
Online Resources for Healthy Child Care Healthy Communities:

Colorado

- *Child Care Health Consultant Competencies*

<http://www.qualistar.org/uploads/2013-Qualistar%20CCHC%20CompetenciesWeb.pdf>

In Colorado, all child care centers are required to have a Child Care Health Consultant. Healthy Child Care Colorado (HCCC) trains, supports and educates child care health consultants, child care providers and parents on medication administration, healthy lifestyles, oral health, injury prevention, and social emotional health. Colorado has developed this four-level set of competencies for Child Care Health Consultants.

Indiana

- *Family Engagement Toolkit*

<http://www.elacindiana.org/resources/>

The Family Engagement Workgroup developed this toolkit to help ELAC define family engagement for Indiana programs and help programs understand what quality family engagement looks like in actual practice. The toolkit includes a self-assessment tool that will assist programs in recognizing for themselves the quality family engagement work they are already doing and providing helpful suggestions for continuous improvement.

- *Early Learning Foundations*

<http://www.doe.in.gov/sites/default/files/earlylearning/foundations-2015-august-12.pdf>

The Indiana Early Learning Foundations were created with the goal of guiding early childhood educators in understanding and implementing classroom practices that facilitate learning Kindergarten readiness. The foundations were designed in 2002 with the content for children three to five years of age with the “Kindergarten Readiness” program.

Missouri

- *Missouri MOve Smart, Friendly Child Care*

<http://health.mo.gov/living/wellness/nutrition/movesmartguidelines/>

The Missouri MOve Smart Child Care program was designed to help equip Missouri child care facilities with tools to address the physical activity side of healthful habits for its children and provide a structured program to evaluate a child care's physical activity environment.

- *Missouri Eat Smart, Friendly Child Care*

<http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/>

The Missouri Eat Smart Guidelines, introduced in 2010, were a starting point for Missouri to address the eating habits of its young children. The Eat smart program was developed to improve meal services based on the recommended standards. The guidelines also include environmental factors that relate to nutrition habits and meal service.

- *Missouri Breastfeeding Friendly Child Care*

<http://health.mo.gov/living/wellness/nutrition/breastfeedingfriendlychildcare/>

The Missouri breastfeeding friendly care program was designed to support and protect breastfeeding as the perfect food for your baby, having all the essential nutrients and sufficient calories to meet your infant's needs. The program evaluates employers on criteria for three levels of support: Gold, Silver, and Bronze. Businesses that meet one of the three levels will be recognized in their community and statewide.

New York

- *Freedom of Movement Certification*

https://www.cdccc.org/uploads/pdf/1431538151_fom_booklet_WEB.pdf

Freedom of Movement Certification was designed to work with child care providers in infant classrooms or family and group family child care homes in order to support them in optimizing the amount of time infants spend moving freely. The certification provides non-mobile infants with environments that allow them to be in positions they can get in and out of on their own, with optimal developmental outcomes.

- *Eat Well Play Hard in Child Care Settings*

https://www.health.ny.gov/prevention/nutrition/resources/eat_well_play_hard/

Eat Well Play Hard (EWPH) was developed to help prevent childhood obesity and reduce long-term risks for chronic disease through the promotion of targeted dietary practices and increased physical activity. The EWPH curriculum is currently being updated, but a table of contents and other useful link are available at the web address.

- *Farm to Pre-School New York*

<http://www.farmtopreschool.org/states/ny.html>

This website offers an overview of Farm to Preschool NY (F2P NY) activities. Farm to Preschool NY offers several models for improving access to local fruits and vegetables. All CCR&R agencies offer child care gardening tools and technical support to participating child care centers.

- *Capital District Child Care Coordinating Council Farm to Preschool*
<http://www.cdccc.org/page/farm-to-preschool-31.html>

The Capital District Child Care Coordinating Council F2P site includes a Child Care Garden Toolkit with a step by step guide and curricula.

- *Bringing Farm to Preschool to Long Island*

<https://healthykidshealthyfuture.org/links/bringing-farm-to-preschool-to-long-island/>

Another F2P NY site, the Child Care Council of Nassau, Inc., was featured on the Let's Move Child Care Site as a success story. Island Farm to Preschool provides food-related lessons for children at participating centers in the springtime, while also assisting in setting up garden beds on the school grounds. Children help tend the gardens throughout the season and often attend the market with their class or camp group.

North Carolina

- *Health and Safety Bulletins*

http://healthychildcarenc.org/hs_bulletin.htm

The health and safety bulletin promotes safe and healthy environments for children in early care and education settings. The site provides information, resources, and referrals to the child health and child care communities. Bulletins include information on good sleep, medication administration, emergency preparedness, environmental needs and outdoor play, first aid preparedness, health literacy, safe spaces for children, children and technology, and childhood obesity.

National Resources

- *Inspiring Parents to Demand Communities Where all Children can Grow up at a Healthy Weight* (Robert Wood Johnson Foundation)

<http://www.rwjf.org/content/dam/farm/toolkits/toolkits/2015/rwjf425537>

The guide explains ways how to craft communications and developing messages to empower parents to demand a culture of health.