



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 3, LESSON 10: MAKING IT WORK

Child Care Provider – Reflect on how you are supporting the development of healthy habits through your daily interactions with children.

- Craft three physical activity and nutrition goal statements you will include in your teaching plans. Be sure what you write embeds the connection between activity, nutrition, and a children’s overall learning.
- Make a list of teaching strategies you use to support healthy self-esteem and body image that can be used spontaneously when situations arise. Include strategies related to teasing and social problem solving.
- Write another list of all the methods you use for communicating with families about what children learn while in your care (newsletters, portfolios, email, etc.). Look over several pieces of recent communication and reflect on the physical health and nutrition information that was included, if any.

Director – Ponder your program’s efforts to build partnerships with families and improve the health of children in your community.

Action Step:

Write and send a call out to the families in your program requesting that they share health and nutrition resources with you.

Reflection/Discussion Questions

- *Consider public child health campaigns or resources you may have in your community. How are you using their resources or are there speakers or additional opportunities to partner?*
- *Have you sought information from families about their professional expertise as it relates to health or nutrition? What ways could you find out about community resources they already use?*
- *What are the opportunities for the families in your program to hear consistent messages from you related to healthy, physical activity, and nutrition?*
- *What support does your program offer (e.g. food storage, refrigeration, or microwaves) to families who send food from home for their children?*