

AzNN Early Childhood Subcommittee Meeting Minutes

DATE: Thursday, November 3, 2016

LOCATIONS: GoTo Meeting

PRESENT:

Organization	Name
AzNN	Noelle Veilleux
Evaluation	Theresa LeGros
Apache Ext	
Cochise Ext	<i>Absent</i>
Coconino HD	<i>Absent</i>
Gila HD	
Graham Ext	
Greenlee Ext	
La Paz Ext	
Maricopa HD	Tina Wegner
Tempe Kids Zone	Amy Christman
Maricopa Ext	
Mohave HD	Melissa Palmer
Mohave Ext	
Navajo HD	
Navajo Ext	
Pima Ext	Abraham Romo, (<i>Jenn Parlin absent</i>)
Pinal Ext	
Santa Cruz Ext	
Yavapai HD	
Yavapai Ext	<i>Absent</i>
Yuma HD	Suzanne Cooper

Agenda Item	Details
Introductions	The Early Childhood Subcommittee welcomes two new members this year! Welcome Abraham (Pima Ext) and Amy Christman (Tempe Kids Zone)—glad to have you!
FY17 Scheduling Update	Followed up on FY17 Scheduling discussion from September. Requested any volunteers to act as Local Agency Lead for the EC Subcommittee for FY17. Noelle will serve as the subcommittee lead in the absence of any local agency volunteers. If interested, email noelle.veilleux@azdhs.gov Meetings will continue to be scheduled monthly but may be cancelled depending on need or consensus of the subcommittee for each month.
Program Sharing	Tempe Kids Zone: Works with a preschool through Kids Zone. Successes this year include training all preschool staff on CATCH EC. CATCH is being implemented little by little. CATCH EC has been a big help for the program to incorporate indoor PA when it is too hot to play outside. Post Nap Sacc goal setting to happen in the near future. Anticipates possible goals

	<p>might be around increasing variety of F/V served.</p> <p>Program also has a garden that TKZ works with on a weekly basis. Preschool staff takes a lot of ownership over the garden and nutrition within the program.</p> <p>Pima Ext: Added two new sites with gardens. Continuing gardening workshops and Parent meetings. Staff at one site in particular is very involved and are able to sustain their garden with minimal TA assistance from Pima. Site has been consistently working with Pima for over 2 years—strong relationship with director, patience, and duration of the relationship has likely contributed to the program’s success.</p> <p>Mohave HD: Go Nap Saccs submitted over the last few months. Mohave HD created packets of information (handouts pertaining to areas of the self-assessment: nutrition goals, PA goals) and delivered to 3 ECE sites. Careful consideration was given to language within the packets to convey that recommendations are suggestions that can be implemented over a realistic timeline. Follow-up with the ECE sites may not occur until January as the holidays are difficult for sites to schedule around.</p> <p>TA with one site was completed. Mohave HD has a presence in one center once a month. Parent meeting presentations are fulfilled as requested.</p> <p>Maricopa HD: Gardens are being restarted and has taken the majority of ECE time the last couple of months. Work with Go Nap Saccs will pick back up after gardens are back up and “running.”</p> <p>Hosting Family Fun Days quarterly utilizing Active Play!—these activities continue to go over really well with parents and child care staff.</p> <p>Yuma HD: Has been delivering CATCH EC training to WACOG. WACOG expressed interest in a train the trainer model for the training (post-meeting note: Noelle will follow up with Ryan about options how WACOG could pursue that option).</p> <p>One ECE site is receiving more intensive attention. The Go Nap Sacc was administered to staff (filled out by consensus) and the Director. Will work on goal setting based on results soon. The Director and staff are very engaged in the process and noted areas of improvement even while completing the self-assessment. Director has interest in developing written policies ☺ to support program practices.</p> <p>Program has very few parent materials. Yuma to provide AzNN materials and refer to Empower Guidebook to see if any materials can be used.</p>
<p>Early Childhood Updates</p>	<p>CDC Early Care and Education State Indicator Report:</p> <p>The CDC's Division of Nutrition, Physical Activity, and Obesity released the 2016 Early Care and Education (ECE) State Indicator Report. This report provides</p>

information about state efforts to address childhood obesity in the ECE setting.

<https://www.cdc.gov/obesity/downloads/early-care-education-report.pdf>

American Academy of Pediatrics Media and Young Minds Policy Statement:

This policy statement addresses the influence of media on the health and development of children from 0 to 5 years of age, a time of critical brain development, building secure relationships, and establishing health behaviors.

Relevant Recommendations:

- For children younger than 18 months, discourage use of screen media other than video-chatting.
- For parents of children 18 to 24 months of age who want to introduce digital media, advise that they choose high-quality programming/apps and use them together with children, because this is how toddlers learn best. Letting children use media by themselves should be avoided.
- Guide parents to resources for finding quality products (eg, Common Sense Media, PBS Kids, Sesame Workshop).
- In children older than 2 years, limit media to 1 hour or less per day of high-quality programming. Recommend shared use between parent and child to promote enhanced learning, greater interaction, and limit setting.

Read the policy

statement: <http://pediatrics.aappublications.org/content/138/5/e20162591>

Note: The Empower Program Standard 1 (includes screen time) will not change. The PA and screen time LMS course on EWBW currently will need to be updated to reflect new recommendations.

AAP Updated Recommendations for a Safe Sleep Environment

- Calls out child care providers and all those working on behalf of maternal and child health to support and employ safe sleep practices
- Relevant notes:
 - Breastfeeding is recommended to reduce SIDS risk
 - Supervised, awake tummy time is recommended to help prevent positional plagiocephaly and motor development.

	<ul style="list-style-type: none"> ○ Babies should sleep on a firm sleep surface, no blankets/pillows/soft toys. Reminder—no bottles to bed. Babies should be held or in a feeding seat when being fed or drinking a bottle. <p>Read the policy statement: http://pediatrics.aappublications.org/content/pediatrics/early/2016/10/20/peds.2016-2938.full.pdf</p> <p>CDC Early Care and Education Monthly Networking Call</p> <ul style="list-style-type: none"> ◆ Monthly call- Typically occur on the 4th Wednesday of the month ◆ Monthly newsblast, featured topic of the month, federal updates, resource highlights ◆ November 16: Bonnie Williams and Flossie Wagner--highlight the implementation of The Empower Program and collaborative efforts to coordinate with the Bureau of Child Care Licensing and the Bureau of Nutrition & Physical Activity. <p>To join the CDC Obesity Prevention in ECE listserv please e-mail: eceobesity@cdc.gov</p>
Next Meeting	December 2, 2016 2PM