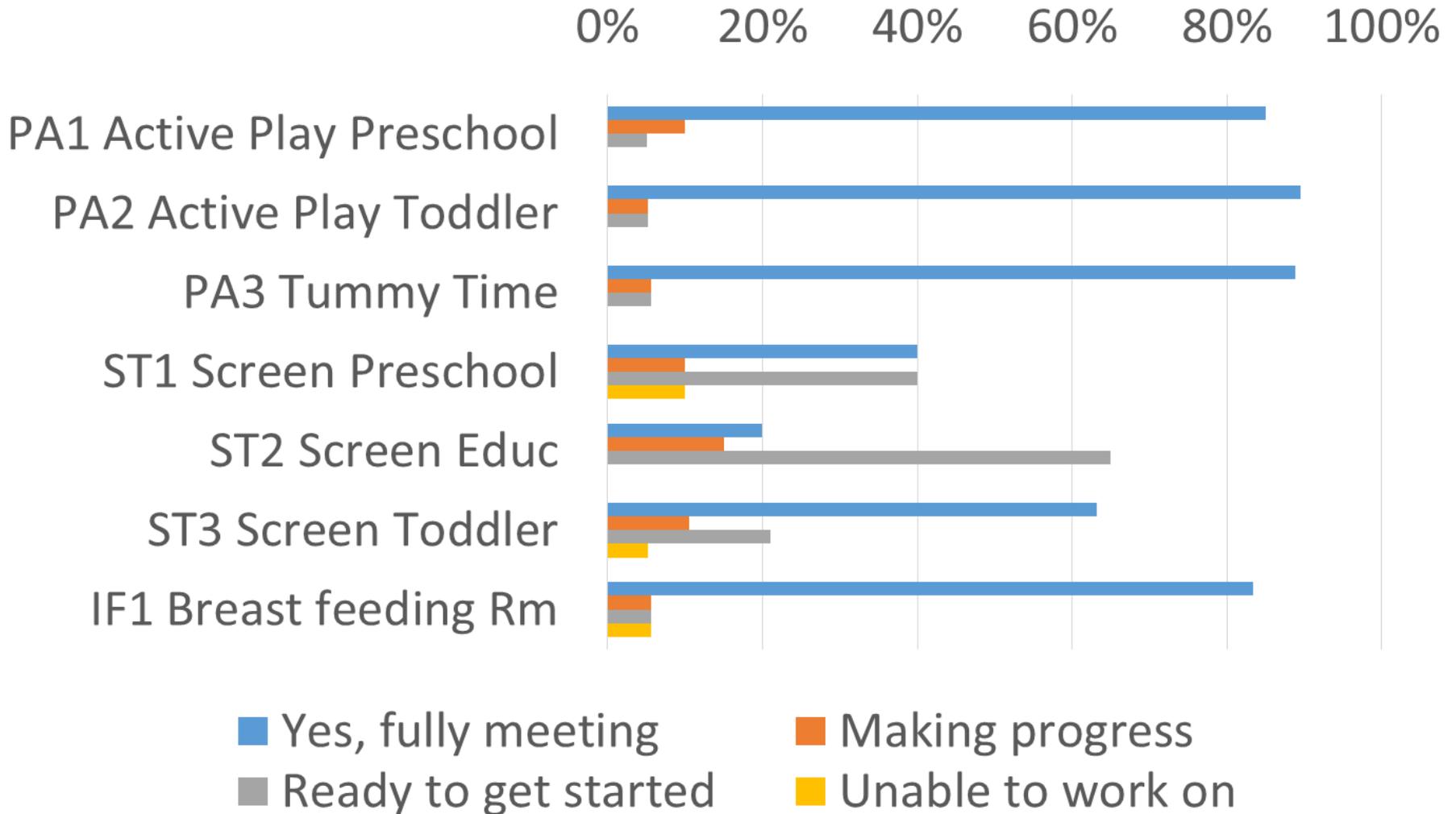
0% 20% 40% 60% 80% 100%



- Yes, fully meeting
- Making progress
- Ready to get started
- Unable to work on

# PA/Screen Time/Infant Feeding

## Best Practices - HD 3



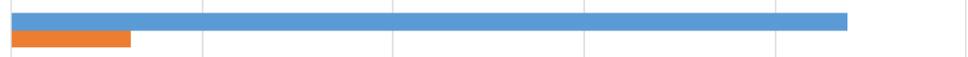
# PA/Screen Time/Infant Feeding Best Practices - HD 4

0% 20% 40% 60% 80% 100%

PA1 Active Play Preschool



PA2 Active Play Toddler



PA3 Tummy Time



ST1 Screen Preschool



ST2 Screen Educ



ST3 Screen Toddler



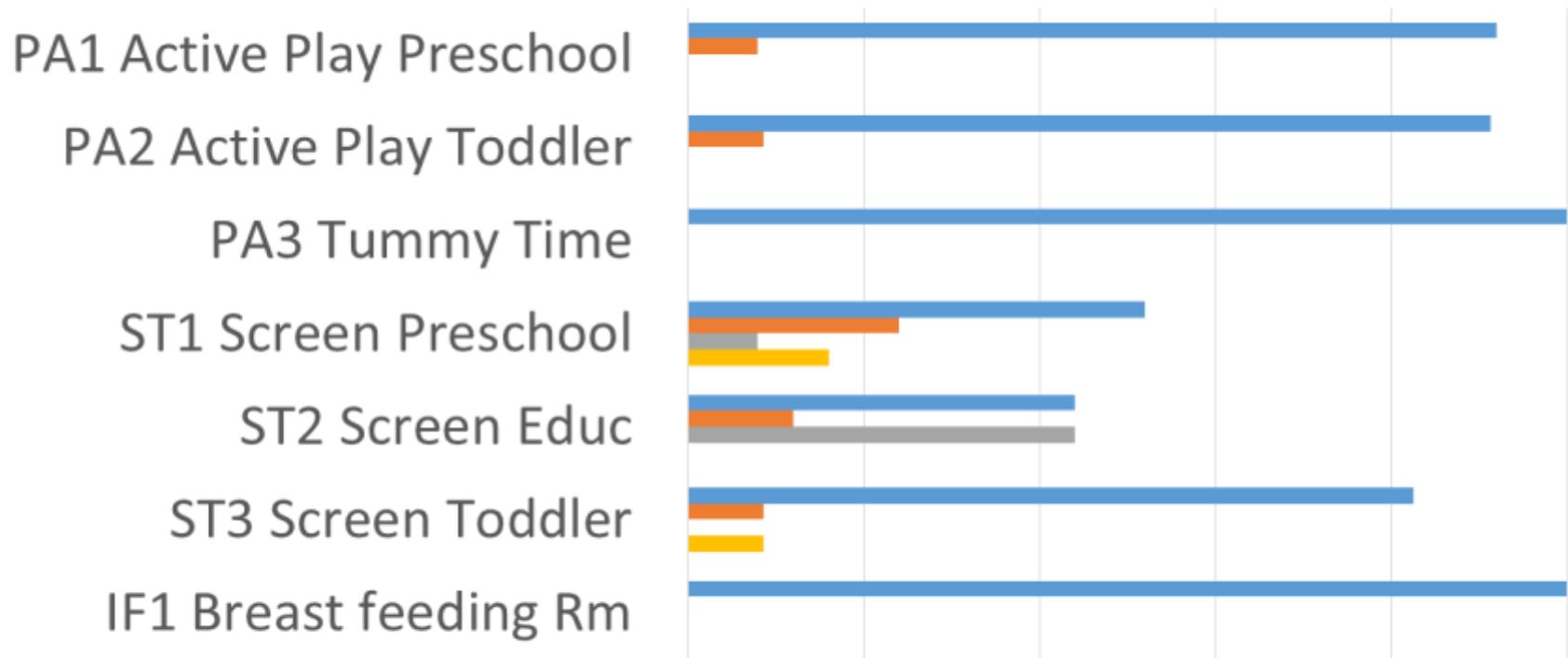
IF1 Breast feeding Rm



■ Yes, fully meeting      ■ Making progress  
■ Ready to get started      ■ Unable to work on

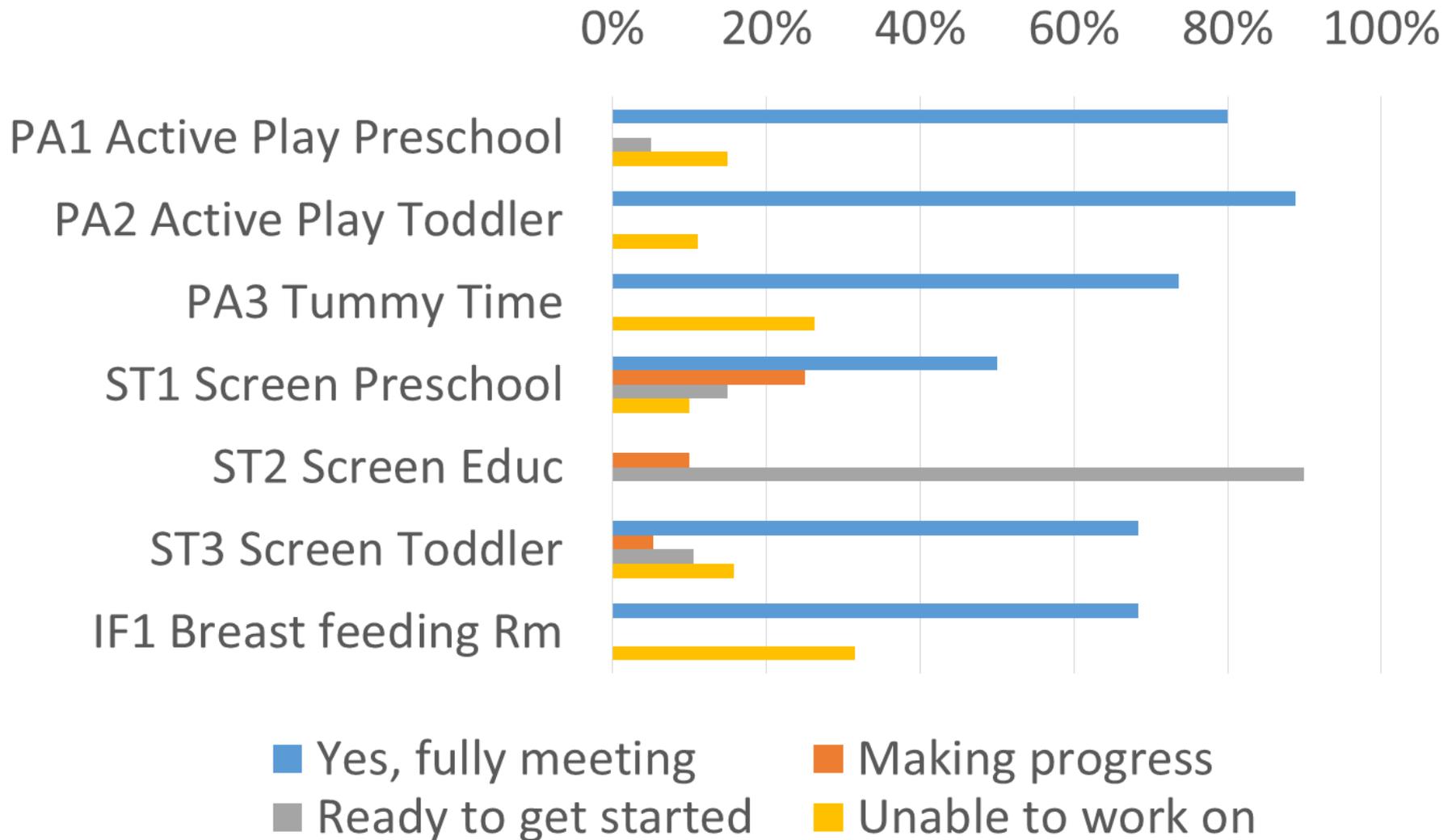
# PA/Screen Time/Infant Feeding Best Practices - HD 5

0% 20% 40% 60% 80% 100%



■ Yes, fully meeting      ■ Making progress  
■ Ready to get started      ■ Unable to work on

# PA/Screen Time/Infant Feeding Best Practices - HD 6



# PA/Screen Time/Infant Feeding Best Practices - HD 7

0% 20% 40% 60% 80% 100%

PA1 Active Play Preschool



PA2 Active Play Toddler



PA3 Tummy Time



ST1 Screen Preschool



ST2 Screen Educ



ST3 Screen Toddler



IF1 Breast feeding Rm



# What's Happening Now:

- **Let's Move! Child Care Workshops**

- For Child Care Providers – fall and spring 2014/2015
- FREE - Earn professional development credits
- 2 full days
- Learn how to implement best practices from the 5 goals in their own facility/home
- Conducted by Health District IPAN Coordinators and IdahoSTARS Facilitators
- Developed by Central District Health Department, Idaho Association for the Education of Young Children, and the Blue Cross of Idaho Foundation



**QUESTIONS?**