

Child Care Champions Best Practices

developed by Colorado Department of Public Health and Environment and the Colorado Early Childhood Task Force

The Child Care Champions Best Practices* guidebook and self assessment were designed to help prevent childhood overweight and to promote intuitive eating. They involve the caregiver, parents and the child and include nutrition and physical activity.



The Best Practices guidebook consists of the following best practices: 1) Model healthy eating behaviors, 2) Integrate nutrition and physical activity into all curricula..., 3) Practice the “division of responsibility” in feeding, 4) Provide the best start for infant feeding...5) Become partners in prevention..., 6) Use the environment to promote physical activity...7) Plan menus and meals with the child’s nutritional needs in mind....



Families play a critical role in shaping their children’s eating and activity habits and lifestyle. Childhood overweight prevention programs are valuable sources of accurate, consistent information about physical activity and healthy eating for families, preschools, childcare centers, and childcare homes. Best practices can help.

This document is not meant to be a comprehensive guide of programs and processes for your center or home, but merely a tool of measurement to encourage the best possible environment for the health and well-being of the children in your care.

To download the PDF of the guidebook, go to www.livewellcolorado.com Click Partnerships & Early Childhood. For guidebook hard copies, self assessment links or other questions, call **303-692-2572**.

*Best practices for developmentally-appropriate nutrition and physical activity strategies in child care were based upon a compilation of documents, primary being *Caring for Our Children—National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs (Second Edition)*, a collaborative project of the American Academy of Pediatrics, the American Public Health Association, and the National Resource Center for Health and Safety in Child Care. Other reference documents included *Setting the Stage: Policies and Practices for Nutrition and Physical Activity in Early Childhood Settings*, produced by Team Nutrition Iowa (Iowa Department of Education, Bureau of Food and Nutrition), and a comparison of seven sets of performance standards for child care practices including Head Start and Early Head Start, Colorado Quality Standards, National Association for the Education of Young Children, and National Early Childhood Program Accreditation.

