



Reflective Activity 1: Early Care and the Obesity Crisis

Preventing Obesity and Promoting Wellness

Module 1: Activity and Movement

Please complete the following sections as instructed:

- If you are a Child Care Provider, please complete sections A and C below.
- If you are a Director, please complete sections B and C below.

A. CHILD CARE PROVIDER

Consider your role as an early educator in communicating with families about the childhood obesity crisis.

- Begin collecting a portfolio of key messages and information for your professional reference.
- Add more resources throughout this wellness series as they are shared. Some topics to include are: children's indoor and outdoor environments, healthy physical development, body image perceptions, healthy food choices and portion sizes, and cultural considerations.

B. DIRECTOR

Think about the challenges and opportunities associated with health education as part of your program goals.

- Collect your program information about health so that you are ready to review throughout the rest of this wellness series.

C. REFLECTION/DISCUSSION QUESTIONS

- What concerns do you have about working with families related to body weight and health?
- Reflect on the messages you heard in Lesson 1. How have they contributed to your commitment to actively incorporate healthy physical development and nutrition into your teaching and messaging to families?

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