

## **Wellness Resolution for Family Child Care Home Providers**

TO ACHIEVE THESE GOALS:

### **Physical Activity**

The family child care provider will provide infants a safe setting that facilitates physical activity and does not restrict movement for prolonged period of time, promotes the development of movement skills, and allows infants to perform small and large muscle activities.

Toddlers and pre-school age children will engage in 60 minutes) of **unstructured** physical activity per day while at the provider's home, including indoor and outdoor time. Unstructured physical activity is child-initiated physical activity that occurs as the child explores his or her environment. [30 minutes of unstructured physical activity for half-day programs]

Toddlers and pre-school age children 60 minutes, of **structured** physical activity while at the provider's home. Structured physical activity is developmentally appropriate physical activity that is guided by the caregiver. [30 minutes of structured physical activity for half-day programs]

The family child care home provider will provide active time for school age children to help them meet the national recommendation of 60 minutes of physical activity per day.

Except for scheduled rest times, naptimes, or meal times, children will rarely be seated for periods lasting longer than 30 minutes.

Physical activity will positively be promoted at the provider's home through actual space and equipment provided to the children. The provider will encourage children to be active and often join children in active play.

Active play will not be withheld from children as a punishment.

The provider will support parent's effort to provide physical activity opportunities for their children. Support may include; physical activity education opportunities offered to parents, sending home physical activity information such as flyers, handouts and pamphlets, posting physical activity ideas, games and tips throughout the provider's home.

### **Screen Time**

Television, video, and computer time will be limited to a maximum of 30 minutes per week while in the provider's home for children 2 years of age and older.

Television, video, and computer time will not be used for children under 2 years of age.

### **Food Served**

All foods served meet or exceed state and federal guidelines for child nutrition and follow the recommendations of the Healthy Children Healthy Weights program.

\*See supporting document.

### **Nutrition Education**

The family child care provider home will provide visible support for good nutrition in the classroom and common areas through the use of posters, pictures and displayed books.

The provider will support parent's efforts to provide a healthy diet. Support may include: nutrition education opportunities offered to parents at least twice a year, sending home nutrition information such as flyers, handouts and pamphlets, posting nutrition tips throughout the family child care provider home, and providing nutrition analysis of the provider's menu.

### **Celebrations**

Celebrations that involve food will be limited to one party per month. Each party will include no more than one food or beverage that does not meet the Healthy Children Healthy Weights nutrition guidelines.

The family child care provider will celebrate holidays with mostly healthy foods or non-food treats.

### **Food and Behavior**

Food will not be used as reward or punishment. All children are encouraged, but not forced, to eat or taste all of his or her food.

The caregiver will help children to determine whether or not they are hungry before serving more food, or full before removing their plate.

Menus will be a combination of new and familiar foods as well as from a variety of cultures. The caregiver will encourage children to try new food.

Meals will be served family style. Children will serve themselves with adult supervision.

The caregiver will eat the same foods as the children and will sit and join the children at each meal or snack. Children with special needs will have meals planned with professional and family consultation.

### **Breastfeeding**

The provider is committed to providing support for breastfeeding mothers, this includes providing an opportunity to breastfeed in the morning, lunch time and evening and hold off on giving a bottle, if possible, when mom is due to arrive. In the event that the parent or guardian does not provide a quantity of breast milk to meet the infant's daily requirement, infant formula will be provided in accordance with the Ohio Child Care Center Rules.

### **Tobacco**

The family child care provider will prohibit the use of all tobacco products by staff, parents and visitors on all property owned and operated by the provider including indoor and outdoor spaces, vehicles and center-sponsored events off campus.

Tobacco is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette and any other smoking product, and spit tobacco, also known as smokeless, dip, chew, and snuff, in any form.

**Nutrition Guidelines:  
For children aged 12 months and older**

Our menus will include a combination of new and familiar foods as well as foods from a variety of cultures.

Foods served will:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).
- Have no more than 10% of its calories from saturated and trans fat combined.
- Have no more than 35% of its weight from added sugar.
- Be low in sodium and will contain no more than 230mg of sodium per serving for chips, cereal, crackers, French fries, baked goods and other snack items.
- Will contain no more than 480mg of sodium per serving for pastas, meats, and soups.
- Will contain no more than 600mg of sodium for pizza, sandwiches, and main dishes.

Drinks:

- Water will be freely available so children can serve themselves both indoors and outdoors.
- Only skim or 1% milk fortified with vitamin A and vitamin D will be served to children 2 and older.
- Only 100% fruit juice will be served and will only be given to children 8 months and older.
- Children will receive no more than 6 ounces per day of 100% fruit juice.

We offer:

- Fruit to children at least 2 times a day.
- Only fruit canned in its own juice (light syrups), fresh or frozen.
- We offer vegetables steamed, boiled, roasted, or lightly stir-fried with little added fat.
- Fried or pre-fried (frozen and breaded) meats (i.e. chicken nuggets) or fish (i.e. fish sticks) once a week or less.
- Fried or pre-fried potatoes (French fries, tater tots, hash browns) once a week or less.
- High fat meats like sausage, bacon, hot dogs, or bologna once a week or less.
- High fiber, whole grain foods, at least 2 times a day.
- Sweets or salty foods less than once a week or never.

A choice of at least two fruits and/or non-fried vegetables will be included in each meal served. Such items could include, but are not limited to, fresh fruits and vegetables; cooked, dried or canned fruits (canned in fruit juice or light syrup); cooked, dried or canned vegetables that contain no more than 480mg of sodium.

Snacks served will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snack and water or milk as the primary beverage.

*\*Adapted from the Healthy Children Healthy Weights training program and Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) program.*