

# **Navigating Early Childhood Partnerships**

**Arizona Nutrition Network Meeting**

**Prescott Resort & Conference Center**

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*Health and Wellness for all Arizonans*

# -Overview

- **What is Early Childhood?**
  - Ages
  - Program Types/Settings/Locations
  - Staff
  - Food Service Options
  - Regulations
    - Overview of Empower Standards
- **Partnering Options**
- **Resources**
- **Questions and Contact Information**

# -What is Early Childhood?

**Early childhood education (ECE)** is a branch of educational theory which relates to the teaching of young children up until the age of about eight, with a particular focus on education, notable in the period before the start of compulsory education.

# -Acronyms

BCCL Bureau of Child Care Licensing

ADE Arizona Department of Education

DES Department of Economic Security

FTF First Things First

Quality First – Arizona’s Quality Improvement and Rating System (QIRS)

NAEYC National Association for the Education of Young Children

DEC Division of Early Childhood of CEC (Council for Exceptional Children)

CCR&R Child Care Resource & Referral

Go NAP SACC - Nutrition And Physical Activity Self Assessment for Child Care assessment tools

Empower Standards –

voluntary health and wellness standards for ADHS licensed child care centers and group homes in AZ

Empower PLUS+/Nemours/ECELC (Early Care and Education Learning Collaborative)

federally funded CDC grant for \*participating child care centers in AZ



# -Ages

- Birth through age 8
  - National Association for the Education of Young Children (NAEYC)
  - Division of Early Childhood (DEC) Council for Exceptional Children (CEC)
- Looks like...
  - Infants (0-12 months/walking)
  - Toddlers (13-35 months)
  - Preschoolers (3-5 years/not yet in kindergarten)
  - Early Elementary (kindergarten through 3<sup>rd</sup> grade)

# -Special and Unique Period of Human Development

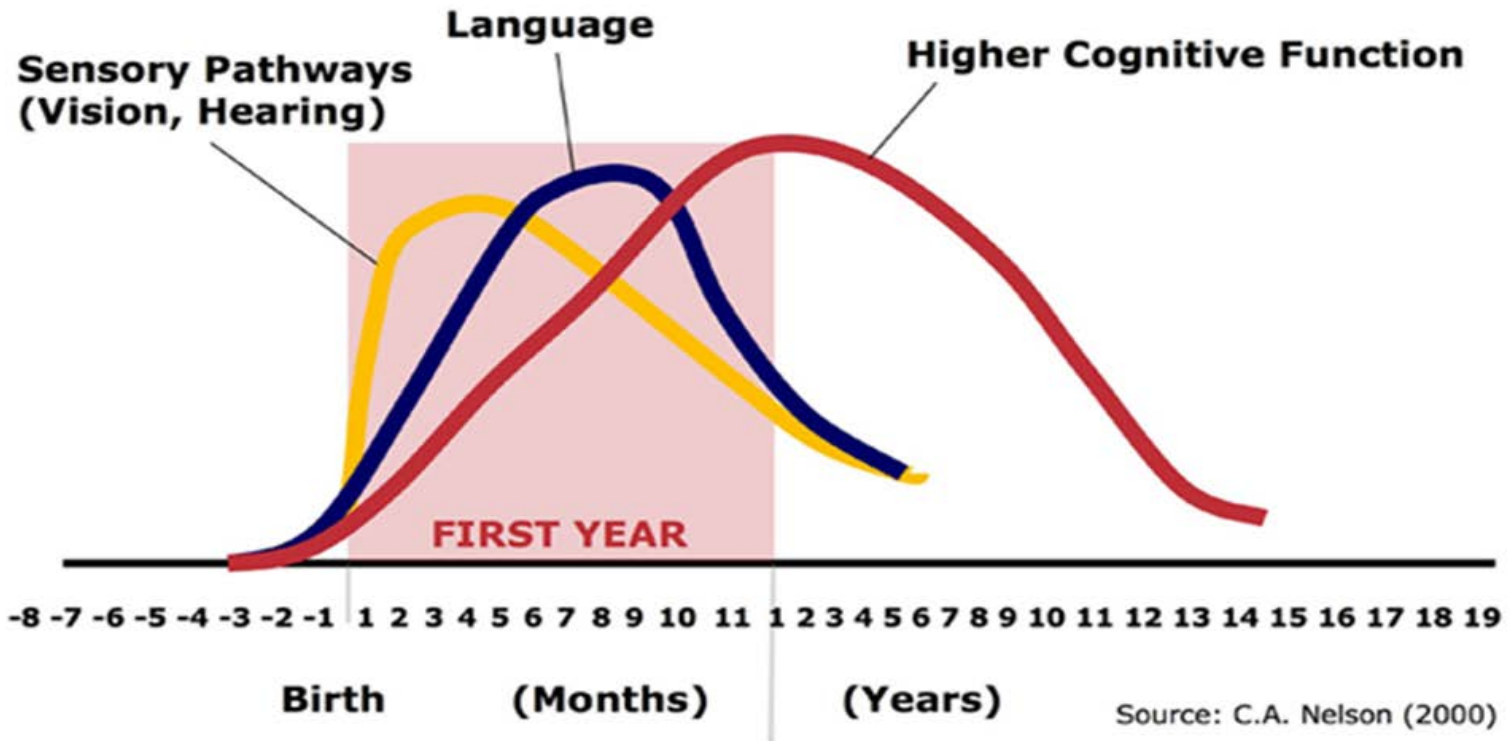
- Rapid growth and development, unlike any other time in life
- Brain development is dramatic
  - 90% of capacity by age 3
- Language Development
- Social & Emotional Development
- Motor Skills
- Cognition



Center on the Developing Child  
HARVARD UNIVERSITY

# Human Brain Development

Neural Connections for Different Functions Develop Sequentially

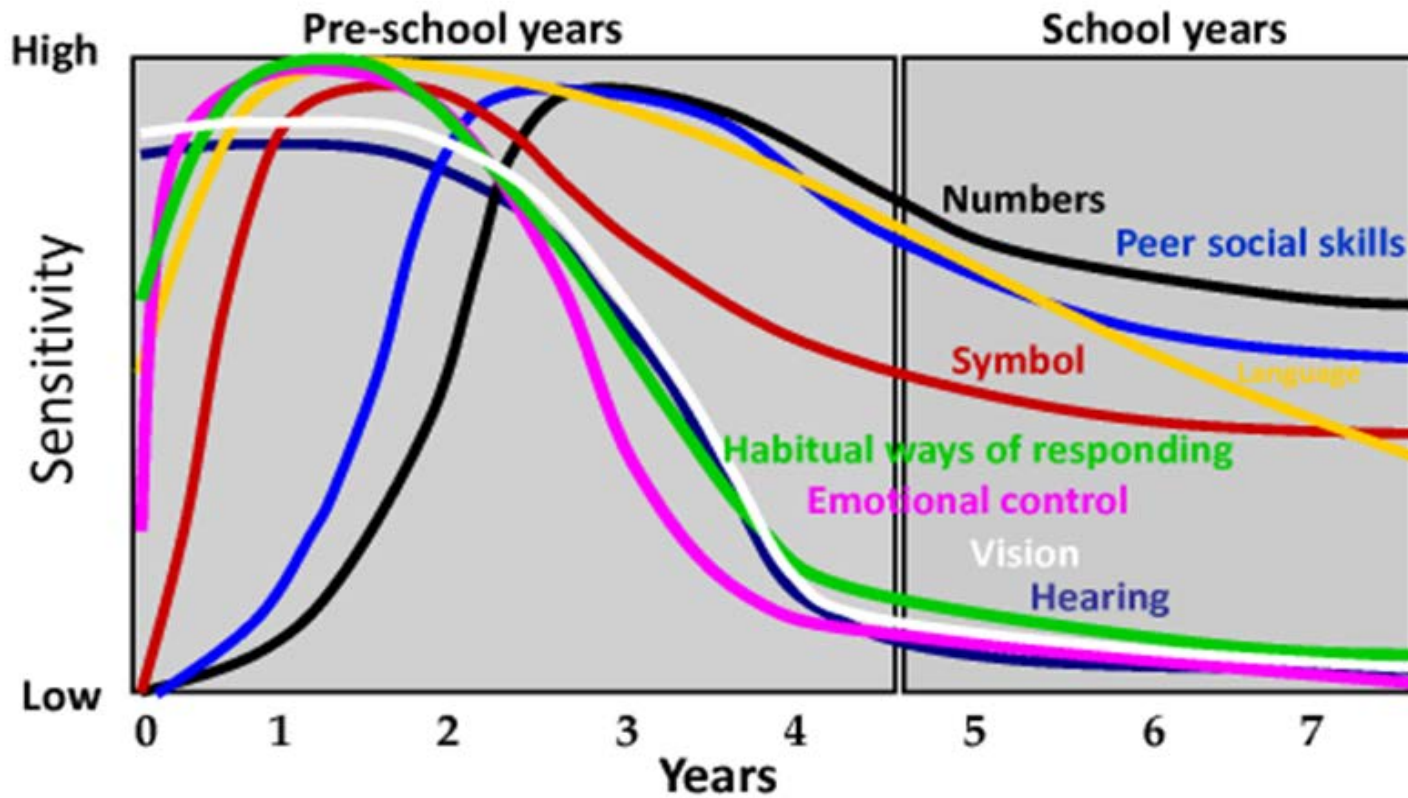


Source: C.A. Nelson (2000)



Health and Wellness for all Arizonans

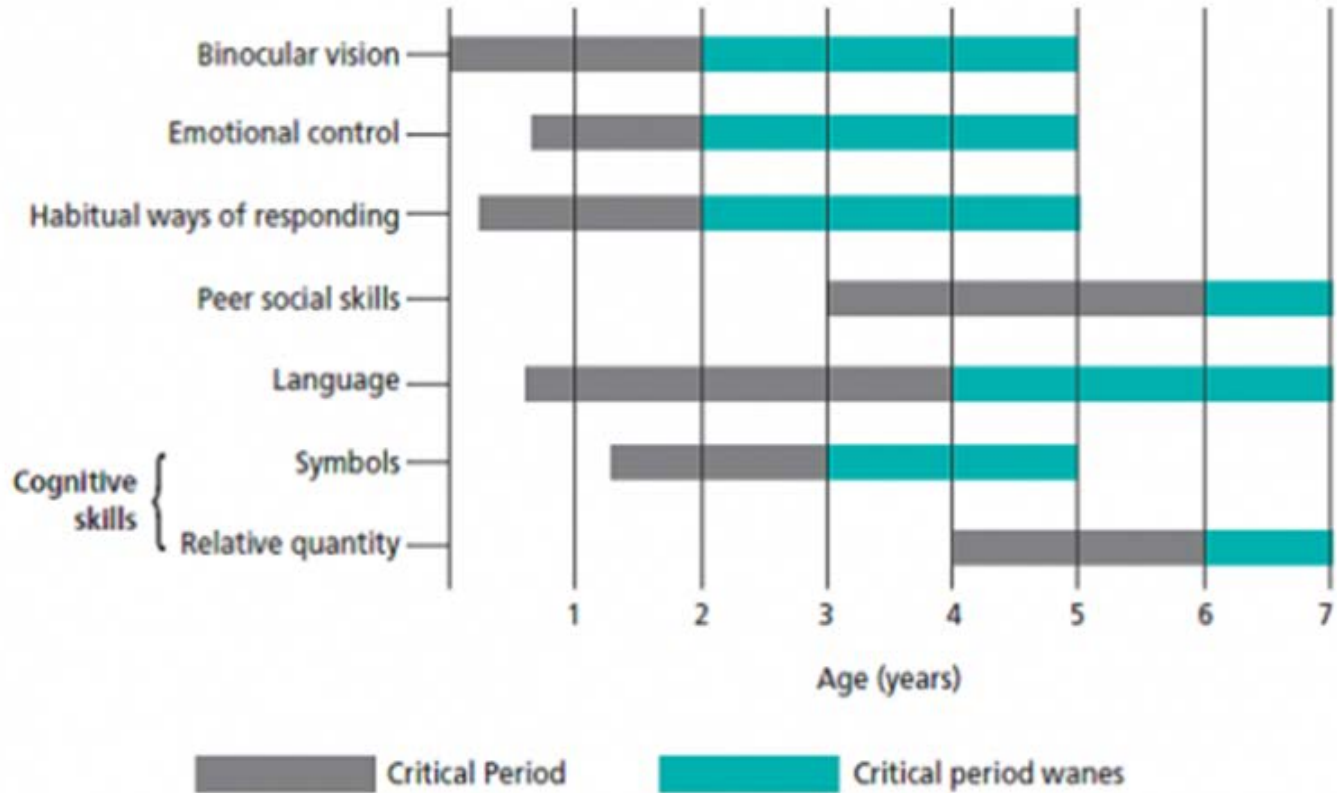
# Sensitive Periods in Early Brain Development



Graph developed by Council for Early Child Development (ref: Nash, 1997; Early Years Study, 1999; Shonkoff, 2000.)



## Critical Periods for Some Aspects of Brain Development and Function Doherty, 1997 cited in McCain and Mustard 1999

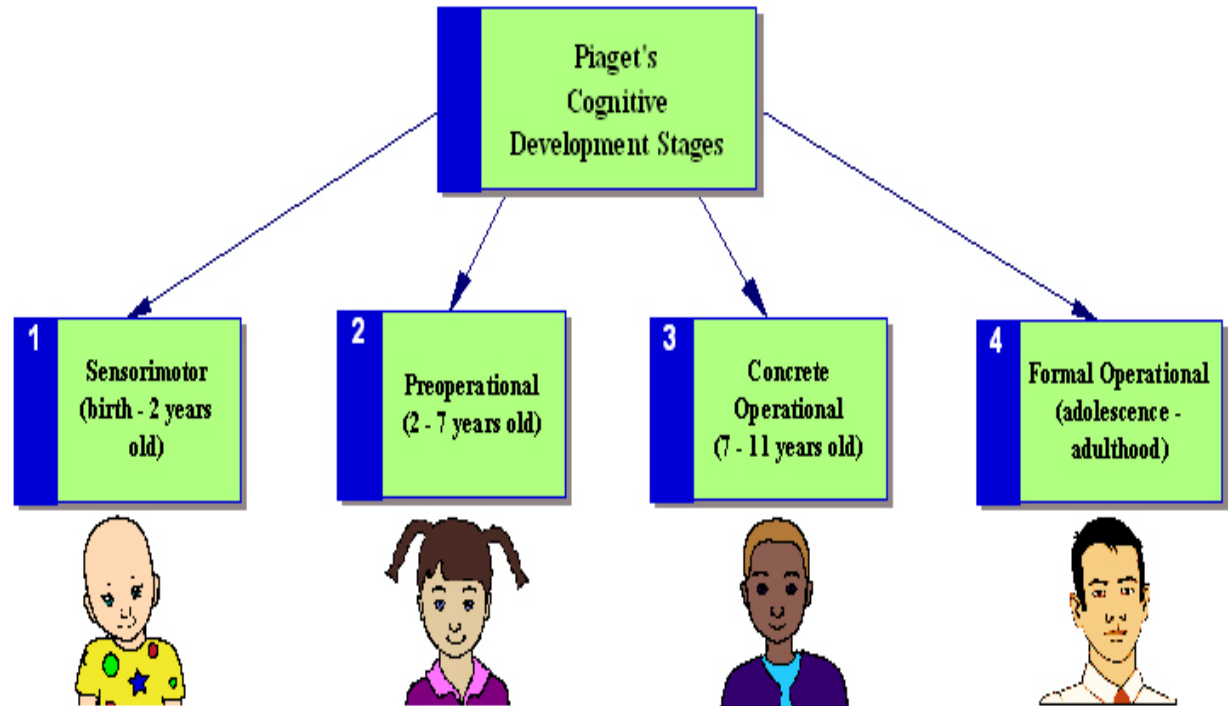


# -Program Types/ Settings/Locations

- Many names, fuzzy definitions = confusion!
  - Daycare\* (discouraged)
  - Preschool
  - Child Care
  - Early Care and Education
  - Early Childhood Education
  - Early Childhood Special Education
  - Family Child Care
  - Infant/Toddler Care
  - Before and After School
  - Primary Grades\*\* (K-3)

# -Program Types/ Settings/Locations

- Curriculum approaches
- Philosophy
- Goals
- Purpose
- Funders



## Program Types/**Settings**/Locations

Centers/Homes/Group Homes/Home Visitors

- Corporate/Chain
- Privately Owned/Small Business 'Mom and Pop'
- Public School Preschool
- Head Start/Early Head Start
- Military Child Care
- Family Child Care (max. of 4; group home max. of 10)
- Tribal Child Care
- Faith-Based
- Before & After School (out of school time)

# Program Types/Settings/**Locations**

## How do I find centers and programs?

- ADHS-BCCL
- <http://hsapps.azdhs.gov/ls/sod/SearchProv.aspx?type=CC>
- Head Start
- <http://azheadstart.org/head-start-programs.php>
- Child Care Resource & Referral
- <http://azchildcare.org/families/find-quality-childcare.html>
- NAEYC Accredited
- [http://families.naeyc.org/search\\_programs/results/0/AZ/0/10/0/0/0/us/0](http://families.naeyc.org/search_programs/results/0/AZ/0/10/0/0/0/us/0)
- ADE – find a school (K-12)
- <http://www.ade.az.gov/edd/>

# -Staff

Staff Titles vary widely

- Director, owner, manager
- Teacher, lead teacher, co-teacher, mentor teacher, caregiver
- Teacher assistant, teacher aide, floater
- Ancillary staff - family service worker, food service worker, kitchen aide, cook, bus driver, etc.

# -Staff

Staff Qualifications vary widely

- Minimum = high school diploma/GED, 18 years of age, and 6 months experience for teacher (per ADHS-BCCL)
- Master's and Bachelor's degrees in ECE with many years of experience, depending on program
- Annual training is required by ADHS-BCCL (18 hours – 3 hours on Empower topics)

# -Food Service Options

- Program does not have to provide food per ADHS-BCCL
  - They may provide all, none or some food
  - They are required to ‘serve’ food
    - R9-5-508. General Nutrition Standards
    - R9-5-509. General Food Service and Food Handling Standards
- Center may or may not be on CACFP
- Typical meal service for full day (6:00 am-6:00 pm)
  - Breakfast + lunch + am snack + pm snack



# -Food Service Options

Food is provided in a variety of ways, for a variety of reasons...cost, facilities, program type

Options -

- Cook on site in approved kitchen
- Cater/purchase from outside vendor
- Public school provides/eat in cafeteria
- Parent brings food from home
  - packs lunch, may bring snack for child or class

# -Regulations

- ADHS – BCCL (centers and group homes)
  - Empower Standards (voluntary)
- DES – certified (family child care homes), subsidy
- Head Start/Early Head Start (federal performance standards)
- ADE Standards – (publicly funded)
  - Early Learning Standards, Infant Toddler Developmental Guidelines
- Military (military regulations)
- Tribal (health and safety)
- CACFP
- County Sanitation
- Accreditation (optional quality measures)
- Quality First (AZ QIRS system via FTF), scholarship











# -Empower Standards

- Voluntary health and wellness standards which offset licensing fees
- Over 99% of licensed centers and group homes participate
- Requires center to have policies and implement practices (as of 7/1/13)
- Website: <http://azdhs.gov/empower-program/>



# EMPOWER

## 10 Ways to Empower Children to Live Healthy Lives

-  **Standard 1:** Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.
-  **Standard 2:** Practice "sun safety."
-  **Standard 3:** Provide a breastfeeding-friendly environment.
-  **Standard 4:** Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.
-  **Standard 5:** Limit serving fruit juice to no more than two times per week.
-  **Standard 6:** Serve meals family style and do not use food as a reward.
-  **Standard 7:** Provide monthly oral healthcare education or implement a toothbrushing program.
-  **Standard 8:** Ensure that staff members receive three hours of training annually on Empower topics.
-  **Standard 9:** Make Arizona Smokers' Helpline (ASHLine) education materials available at all times.
-  **Standard 10:** Maintain a smoke-free campus.

*Empower child care facilities will develop and implement a written policy for each standard that meets the needs of all children served.*

*Policies should be effective no later than July 1, 2013.*



# - Partnering Options

- REMINDER...
  - Sites still have to be qualified to meet AzNN SNAP-Ed Policy
- Plan together!
- Develop ongoing relationships
- View from a 'systems perspective'

# - Partnering Options

*Individualize – each program is unique ☺*





KS  
Goal #2: Include More Nutritious Snacks  
on Menu... Eliminate juice

als  
Plan Objectives:

1. Replace less nutritious food options with  
fresh fruits or Veggies.

progress: removed: Grahm Crackers/Ritz Crackers  
Nilla Wafers /

Added: String Cheese/Cheese cubes/Snap peas  
String beans/tomatoes/hummus  
edamame/Cucumbers/Chicken  
frozen fruit

2. Eliminate Juice

progress: No Juice on Menu since January! (yay us!)





# -Nutrition Ideas

- Support Family Style Meals
- Food experiences with children
- Nutrition games - Sorting, classifying, categorizing
- Teach lesson in large or small group
- Offer new snack and lunch recipes
- Creative art projects
- Read stories
- **GARDENING**



# -Physical Activity Ideas

- Age appropriate, developmentally appropriate
- Teacher-led (intentional) (50%)
- Child-directed (free play) (50%)
- Provide at least 60-120 minutes of daily PA for 3-5 year olds
- Provide at least 60-90 minutes of daily PA for toddlers
- Provide tummy time to infants at least 2 x per day, for 3-5 minutes, or as tolerated

# -Physical Activity Ideas

- Obstacle course
- Music and movement
- Games
- Yoga
- New materials and experiences
- Everyday, low cost materials
- Indoor and outdoor opportunities
- Moderate to vigorous



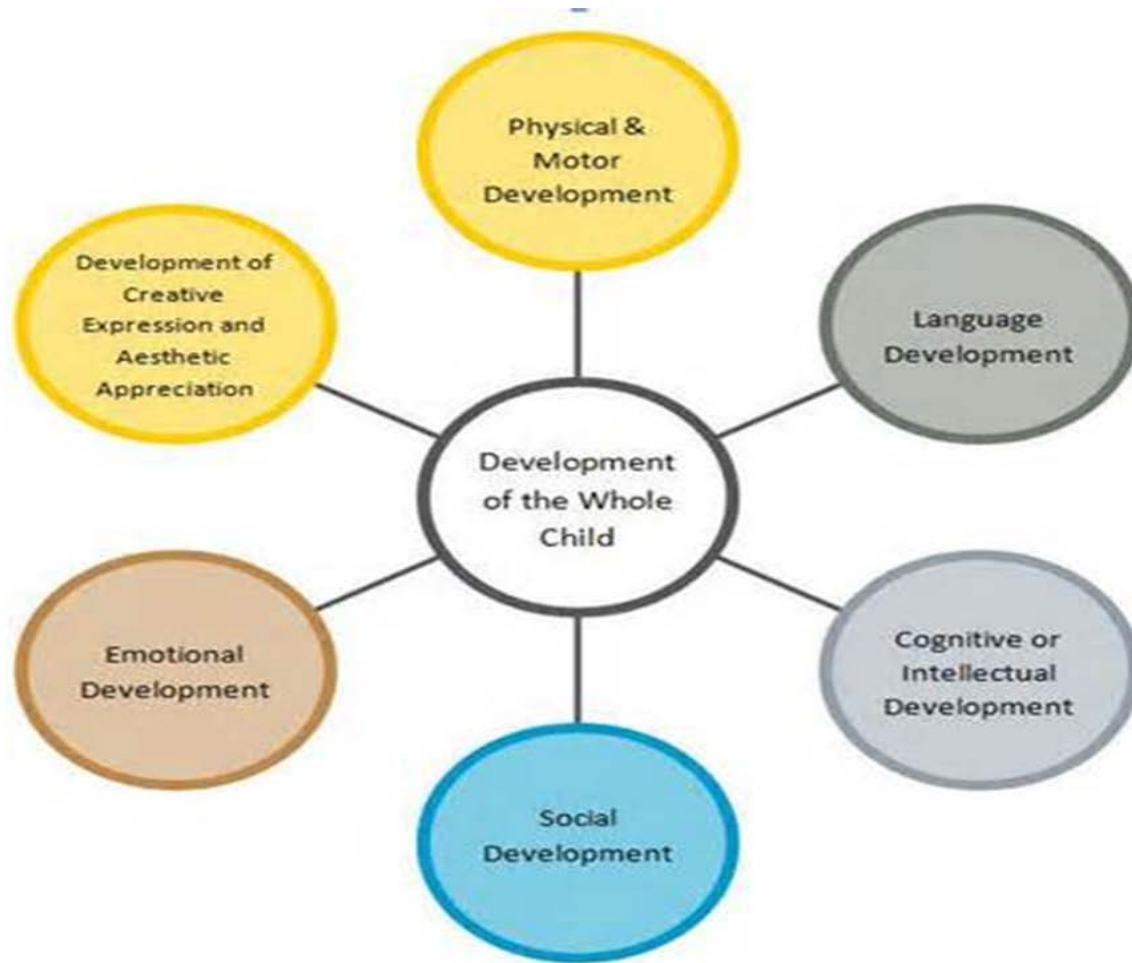
# -Ideas for Working with Staff

- Assist with staff training and/or technical assistance
- Offer to conduct parent classes
- Assist with policy development
  - especially Empower standards
- Assist in planning
  - Review Go NAP SACC or other assessment
  - Assist in developing improvement plans



# -Whole Child Approach

Reggio Emilia - Reconsidering Children's Early Development And Learning



# -Resources

- Empower Pack
- Let's Move Child Care
- ECELC/Nemours
- Head Start, Body Start
- I am Moving, I am Learning
- Go NAP SACC tools



# -Questions

## Contact Information

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