



# Let's Move! Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Let's Move! Child Care Checklist Quiz

### Water

Drinking water is available:	<input type="checkbox"/> Upon request	<input type="checkbox"/> Upon request or during designated water breaks	<input type="checkbox"/> Inside only, where it is visible and freely available	<input type="checkbox"/> Inside and outside, where it is visible and available for self-serve
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### Fruit Juice

<u>100%</u> fruit juice is offered:	<input type="checkbox"/> In unlimited portions more than once a day	<input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion	<input type="checkbox"/> No more than 4-6 oz. per day provided at child care	<input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit
Sugary drinks (Kool-Aid™, fruit drinks, sports drinks, sweet tea, soda) are offered:	<input type="checkbox"/> More than once a month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never

### Milk

Milk served to children ages 2 years and older is:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> Only 2% reduced fat	<input type="checkbox"/> Always 1-2% low-fat	<input type="checkbox"/> Always 1% or skim/ non-fat
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### Fruits and Vegetables Provisions

Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
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### Meats and Fats Provisions

Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers :	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never
Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never

### Feeding Environment

Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
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## Active Play Time Provisions

Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs:	<input type="checkbox"/> 45 minutes or less each day	<input type="checkbox"/> 46-90 minutes each day	<input type="checkbox"/> 91-120 minutes each day	<input type="checkbox"/> More than 120 minutes each day
Active play time (indoor and outdoor) is provided to all <b>toddlers</b> , including children with special needs:	<input type="checkbox"/> 15-30 minutes each day	<input type="checkbox"/> 31-45 minutes each day	<input type="checkbox"/> 46-60 minutes each day	<input type="checkbox"/> 60-90 minutes each day

## Screen Time Provisions

For preschool children, the amount of screen time allowed is:	<input type="checkbox"/> More than 2 hours per week of total screen time at child care	<input type="checkbox"/> 2 hours or less per week of total screen time at child care	<input type="checkbox"/> 1 hour or less per week for total screen time at child care	<input type="checkbox"/> 30 minutes per week or less for total screen time at child care
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## Screen Time Provisions

Toddlers and infants are allowed to watch television/videos:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> Never
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## Screen Time Education

Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
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## Infant Feeding Environment

A designated area for mothers to breastfeed their infants, other than a bathroom, is:	<input type="checkbox"/> Not available	<input type="checkbox"/> Only available upon request	<input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet	<input type="checkbox"/> Always available, has appropriate seating, provides complete privacy, and has an electrical outlet
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The Let's Move! Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinosh, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.



Let's Move! Child Care

# Physical Activity Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Physical Activity for Preschoolers:

1) Preschool children should be offered at least 120 minutes of active time each day

Active Play Time Provisions				
A. Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs:	<input type="checkbox"/> 45 minutes or less each day	<input type="checkbox"/> 46-90 minutes each day	<input type="checkbox"/> 91-120 minutes each day	<input type="checkbox"/> More than 120 minutes each day
B. In preschool classrooms, structured (or teacher-led) activities are provided to all children, including children with special needs:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
C. Outdoor active play time is provided to all preschool children, including children with special needs:	<input type="checkbox"/> 1 time a day for 30 minutes or less	<input type="checkbox"/> 1 or more times a day for a total of 30-45 minutes	<input type="checkbox"/> 1 or more times a day for a total of 45-60 minutes or more	<input type="checkbox"/> 2 or more times each day for a total of 60 minutes or more
D. During a typical day, excluding naps and meals, preschool children are expected to remain seated:	<input type="checkbox"/> More than 30 minutes at a time, or 15-30 minutes on 3 or more occasions	<input type="checkbox"/> 15-30 minutes on 2 occasions	<input type="checkbox"/> 15-30 minutes but only 1 occasion	<input type="checkbox"/> No more than 15 minutes at a time
Environment				
A. Indoor gross motor play area for preschool children, including those with special needs, consists of:	<input type="checkbox"/> Space only suitable for quiet play	<input type="checkbox"/> Space for limited movement (jumping and rolling)	<input type="checkbox"/> Ample space for some active play (jumping, rolling, and skipping)	<input type="checkbox"/> Space for all activities, including running
B. Outdoor play areas for preschool children including those with special needs, consists of:	<input type="checkbox"/> 1-2 different play areas (e.g., sandbox, swing set) but no open space for running or track/path for wheeled toys	<input type="checkbox"/> 2-3 different play areas, but limited space for running and use of wheeled toys	<input type="checkbox"/> Multiple play areas, and either an open space for running or a track/path for wheeled toys	<input type="checkbox"/> Multiple play areas, open space for running, and a track/path for wheeled toys
C. Portable play equipment (e.g., wheel toys, balls, hoops, ribbons) for preschool children consists of:	<input type="checkbox"/> Limited variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety both indoors and outdoors but children must take turns	<input type="checkbox"/> Lots of variety both indoors and outdoors for children to use at the same time

Provider Behaviors				
A. In preschool classrooms, active play time is:	<input type="checkbox"/> Often withheld for misbehavior	<input type="checkbox"/> Sometimes withheld for misbehavior	<input type="checkbox"/> Never withheld for misbehavior	<input type="checkbox"/> Never withheld for misbehavior and we have a written policy
B. During preschool children's active play time, providers:	<input type="checkbox"/> Supervise play only (mostly sit or stand)	<input type="checkbox"/> Sometimes encourage children to be active	<input type="checkbox"/> Sometimes encourage children to be active and join children in active play	<input type="checkbox"/> Often encourage children to be active and join children in active play
Education				
A. Training opportunities in physical activity for preschool children (not including playground safety) are offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of preschool children are offered physical activity education (e.g., special programs, newsletters, information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
Policy				
A. At our child care facility, a policy on physical activity for preschool children addressing provider behaviors, education, and active play opportunities:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents

## Recommendations for Physical Activity for Infant/Toddlers:

1) Toddlers should be offered at least 60 minutes of active time each day

Active Play Time Provisions				
A. Short supervised periods of tummy time are provided for all infants, including those with special needs:	<input type="checkbox"/> Less than once per day	<input type="checkbox"/> Once per day, everyday	<input type="checkbox"/> 2 times per day, most days	<input type="checkbox"/> Several times each day
B. Use of swings, infants seats (e.g., exersaucers, car seats, molded seats) is limited to 15 minutes (or less):	<input type="checkbox"/> More than 4 times per day per child, or used for more than 15 minutes at a time	<input type="checkbox"/> 3-4 times per day per child	<input type="checkbox"/> 2-3 times per day per child	<input type="checkbox"/> 1-2 times per day per child
C. <b>Infants</b> , including those with special needs, are taken outside:	<input type="checkbox"/> Less than 1 time per day	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 1-2 times per day	<input type="checkbox"/> 2-3 times per day
D. When outdoors, <b>infants</b> are provided opportunities for exploration (e.g., rolling, scooting, crawling, walking):	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times each day
E. Active play time (indoor and outdoor) is provided to all <b>toddlers</b> , including children with special needs:	<input type="checkbox"/> 15-30 minutes each day	<input type="checkbox"/> 31-45 minutes each day	<input type="checkbox"/> 46-60 minutes each day	<input type="checkbox"/> 60-90 minutes each day
F. Outdoor active play time is provided to all <b>toddlers</b> , including children with special needs:	<input type="checkbox"/> 1 time a day for 30 minutes or less	<input type="checkbox"/> 1 or more times a day for a total of 30-45 minutes	<input type="checkbox"/> 1 or more times a day for a total of 45-60 minutes or more	<input type="checkbox"/> 2 or more times each day for a total of 60 minutes or more
Environment				
A. For <b>infants</b> , including those with special needs, indoor and outdoor play spaces consist of:	<input type="checkbox"/> Space only suitable for quiet play	<input type="checkbox"/> Space is available, but allows for only limited types of activities	<input type="checkbox"/> Areas separate from preschoolers that provides space for exploration and skill building	<input type="checkbox"/> Areas separate from preschooler with space available for all types of activities
B. Play equipment for <b>infants</b> (small push toys, balls, ramps for crawling, outdoor pad or blanket) are age appropriate and consist of:	<input type="checkbox"/> Limited variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety both indoors and outdoors but children must take turns	<input type="checkbox"/> Lots of variety both indoors and outdoors for children to use at the same time

<b>C.</b> For <b>toddlers</b> , including those with special needs, indoor and outdoor play spaces consist of:	<input type="checkbox"/> Space only suitable for quiet play	<input type="checkbox"/> Space is available, but allows for only limited types of activities	<input type="checkbox"/> Areas separate from preschoolers that provides space for exploration and skill building	<input type="checkbox"/> Areas separate from preschooler with space available for all types of activities
<b>D.</b> For <b>toddlers</b> , portable play equipment (e.g., wheeled toys, balls, hoops, ribbons) are age-appropriate and consist of:	<input type="checkbox"/> Limited variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety both indoors and outdoors but children must take turns	<input type="checkbox"/> Lots of variety both indoors and outdoors for children to use at the same time

## Provider Behaviors

<b>A.</b> Providers engage with infants to encourage development of gross motor skills (e.g., reaching, sitting, standing, crawling, walking):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>B.</b> During toddlers' active play time, staff:	<input type="checkbox"/> Supervise play only (mostly sit or stand)	<input type="checkbox"/> Sometimes encourage children to be active	<input type="checkbox"/> Sometimes encourage children to be active and join children in active play	<input type="checkbox"/> Often encourage children to be active and join children in active play

## Education

<b>A.</b> Providers are provided training opportunities in physical activity for infants and toddlers (not including playground safety):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
<b>B.</b> Parents of infants and toddlers are offered physical activity education (e.g., special programs, newsletters, information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more

## Policy

<b>B.</b> At our child care facility, a policy on physical activity for infant and toddlers addressing provider behaviors, education, and active play opportunities:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents
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Let's Move! Child Care

# Screen Time Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Screen Time for Preschoolers:

- 1) Screen time should be limited to 30 minutes a week for preschool children in child care
- 2) Screen time at home for preschool children should be limited to 1-2 hours of quality viewing

Screen Time Provisions				
A. In preschool classrooms, televisions are:	<input type="checkbox"/> Located in every classroom	<input type="checkbox"/> Located in most classrooms	<input type="checkbox"/> Located in some classrooms	<input type="checkbox"/> Stored outside of classrooms, except for occasional use
B. For preschool children, the amount of screen time allowed is:	<input type="checkbox"/> More than 2 hours per week of total screen time at child care.	<input type="checkbox"/> 2 hours or less per week of total screen time at child care.	<input type="checkbox"/> 1 hour or less per week for total screen time at child care.	<input type="checkbox"/> 30 minutes per week or less for total screen time at child care.
C. For preschool children, television/DVD viewing includes:	<input type="checkbox"/> All types of programming and videos; with limited coordination with the curriculum	<input type="checkbox"/> Educational and some commercial programming and videos, some of which are integrated with the curriculum	<input type="checkbox"/> Mostly educational, age-appropriate programming and videos, many of which are integrated with the curriculum	<input type="checkbox"/> Only commercial-free, age-appropriate, educational programming that is integrated with the curriculum
D. For preschool children, television/DVD viewing during meals or snack time occurs:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
E. Television/video viewing is used as a reward in preschool children's classrooms:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
F. Among preschool children, computers are:	<input type="checkbox"/> Available for use all of the time, and time allowed per child is unlimited	<input type="checkbox"/> Available several times during the day, and each child is allowed between 30 and 45 minutes per day	<input type="checkbox"/> Available only during a set time of day, and each child is allowed between 15 and 30 minutes per day	<input type="checkbox"/> Available only during a set time of day, and each child is limited to 15 minutes per day
Provider Behaviors				
A. During screen time activities with preschool children, providers supervise and watch with the children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

## Education

A. Providers are offered training opportunities on screen time reduction and/or media literacy for preschool children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more

## Policy

A. At our child care facility, a written policy on screen time in preschool classrooms that includes provider behaviors, education, and screen time use:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents
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## Recommendations for Screen Time for Infants and Toddlers:

### 1) No screen time for 0-2 year olds

Screen Time Provisions				
A. Toddlers and infants are allowed to watch television/videos:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> Never
Education				
A. Training opportunities on screen time reduction and/or media literacy for infants and toddlers are offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of infants and toddlers are offered screen time reduction and/or media literacy (e.g., special programs, newsletters, or information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
Media Policy				
A. At our child care facility, a written policy on screen time for infants and toddlers that includes provider behaviors, education, and screen time use:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents

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Let's Move! Child Care

# Food Served At Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Food Served to Toddlers and Preschoolers at Child Care:

- 1) Serve a fruit (no juice) and/or a vegetable at every meal
- 2) Serve all meals family style
- 3) Never serve fried foods

Fruits and Vegetables Provisions				
A. Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. Toddlers and preschoolers are offered fruit that is fresh, frozen or canned <b>in juice</b> (not syrup),:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
C. Toddlers and preschoolers are offered a variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including potatoes, corn, and green beans) :	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
D. Cooked vegetables are prepared with added meat fat, margarine or butter:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
Meats and Fats Provisions				
A. Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers :	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never
B. Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never
C. Beans or lean meats (baked or broiled chicken, turkey, or fish) are offered toddlers and preschoolers:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
Feeding Environment				
A. Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. For infants and toddlers, providers support self-feeding skills (infant/toddler encouraged to finger-feed self; fork and spoon introduced when ready) and transition to family style meals provided when appropriate:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

C. Visual exposure and prompts to eat healthy foods (e.g. books, posters, fruit bowls, gardens) for toddlers and preschoolers occur through: :	<input type="checkbox"/> Few to no exposures or prompts	<input type="checkbox"/> Some exposures and/or prompts, but limited variety	<input type="checkbox"/> A large variety of exposures and prompts	<input type="checkbox"/> A large variety of exposures and prompts, with new opportunities introduced regularly
<b>Provider Behaviors</b>				
A. Providers join children at the table for meals and talk informally about trying and enjoying healthy food:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. In front of the children, providers consume the same food and drinks as children, and avoid unhealthy foods (e.g., soda, sweets, and fast food):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
C. Providers teach toddlers and preschool children about healthy foods and the pleasure of eating using both formal (e.g. circle time lessons) and informal (e.g. mealtime conversations) opportunities:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>Education</b>				
A. Training opportunities on nutrition (other than food safety and food program guidelines) are offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of toddlers and preschool children are offered nutrition education (workshops, activities, and/or take home materials):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
<b>Policy</b>				
A. At our child care facility, a written policy on nutrition and food service that includes foods offered, the food environment, provider behaviors, and education:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents

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Let's Move! Child Care

# Beverages Served at Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Beverages served at Child Care for Toddlers and Preschoolers 1-5 years:

- 1) Water is freely accessible both indoors and outdoors
- 2) 100% juice is limited to 4-6 oz. daily
- 3) Sugar-sweetened beverages are never served
- 4) Milk served to children over the age of 2 is low-fat or nonfat milk

Water				
A. Drinking water is available:	<input type="checkbox"/> Upon request	<input type="checkbox"/> Upon request or during designated water breaks	<input type="checkbox"/> Inside only, where it is visible and freely available	<input type="checkbox"/> Inside and outside, where it is visible and available for self-serve
B. During indoor and outdoor play, providers prompt children to drink water:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
C. Water is offered to children over the age of 1 year, but not as a substitute for milk when it is a required food component:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day or more

Fruit Juice				
A. <u>100%</u> fruit juice is offered:	<input type="checkbox"/> In unlimited portions more than once a day	<input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion	<input type="checkbox"/> No more than 4-6 oz. per day provided at child care	<input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit.
B. Sugary drinks (Kool-Aid™, fruit drinks, sports drinks, sweet tea, soda) are offered:	<input type="checkbox"/> More than once a month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never

Milk				
A. Milk served to children ages 2 years and older is:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> Only 2% reduced fat	<input type="checkbox"/> Always 1-2% low-fat	<input type="checkbox"/> Always 1% or skim/non-fat
B. Flavored milk is served to children:	<input type="checkbox"/> More than once a month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never

Provider Behaviors				
A. Beverages offered to toddlers over 1 year are offered in a bottle:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never

## Education

A. Training opportunities on juice and other beverage recommendations for toddlers and preschoolers are offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of toddlers and preschoolers are offered education on juice and other beverages recommendations (e.g., special programs, newsletters, information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more

## Policy

A. At our child care facility, a written policy on beverages for toddlers and preschoolers that includes staff behaviors, education, and beverage use:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Exists informally, but is not written or followed	<input type="checkbox"/> Is written, but not always followed	<input type="checkbox"/> Is written, available, followed, and shared with parents and staff
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The Let's Move! Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinosh, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.



Let's Move! Child Care

# Infant Feeding at Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Breastfeeding at Child Care:

### 1) The child care facility supports breastfeeding

Breastfeeding Environment				
A. A designated area for mothers to breastfeed their infants, other than a bathroom, is:	<input type="checkbox"/> Not available	<input type="checkbox"/> Only available upon request	<input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet	<input type="checkbox"/> Always available, has appropriate seating, provides complete privacy, and has an electrical outlet
B. Culturally appropriate breastfeeding support materials (e.g., pictures, posters brochures, pamphlets), not including those produced or supplied by commercial entities and/or manufacturers of infant formula, are:	<input type="checkbox"/> Not displayed	<input type="checkbox"/> Displayed, but are limited	<input type="checkbox"/> Displayed and include multiple types of materials	<input type="checkbox"/> Displayed in several areas of the facility and include pictures, posters, brochures, pamphlets, and other resources
C. For breastfeeding mothers needing to store expressed milk, the facility provides:	<input type="checkbox"/> No refrigerator or freezer space	<input type="checkbox"/> Limited refrigerator and freezer space, but it is not consistently available	<input type="checkbox"/> Sufficient refrigerator and freezer space that is available most of the time	<input type="checkbox"/> Sufficient refrigerator and freezer space that is always available
D. Learning and play materials for children which normalize breastfeeding (e.g., books that contain pictures of breastfeeding, baby dolls that are nursing), include:	<input type="checkbox"/> No toys and books portraying breastfeeding are available	<input type="checkbox"/> A few toys and books portraying breastfeeding	<input type="checkbox"/> Toys and books portraying breastfeeding in most classrooms	<input type="checkbox"/> Toys and books portraying breastfeeding in all classrooms
E. A feeding plan filled out by a parent/guardian and/or healthcare provider is:	<input type="checkbox"/> Posted	<input type="checkbox"/> Posted, but not updated regularly	<input type="checkbox"/> Posted and updated regularly	<input type="checkbox"/> Posted, updated regularly updated, and is used to provide a daily report to parents
F. As part of the feeding plan, support for breastfeeding is:	<input type="checkbox"/> Not explicitly included	<input type="checkbox"/> Sometimes included, but relies on the provider to add additional information to standard form	<input type="checkbox"/> Usually included, and part of the standard form to be filled in by parents	<input type="checkbox"/> Always included, and covers age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting the mother to come to the facility to nurse

Education				
A. Training on age-appropriate infant feeding practices, including safe storage/handling of human milk, is offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
B. Training on promoting and supporting breastfeeding, including, exclusive breastfeeding, is offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
C. Breastfeeding families are instructed on how to properly label and store human milk for use in the child care facility:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Informally, but not in writing	<input type="checkbox"/> In writing	<input type="checkbox"/> In writing, and providers check to make sure all milk provided are properly labeled
Policy				
A. At our child care facility, a written and explicit policy for promoting and supporting breastfeeding families:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents
B. The facility's breastfeeding-friendly policy is communicated to expectant mothers, families with infants, and visitors:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, if asked	<input type="checkbox"/> Usually	<input type="checkbox"/> Always

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