

Fit-Tastic! Policies and Best Practices in Early Care and Education

There are many best practices and model policies for health and wellness in early childhood that complement the 12345 Fit-Tastic! messages.

Below are a few sample model wellness policies and practices that focus on key Fit-Tastic! behaviors*. Under “Sample Policy Ideas”, see the list of **Fit-Tastic! materials** to help communicate with families!



More model policies, best practices and ideas can be found in the resources at FitTastic.org.

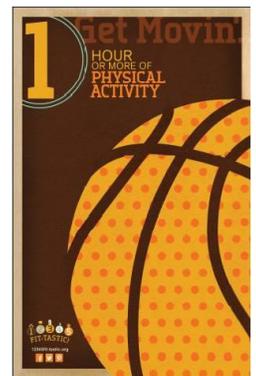
Physical Activity Sample Policy Ideas:



- Preschoolers are provided with 120 minutes or more of active play time every day, both indoor and outdoor.
- Active playtime is not withheld when children misbehave.
- The center displays pictures or posters that promote physical activity.

Physical Activity Fit-Tastic! Materials:

- ✓ Physical Activity Family Policy Letter #1
- ✓ #1 Fit-Tastic! handout for Families at www.FitTastic.org
- ✓ Move More Fit-Tastic! poster (pictured here; contact us for copies)



Screen Time Sample Policy Ideas:



- Television or videos are rarely or never shown in the facility.
- Limit preschoolers' total screen time to no more than 30 minutes at child care per week or never for preschoolers, and work with families to ensure children have no more than 1-2 hours per day.
- Families with preschoolers are provided screen time reduction and/or media literacy education such as special programs, newsletters, or information sheets, 2 or more times per year.

Screen Time Fit-Tastic! Materials:

- ✓ Screen Time Family Policy Letter #2
- ✓ #2 Fit-Tastic! handout for Families at www.FitTastic.org
- ✓ Fit-Tastic! quarterly newsletter (pictured here; available at www.FitTastic.org)



*Model Policies and 12345 Fit-Tastic! message are targeted for ages 2 years old and up.

The policies listed were selected for alignment with the 12345 Fit-Tastic! message and based on results from two surveys conducted by Weighing In and the Early Childhood Working Group in 2013, available at the Weighing In webpage. All policies listed are based on national “Let’s Move Childcare” program, Missouri Department of Health and Senior Services, *Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings* or Missouri Eat Smart and Move Smart programs. See “[HLI in Early Childhood Toolkit](#)” for details and links to these programs.



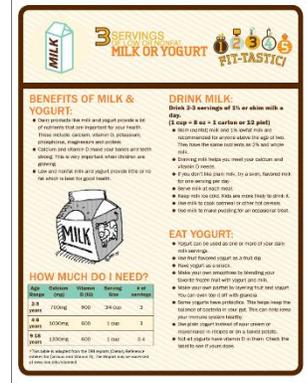
3 SERVINGS OF LOW OR NONFAT MILK OR YOGURT

Milk and Yogurt Policy Ideas:

- ☐ For children age 2 and older serve low-fat (1%) or non-fat (skim) milk.

Milk and Yogurt Fit-Tastic! Materials:

- ✓ Milk and Yogurt Family Policy Letter #3
- ✓ #3 Fit-Tastic! handout for Families at www.FitTastic.org (pictured here)



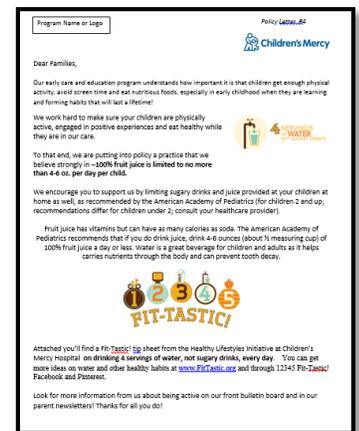
4 SERVINGS OF WATER NOT SUGARY DRINKS

Water, Not Sugary Drinks Policy Ideas:

- ☐ Drinking water is visible and available inside and outside for self-serve.
- ☐ 100% fruit juice is limited to no more than 4-6 oz. per day per child and parents are encouraged to support this limit.
- ☐ Sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda, are never offered.

Water Fit-Tastic! Materials:

- ✓ Water, Not Sugary Drinks Family Letter #4
- ✓ #4 Fit-Tastic! handout for Families at www.FitTastic.org (pictured here)



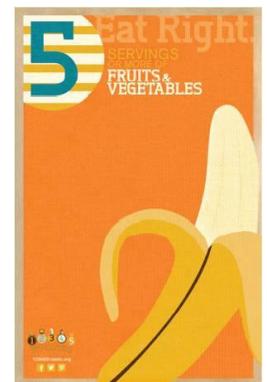
5 SERVINGS OR MORE OF FRUITS & VEGETABLES

Fruit and Vegetable Policy Ideas:

- ☐ Fruit (not juice) and/or a vegetable is served to toddlers and preschoolers at every meal.
- ☐ Holidays are celebrated with mostly healthy foods and nonfood treats.
- ☐ The center displays pictures or posters that support healthy eating.
- ☐ Nutrition education opportunities are offered to parents at least twice a year.

Fruit and Vegetable Fit-Tastic! Materials:

- ✓ Fruit and Veggie Family Policy Letter #5
- ✓ #5 Fit-Tastic! handout for Families at www.FitTastic.org
- ✓ Fit-Tastic! quarterly newsletter (available at www.FitTastic.org)
- ✓ Eat Right Fit-Tastic! poster (pictured here, contact us for copies)



In addition to those listed above, a list of more Fit-Tastic! educational and marketing materials be found at FitTastic.org. Other Fit-Tastic! materials might be helpful tools in family education and communication about policy areas.

Dear Families,

Our early care and education program understands how important it is that children get enough physical activity, avoid screen time and eat nutritious foods, especially in early childhood when they are learning and forming habits that will last a lifetime.

We work hard to make sure your child is physically active and eat healthy while they are in our care.

To that end, we are putting into policy a practice that we believe strongly in – (ADD specific policy information and detail here: **Preschoolers will be provided with 120 minutes or more of active play time every day, both indoor and outdoor.**)



We encourage you to support us by providing your children with opportunities to be physically active at home as well, as recommended by the American Academy of Pediatrics.

Being active at least an hour everyday can help children sleep better, build strong bones and muscles, feel good about themselves, and maintain a healthy weight.

Attached you'll find a Fit-Tastic! tip sheet from the Healthy Lifestyles Initiative at Children's Mercy Hospital **on getting 1 hour or more of physical activity every day, for you and your family.** You can get more ideas on physical activity and other healthy habits at www.FitTastic.org and through 12345 Fit-Tastic! Facebook and Pinterest.



Look for more information from us about being active on our front bulletin board and in our parent newsletters. Thanks for all you do!

Dear Families,

Our early care and education program understands how important it is that children get enough physical activity, avoid screen time and eat nutritious foods, especially in early childhood when they are learning and forming habits that will last a lifetime.

We work hard to make sure your children are physically active, engaged in positive experiences and eat healthy while they are in our care.

To that end, we are putting into policy a practice that we believe strongly in – (ADD specific policy information and detail here: **We will limit screen time to no more than 30 minutes per week.**)



We encourage you to work on screen time limits at home, so that children get no more than 2 hours per day, as recommended by the American Academy of Pediatrics (recommendation is for children 2 and up; zero screen time is recommended for children under 2).

Screen time, like watching TV, has been shown to negatively affect children’s food choices and their physical activity levels. Those who watch TV at meal times eat fewer fruits and vegetables.

Attached you’ll find a Fit-Tastic! tip sheet from the Healthy Lifestyles Initiative at Children’s Mercy Hospital **on screen time alternatives and limiting children to 2 hours of screen time every day.** You can get more ideas on screen time alternatives and other healthy habits at www.FitTastic.org and through 12345 Fit-Tastic! Facebook and Pinterest.



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We work hard to make sure your children are physically active, engaged in positive experiences and eat healthy while they are in our care.

To that end, we are putting into policy a practice that we believe strongly in – **ADD specific policy information and detail here: For children age 2 and older, we will serve low-fat (1%) or non-fat (skim) milk.**



We encourage you to support us by providing your children with low or nonfat milk at home as well, as recommended by the American Academy of Pediatrics (for children 2 and up; milk recommendations differ for children under 2; consult your healthcare provider).

Dairy products like milk and yogurt provide important nutrients, like Calcium and Vitamin D, for kids as they grow to build strong bones and teeth. It is best to drink 2-3 servings of skim (nonfat) or 1% (low-fat) milk a day. Both kinds of milk have the same nutrients as 2% and whole milk.



Attached you'll find a Fit-Tastic! tip sheet from the Healthy Lifestyles Initiative at Children's Mercy Hospital **on getting 3 servings of low or nonfat milk and yogurt every day**. You can get more ideas for milk and yogurt, and other healthy habits, at www.FitTastic.org and through 12345 Fit-Tastic! Facebook and Pinterest.

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Our early care and education program understands how important it is that children get enough physical activity, avoid screen time and eat nutritious foods, especially in early childhood when they are learning and forming habits that will last a lifetime.

We work hard to make sure your children are physically active, engaged in positive experiences and eat healthy while they are in our care.



To that end, we are putting into policy a practice that we believe strongly in – **ADD specific policy information and detail here: 100% fruit juice is limited to no more than 4-6 oz. per day per child.**

We encourage you to support us by limiting sugary drinks and juice provided to your children at home as well, as recommended by the American Academy of Pediatrics (for children 2 and up; recommendations differ for children under 2; consult your healthcare provider).

Fruit juice has vitamins but can have as many calories as soda. The American Academy of Pediatrics recommends that if you do drink juice, drink 4-6 ounces (about ½ measuring cup) of 100% fruit juice a day or less. Water is a great beverage for children and adults as it helps carries nutrients through the body and can prevent tooth decay.



Attached you'll find a Fit-Tastic! tip sheet from the Healthy Lifestyles Initiative at Children's Mercy Hospital **on drinking 4 servings of water, not sugary drinks, every day.** You can get more ideas on water and other healthy habits at www.FitTastic.org and through 12345 Fit-Tastic! Facebook and Pinterest.

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Dear Families,

Our early care and education program understands how important it is that children get enough physical activity, avoid screen time and eat nutritious foods, especially in early childhood when they are learning and forming habits that will last a lifetime.

We work hard to make sure your children are physically active, engaged in positive experiences and eat healthy while they are in our care.

To that end, we are putting into policy a practice that we believe strongly in - **ADD specific policy information and detail here: Fruit (not juice) and/or a vegetable is served to toddlers and preschoolers at every meal.**



We encourage you to support us by providing your children with fruits and vegetables at home as well, as recommended by the American Academy of Pediatrics.

Fruits and vegetables help keep you from getting some types of diseases such as cancer. They help make blood and keep your bones and muscles strong.

Attached you'll find a Fit-Tastic! tip sheet from the Healthy Lifestyles Initiative at Children's Mercy Hospital **on getting 5 servings of fruits and vegetables every day.** You can get more ideas and recipes for fruits and veggies at www.FitTastic.org and through 12345 Fit-Tastic! Facebook and Pinterest.



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