



Delaware Stars for *Early Success* Nutrition & Physical Activity Resources for Children Birth through Five



Resources for Developing Curriculum and Learning Opportunities

Active Play!

The Active Play! book and DVD set offers fun, engaging and developmentally appropriate physical activities for infants, toddlers, preschool and school age children, as well as mixed age groups. The DVD shows children in child care settings playing the games; an option allows the viewer to hear Dr. Craft's voiceover guiding the children and individualizing the activities to meet children's needs. Active Play! Shows teachers how easy it is to lead irresistible, inexpensive and effective physical activities to benefit every young child.

Phone: 607-591-1757

Website: <http://www.activeplaybooks.com/index.php>

Cost: \$39.00

Choosy Kids

Choosy Kids, developed by Linda Carson, offers I Am Moving, I Am Learning (IMIL) materials developed for Head Start to a wider audience. The program includes information for families and teachers, games and activity CDs to keep children moving, learning and making healthy choices.

Phone: (304)777-4541

Website: <http://www.choosykids.com/CK2/>

Cost: Varies based on item. No overall package.

Color Me Healthy

A program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. The kit contains lessons, picture cards, posters, a music CD and family newsletters.

Phone: 919-515-9142

Website: <http://www.colormehealthy.com/professional/index.html>

Cost: \$80 for orders under 100 kits, \$65 for orders over 100 kits

Early Sprouts

A 24-week curriculum for the young child providing a "seed-to-table" experience with six target vegetables. The curriculum aligns with many state standards for early learning and with the *NAEYC Early Childhood Program Standards and Accreditation Criteria* (2005). Each week, for 24 weeks, one of the six target vegetables is featured. At the start of the week, the children engage in sensory exploration of the vegetable. Sensory exploration is followed by a cooking activity featuring a target vegetable recipe. Recipes were selected for ease of production, affordability, quality of product, and acceptability of taste. At the end of the week, the children pack a Family Recipe Kit that includes the recipe and needed ingredients. The goal is to reinforce the healthy eating and food preparation experience at the family level.

Phone: 603-358-2885 (Dr. Karrie Kalich, developer)

Website: <http://www.earlysprouts.org/index.htm>

Cost: \$24.95

Eat Well Play Hard in Childcare Settings (EWPHCCS)

An intervention that provides nutrition and physical activity education to preschool children, their parents and child care staff. The curriculum focuses on improving the nutrition and physical activity behaviors of preschool children and their parents/caregivers and influencing food and activity practices in child care settings. Materials developed by the New York State Department of Health.

Phone: 1-800-942-3858

Website: <http://www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs.htm>

Cost: Free for download

Growing, Moving, Learning Infant Toddler Toolkit

This toolkit includes developmentally appropriate activities that promote physical activities and healthy eating for infants and toddlers. It provides activities to do in the classroom, and at home, and encourages parents to write about their child's response to the activities. Activity exercises include ways to adapt and extend each activity. This toolkit has recently been revised by staff members at the Delaware Institute for Excellence in Early Childhood at the University of Delaware, to reflect the new Delaware Early Learning Foundations, and is a collaborative project with Nemours Health and Prevention Services.

Phone: 302-831-3239

Website: <http://www.dieec.udel.edu/professionals/links>

Cost: Free for download

Grow It, Try It, Like It

A garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. The kit includes seven booklets featuring three fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm can be used to introduce any fruit or vegetable! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each booklet contains: hands-on activities, planting activities, and nutrition education activities that introduce *MyPyramid for Preschoolers*. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that include tips for cooking with children.

Website: <http://www.fns.usda.gov/tn/Resources/growit.html>

Cost: Free for download and hard copy.

Head Start Body Start

A website that provides links to tip sheets, and other physical activity resources for young children, their families and teachers: an easily accessible calendar of activities, physical activity experiences to plan for infants and toddlers and activities for preschool children. The site offers many additional links to resources to develop program, environments, and outdoor/nature opportunities; in addition there are links to webinars and online classes. Thoughtful materials for families are available in both Spanish and English. Provided by the National Center for Physical Development and Outdoor Play.

Website: <http://www.aahperd.org/headstartbodystart/>

I am Moving, I am Learning (IMIL)

IMIL is a proactive approach for addressing childhood obesity in Head Start children. Launched in 2005, this program seeks to increase moderate to vigorous physical activity, improve the quality of movement activities intentionally planned and facilitated by adults and promote healthy food choices.

Phone: 215-592-1684 Ext. 225

Website: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/Nutrition/Nutrition%20Program%20Staff/lamMovingIam.htm>

Cost: Available only through Head Start

Keystone Kids Go!

Keystone Kids Go! has partnered with Head Start's *I Am Moving, I Am Learning* Initiative. Of the 25 kid-tested activities, over half of them feature weight-bearing activities to help improve muscle and bone health and strength. Overall, this toolkit aims to prevent childhood obesity in Head Start children.

Phone: 717-233-1791

Website: <http://www.panen.org/keystone-kids-go-active!>

Cost: Free download

MODEL Health! Promoting Nutrition and Physical Activity in Children

This developmentally appropriate program, developed by the Maryland State Department of Education, includes lessons on nutrition and physical activity that encourage exploration, concrete experiences and links to the children's families and prior experiences. Intended as a teacher resource in the early childhood classroom, it is most appropriate for use with children 3 – 5 years of age. The kit enables the child care provider to teach an entire lesson over the span of a few days or choose one or two activities from a lesson to enhance the daily plan. The lessons are flexible and designed to be tailored to the needs of individual children.

Phone: 410-767-0199 (Maryland Dept. of Education, who administered the project)

Website: <http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>

Cost: Free download

Physical Activities and Healthy Snacks for Young Children

These resources were developed with Team Nutrition grant funding, while partnering with many agencies and organizations. This resource includes a set of cards featuring over 50 physical activities and healthy snacks. Also integrates effective and appropriate use of television programs, and lessons about physical activity and healthy food.

Phone: 515-281-5294 (for Iowa Dept. Of Education)

Website: <http://educateiowa.gov/index.php?option=com%20content&view=article&id=431:team-nutrition-learning-tools&catid=440:nutrition-program-learning-tools&temid=446>

Cost: Free download

Sesame Street: Healthy Habits for Life

A 100-page guide—available in English and Spanish—with resources to help you incorporate healthy physical activity and nutrition habits into your everyday life. Features poems, songs, posters, activities, family newsletters and more!

Phone: (can only contact on website)

Website: <http://www.sesameworkshop.org/initiatives/health/healthyhabits/>

Cost: Free download

Spark

A research-based organization that disseminates evidence-based Physical Education, After-School, Early Childhood, and Coordinated School Health programs to teachers and Recreation leaders serving Pre K through 12th grade students. Each program provides a coordinated package of highly-active curriculum, on-site staff development, extensive follow-up support, and expert selected, content-matched equipment. Developed by the San Diego State University Research Foundation.

Phone: 800 SPARK PE

Website: <http://www.sparkpe.org/early-childhood/>

Cost: \$2,699.00, Up to 40 attendees may attend training; may split cost among attendees

Resources for Creating Healthy Environments:

Active for Life: Developmentally Appropriate Movement Programs for Young Children. Sanders, S. 2002. Book that provides guidance on what high-quality movement programs should include: designing of effective movement environments, components of curriculum, assessment, and more. Unlocking children's potential in this vital area will inspire a love of physical activity for years to come.

Cost: \$45

Best Practices for Physical Activity: A Guide to Help Children Grow up Healthy

Developed by Nemours Health & Prevention Services, this guide presents a comprehensive overview of physical activity recommendations for children and youth, as well as useful terms defined, frequently asked questions, tip sheets, handouts, and creative ideas for engaging children and their families in physical activity.

Website: <http://www.nemours.org/filebox/service/preventive/nhps/paguidelines.pdf>

Cost: Free for download

Early Care and Education Wellness Resource Toolbox Resources

The Wisconsin Early Care and Education Wellness Resource Kit has been designed to provide resources for providers, parents, and educators to use in the efforts to reduce childhood obesity and children's risk for developing obesity by encouraging a healthy early care and education environment through targeting providers, parents and educators in Wisconsin. The resource kit is designed to provide low-cost, no cost strategies and resources to providers, parents, educators to promote physical activity and nutrition in early childhood. It also seeks to educate providers, parents, and educators about the importance of healthy living to support positive role modeling and their individual wellness. While the toolbox was designed for Wisconsin providers, the majority of the material is generic and can be used by providers in any state.

Website:

<http://www.dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Childcare/index.htm>

Cost: Free for download

eXtension Alliance for Better Child Care Database

Provides hundreds of activities created to help children learn, develop, and prosper. Each activity is accompanied by information about the age group it is intended for, what kind of activity it is, and a supplementary activity document. Can search for activities based on requirements you are looking for.

Website: <http://campus.extension.org/mod/data/view.php?id=5265>

Cost: Free for download

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care

A practical, "how-to" guide created to help child care providers follow Delaware CACFP/*Delacare* nutrition and physical activity rules. It was developed by Nemours Health & Prevention Services for the Delaware Department of Education and contains a series of toolkits:

- **Administrators' Guide:** Includes a detailed explanation of the *Delacare* Rules; a self-assessment; ideas for engaging children, staff, parents and the community; age appropriate portion sizes and physical activities; ways to incorporate physical activity and nutrition into lesson plans; tips and tools for budgeting motivating picky eaters, storing food safely and modeling healthy habits; lists of books, websites and local resources.
- **Menu Planning Guide:** Includes a summary of the Delaware CACFP/*Delacare* Rules on nutrition, information on choking hazards and allergies, 16 weeks of Delaware CACFP/*Delacare*-approved menus, 120 CACFP-reimbursable recipes with nutritional information, and 8 shopping lists of items needed for every two-week menu cycle.
- **Shopping Cheat Sheet:** A one-page tool designed for providers to take to the grocery store, it supports them in identifying foods from different food groups that meet the Rules.
- **Instructors' Guide:** A guide to help selected instructors train child care providers on the Delaware CACFP/*Delacare* Rules for nutrition and physical activity. Materials include sample training agendas and tips for leading training; PowerPoint presentations and talking points for nine training modules which cover the Delaware CACFP/*Delacare* Rules for nutrition, physical activity and screen time and tips and tools for implementation in the child care center or home.
- **Partnering with Families:** A guide to assist child care providers in engaging families as partners to support healthy habits. Materials include the results of focus groups with families on health communication with child care providers, best practices for creating family-provider partnerships, effective communication strategies, self-assessment and family feedback tools, and ideas for extending center-based learning to the home environment.
- **Foods that Meet the DE CACFP and *Delacare* Rules:** A tool to help identify foods which can be served to meet the Delaware CACFP/*Delacare* meal pattern requirements.

Website: <http://www.nemours.org/service/preventive/nhps/resource/publication.html>

Cost: Free for download

***Let's Move!* Child Care**

A national effort pioneered by First Lady Michelle Obama and Nemours which supports the improvement of child care environments related to childhood obesity prevention. Contains assessments and resources to improve food, beverages, physical activity, screen time, and breastfeeding.

Website: <http://healthykidshealthyfuture.org/welcome.html>

Cost: Free for download