



Wellness Resolution for Early Care and Education Providers

Providers Resolve to Achieve These Goals:

1. Breastfeeding

- A. All staff working with infants will be trained in the proper storage and handling of human milk, as well as ways to support breastfeeding mothers.

2. Physical Activity

- A. All children are provided with 60 minutes of developmentally appropriate physical activity each day, including a combination of both teacher-led and free play.
- B. Opportunities for physical activity are incorporated into other lessons and classroom teachers provide short physical activity breaks between lessons or activities as appropriate.
- C. Children are not allowed to remain sedentary or sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.
- D. Physical activity is taught as specific learning objectives and woven into activities throughout the day.
- E. Physical activity is not used as an incentive or punishment. We do not reward or punish children for what they choose as their physical activity.
- F. Active play time is not withheld when children misbehave.

3. Screen Time

- A. Television, video, computers, and other visual recordings are not used with children under 18 months of age.

4. Eating Habits and Nutrition Education

- A. A variety of food is served which broadens each child's food experiences.
- B. Mealtimes are used as an opportunity to teach nutrition and/or food concepts.

5. Eating Environment

- A. Each child is encouraged, but not forced, to eat or taste his or her food.
- B. Foods and beverages are not used as rewards for academic performance or good behavior.
- C. We provide at least 30 minutes for lunch/dinner (if applicable) and at least 20 minutes for breakfast.
- D. Meals and snacks are scheduled for at least two hours but not more than three hours apart to improve optimal child nutrition.
- E. We require children to wash their hands before eating and after toileting.

6. Beverage Practices

- A. We make drinking water freely available so children can serve themselves both inside and outdoors.
- B. Beverages with added sweeteners, whether artificial or natural, are not provided to children.

7. Celebrations

- A. All celebrations will include at least one physical activity (dance party, group games, scavenger hunts, obstacle course, etc.). Activities may take place outside if the weather permits.
- B. Water or unflavored milk will be served at celebrations. We do not serve beverages with added sugars.

8. Positive Body Image

- A. Staff do not comment on the weights of children, other staff members or themselves. Staff do not discuss dieting in front of children.

9. Modeling

- A. Staff members join children at the table for meals and snacks.
- B. Staff members do not use their personal electronic devices such as smart phones or tablets in the presence of children.