



HOME DAY  
CARE CENTERS



TOOLKIT





WELCOME!

are **you** ready?

Thank you for taking time to review the **5-2-1-0 Goes to Child Care Toolkit!** 5-2-1-0 Goes to Child Care works with child care programs across the Northwest corner of the state to increase healthy eating and physical activity opportunities for children. The program is part of a larger project called Let's Go! at The Barbara Bush Children's Hospital at Maine Medical Center. To learn more about Let's Go!, please visit [letsgo.org](http://letsgo.org) or Fit Together at [fittogethernwct.org](http://fittogethernwct.org).

The program is based on the following easy-to-remember message:

- 5** or more fruits & vegetables
- 2** healthy screen time habits
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

This toolkit is designed to align with your Let's Go! work throughout the year. Each tab is designed to line up with the program's 5 Step Path to Success. Within each tab are the handouts, tools, and resources that will guide and support you through each step. Take time to become familiar with the contents of the toolkit and keep it handy! The whole toolkit is also available online for your convenience.

Our hope is that 5-2-1-0 Goes to Child Care will help support child care programs in raising and educating a healthier generation of children. Please direct any feedback, questions, or comments you may have to Fit Together at 860-496-6676 or [how2fitkids.org](http://how2fitkids.org).



Northwest CT Healthy Eating & Active Living Initiative

# 5-2-1-0 GOES TO **CHILD CARE**

**Our goal is to help you go from where you are to wherever you want to be!**

Fit Together is a Northwest CT initiative that helps child care programs, out-of-school programs, schools, workplaces, and healthcare practices maintain and improve upon their healthy food choices and physical activity opportunities. 5-2-1-0 Goes to Child Care is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

**Fit Together promotes the 5-2-1-0 message:**

- 5** or more fruits & vegetables
- 2** healthy screen time habits
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

5-2-1-0 Goes to Child Care follows **five easy steps** for working with Let's Go! to improve the policies, practices, and environments that influence healthy eating and active living at child care programs.



## Fit Together and Let's Go! helps participating child care programs to:

- Reflect on their nutrition and physical activity environment and make changes to support healthy behaviors in young children.
- Increase healthy eating in young children by serving appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity by providing plenty of time for gross motor movement, limiting sedentary time, and role modeling active lifestyles.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.

### What will you receive?

- Personalized help to meet your program's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training (with contact hours) for you and any staff.
- Regular e-newsletters from the Fit Together.
- Free membership in a network of hundreds of sites across Maine, just like yours, working to improve the health of our children.

### What is expected of your program?

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the Let's Go! Survey each spring.

it's time  
to get  
started!

#### FOR MORE INFORMATION,

contact the Let's Go!

Home Office at

(207) 662-4422,

or email us at

[info@lets-go.org](mailto:info@lets-go.org)

Contact Fit Together at

[fittogethernwct.org](http://fittogethernwct.org)



Northwest CT Healthy Eating & Active Living Initiative

# 10

Let's Go!'s

## STRATEGIES FOR SUCCESS

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. Let's Go! recommends creating and implementing strong policies around these strategies.

The Redy mascot  refers to a Let's Go! priority strategy.

- 1 Limit unhealthy choices for snacks and celebrations; provide healthy choices. 
- 2 Limit or eliminate sugary drinks; provide water. 
- 3 Prohibit the use of food as a reward. 
- 4 Provide opportunities to get physical activity every day. 
- 5 Limit recreational screen time and promote healthy screen time habits.  
- 6 Participate in local, state, and national initiatives that support healthy eating and active living.
- 7 Engage community partners to help support healthy eating and active living.
- 8 Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- 9 Implement a staff wellness program that includes healthy eating and active living.
- 10 Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



Let's Go!

# DEFINITIONS

**UNHEALTHY CHOICES** include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

**HEALTHY CHOICES** include water, fruits and vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish and poultry, and healthy fats such as nuts, seeds, and avocados.

**SUGARY DRINKS** include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

**PHYSICAL ACTIVITY** is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

**SCREENS** include TVs, computers, video games, tablets, and smartphones.

**RECREATIONAL SCREEN TIME** is screen time used for non-educational purposes.

**CELEBRATIONS** honor a special day or event.

**A FOOD REWARD** is a food used to encourage good behavior.

speaking the language



# THE SCIENTIFIC **RATIONALE**

## **5** or more fruits and vegetables.

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.

## **2** choose two healthy screen time habits.

Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

## **1** hour or more of physical activity.

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.

## **0** sugary drinks, more water.

Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

\* Screen time includes time spent watching television, playing video games, using a computer, smartphone, and tablet. Recreational screen time is screen time used for non-educational purposes.

Baker S, Cochran W, Greer F, et al. The use and misuse of fruit juice in pediatrics. *Pediatrics*. 2001;107(5):1210-1213. National Association for Sport and Physical Education, Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12. (2004). Position of the American Dietetic Association: Dietary Guidance for Healthy Children Ages 2-11 Years. *J. Am. Diet. Assoc.*, 2004; 104: 660-677. Strasburger VC, Hogan MJ, Mulligan DA, et al. Children, adolescents, and the media. *Pediatrics*. 2013;132(5):958-961. The Henry J. Kaiser Family Foundation, Issue Brief: The Role of Media in Childhood Obesity, February 2004. USDHHS and USDA, 2005 Dietary Guidelines Advisory Committee Report, retrieved during 12/04 from [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines) Walter C. Willett, M.D. Eat, Drink and Be Healthy: The Harvard Guide to Healthy Eating, 2001, Free Press, NY. Adapted from the Harvard School of Public Health Prevention Research Center, Maine Youth Overweight Collaborative (MYOC) 6/5/15



Letter to Families Announcing

# A NEW **PARTNERSHIP**

Date:

Dear Families:

We are pleased to announce that we have teamed up with Fit Together, a local community wellness initiative. Fit Together is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where children and their families live, learn, work, and play. Fit Together is centered around the adopted message of Maine's Let's Go 5-2-1-0.

- 5** or more fruits & vegetables
- 2** healthy screen time habits
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

As a part of Fit Together, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don't hesitate to get involved or ask what we are working on.

For more information about 5-2-1-0 Let's Go!, visit [letsgo.org](http://letsgo.org), or contact the Let's Go! staff at (207) 662-4422 or [info@letsgo.org](mailto:info@letsgo.org). Visit [fittogethernwct.org](http://fittogethernwct.org) or call (860) 496-6676.

Sincerely,

get involved  
help out  
ask questions



Northwest CT Healthy Eating & Active Living Initiative

# Strategies for Success

The Let's Go! Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Studies have shown that the Priority Strategies can have the biggest impact on behaviors.

## Priority Strategies

1. **Limit unhealthy choices for snacks and celebrations; provide healthy choices.**
2. **Limit or eliminate sugary drinks; provide water.**
3. **Prohibit the use of food as a reward.**
4. **Provide opportunities to get physical activity every day.**
5. **Limit recreational screen time and promote healthy screen time habits.**

## Supporting Strategies

6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

- 5** or more fruits & vegetables
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# Recognition Program

Let's Go! recognizes sites that are implementing the Priority Strategies, communicating Let's Go! messages and that have policies to support healthy eating and active living.

- Recognition is determined on a yearly basis.
- Sites must complete the Let's Go! Survey each spring to be eligible for recognition.
- Recognition is tiered; each level must be completed in its entirety to be eligible to achieve the next level.

<p><b>Bronze</b> Implementation</p>	<p>Bronze Level is about fully implementing the Priority Strategies.</p> <p><b>To achieve Bronze Recognition: a program must be fully implementing the five Priority Strategies, as indicated by the questions on pages 5-9 in this packet, program-wide.</b></p> <p>Priority Strategies</p> <ol style="list-style-type: none"> <li>1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.</li> <li>2. Limit or eliminate sugary drinks; provide water.</li> <li>3. Prohibit the use of food as a reward.</li> <li>4. Provide opportunities to get physical activity every day.</li> <li>5. Limit recreational screen time and promote healthy screen time habits.</li> </ol>
<p><b>Silver</b> Communication</p>	<p>Silver Level is about communicating Let's Go! messages with all families.</p> <p><b>To achieve Silver Recognition: a program must meet the requirements for Bronze AND communicate with all families about Let's Go! in each of the following ways:</b></p> <ol style="list-style-type: none"> <li>1. Display 5-2-1-0 posters.</li> <li>2. Send home the <a href="#">Message to Families</a> to all families via email or hard copy.</li> <li>3. Communicate the Message to Families in one additional way (e.g. post on bulletin boards, Facebook page, newsletter, etc.).</li> </ol>
<p><b>Gold</b> Policy</p>	<p>Gold Level is about putting the Priority Strategies into policy. Policies can help ensure that the program environment remains a healthy place.</p> <p><b>To achieve Gold Recognition: a program must have the Priority Strategies incorporated into policy by one of the following ways:</b></p> <ol style="list-style-type: none"> <li>1. Adopt <a href="#">Let's Go! Policy Addendum</a> OR</li> <li>2. Have policy language that clearly incorporates the Priority Strategy language into program policy. Reference the <a href="#">Let's Go! Policy Checklist</a>.</li> </ol>

# Let's Go! Policy Addendum

Our program is committed to helping raise a healthier generation of children. Therefore, \_\_\_\_\_ has made it our policy to follow the Let's Go! Priority Strategies for healthy eating and physical activity.

1. We limit unhealthy choices\* for snacks and celebrations.
2. We limit or eliminate sugary drinks and provide water.\*\*
3. We prohibit the use of food as a reward.
4. We provide opportunities to get physical activity every day.
5. We limit recreational screen time and promote healthy screen time habits. 

*\*Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.*

*\*\*Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.*

This Policy Addendum was adopted on: \_\_\_\_\_  
*Date*

Let's Go! Site Champion: \_\_\_\_\_  
*Initials*



## STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

# why does this matter?



**Snacks can be good or bad for kids' diets, depending on the choices we offer.** Limiting unhealthy choices and providing healthy snacks can improve students' behavior, focus, attention span, academic achievement, and attendance. Too much junk food and an unhealthy diet decreases academic performance.<sup>1-4</sup>

**Snacks are a bigger part of kids' diets than in the past.** More snacking and unhealthy snack foods (e.g., potato chips, cookies, and candy) are major factors linked with childhood obesity. When the foods are healthier, snacking can be linked to reduced obesity.<sup>5,6</sup>

**Classroom celebrations can happen a lot and most foods served are usually high in sugar, fat, and calories.**<sup>7</sup> Limiting unhealthy choices and having healthy celebrations will support what kids are learning in the classroom about healthy behaviors.

### Serving healthy snacks to kids:

- Provides good nutrition.
- Supports lifelong healthy eating habits.
- Helps reduce the risk of developing long-lasting health conditions.<sup>8,9</sup>

#### References

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6. Piernas C, Popkin BM. Trends in snacking among US children. *Health Aff. (Millwood).* 2010;29(3):398-404.
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8. Jago R, Baranowski T, Baranowski JC. Fruit and vegetable availability: a micro environmental mediating variable? *Public Health Nutr.* 2007;10(07):681-689.
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# QUICK SNACKS

for Healthy Kids

The kids are hungry and your time is limited. Try some of these quick snacks for healthy kids that require little prep time!

- **Veggies and Dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make 'ants on a log'!)
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.
- **Taco Roll-Up:** Small whole wheat tortilla rolled with cheese, beans and salsa.
- **Turkey Roll-Up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.

continued



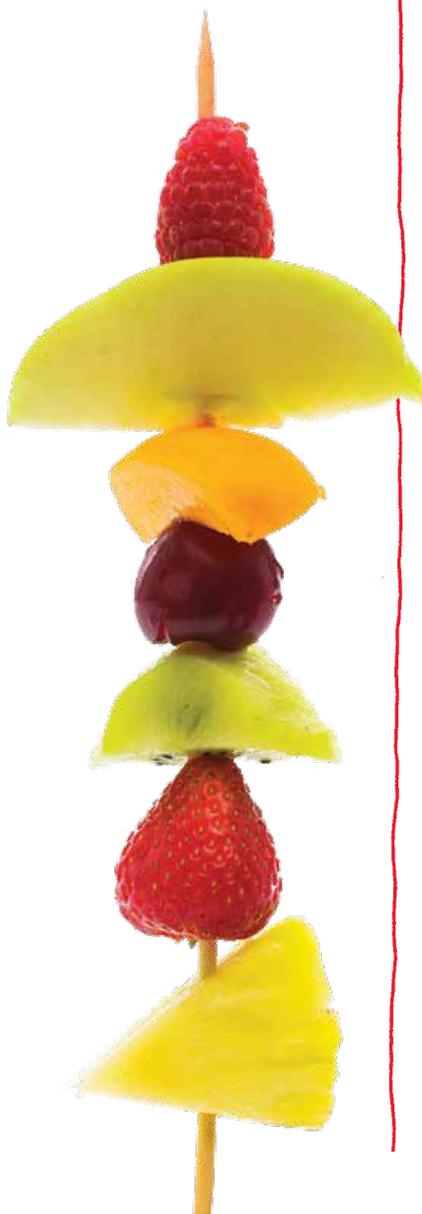
Ideas for

# HEALTHY FOOD FOR CELEBRATIONS

MaineHealth  
**LET'S GO!**  
5-2-1-0

If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.



- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies:** Show up at snack time with a blender, frozen fruit, and yogurt. (Be sure to make arrangements with the program first!)
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.
- **Assorted Fruit Platter:** Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.
- **Veggie and Dip Platter:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.
- **Taco Roll-up:** Small whole wheat tortilla rolled with cheese, beans and salsa.
- **Turkey Roll-up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.

# NON-FOOD CELEBRATIONS

We know that celebrations are often associated with cupcakes and cakes, but it's important to show children that they can have fun, feel special, and celebrate without all the sugar. Non-food celebrations can be some of the most fun and popular ways to honor a special event. Try some of these fun-filled ideas the next time you want to celebrate!

## For the Birthday Child:

- Let the birthday child be the first to do each activity for the day.
- Create a birthday library where each child's parent donates a book to the program library on their child's birthday. Read the book aloud in honor of the child's birthday.
- Allow the birthday child to be the program assistant for the day to help with special tasks, such as making deliveries around the site.
- Create a "Celebrate Me" book. Have teachers or peers write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair, and receives a special birthday surprise like a sticker, birthday card, coloring book, etc. If applicable, have the child visit the director's office to receive their gift.

## For Other Celebrations:

- Use games or crafts, asking parents to bring in supplies for the game or project. If possible, it's extra special to invite parents to the class to lead the activity.
- Ask parents to send in small items for a class trading event, such as pencils, stickers, or erasers.
- Have a dance party.
- Provide extra play time.
- Bring in guest story readers.
- Have a special show and tell.
- Have a themed scavenger hunt around the site.
- Stock a treasure chest for each child to choose something from. Ask parents to send in items or small trinkets to fill the chest.
- Eat lunch outside.
- Set up an obstacle course.



# MYSTERY VEGETABLE OR FRUIT

Sometimes it can be a challenge to motivate children to try new foods.

Making it fun and exciting can make all the difference. Try out this fun activity with the children the next time you want to introduce a new fruit or vegetable.

guess again!

**PREPARATION TIME:** 10 min.

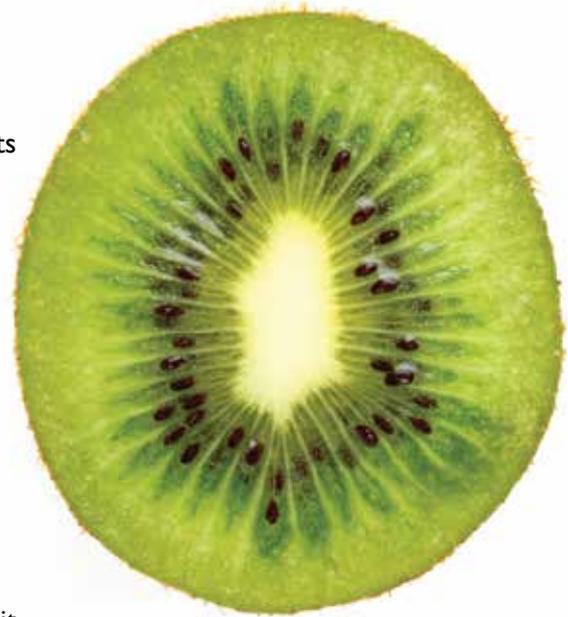
**ACTIVITY TIME:** 20 min.

**Ingredients:**

- 6 whole fresh vegetables or fruits
- 3 for the mystery bag
- 3 (of the same) to be prepared and served for taste testing

**Supplies:**

- 3 paper lunch bags
- Cutting board or sleeve
- Knife
- Utensils
- Bowls or plates
- Napkins
- Pictures of the vegetables or fruit



**Preparation Prior to Class:**

1. Choose the vegetables or fruits that will be in the mystery bags and set aside the additional vegetables or fruits for serving later.
2. Wash, peel (if necessary), and cut each additional mystery vegetable or fruit into enough bite-sized pieces for each child to have 1 to 2 pieces. Place each type of prepared vegetable or fruit in a serving bowl or plate. Refrigerate until the end of class when the mystery vegetables or fruits have been revealed.
3. Place one uncut fresh vegetable or fruit into each paper lunch bag.
4. Set up teaching area to display each picture of the mystery vegetables or fruits where all of the children can see them.

**With the Children:**

1. Ask the children to wash their hands.
2. Show the children the pictures of the vegetables or fruits, and explain that there is one of them in each mystery bag.
3. Explain that they will feel the vegetable or fruit in the bag without looking at it and try to match it to one of the pictures.
4. Take the first mystery bag around to the children, and let each child reach in and touch the vegetable or fruit inside. Ask them to look away when they reach in so they do not see the vegetable or fruit. Ask them to describe how the vegetable or fruit feels (smooth, rough, hard, soft, etc.). *continued*

5. Then, ask the children to match the vegetable or fruit they felt with one of the pictures.
6. Take the vegetable or fruit out and show them if they guessed correctly or not.
7. Repeat steps 3 to 5 for each of the mystery bags.
8. Then, cut the mystery vegetable or fruit, and discuss how the vegetable or fruit looks on the inside compared to the outside.
9. Bring out the bowls of bite-sized samples, and let the children choose which vegetables or fruits they would like to try. Allow each child to spoon desired vegetables or fruits into their bowls or plates.

**IMPORTANT:** Never force a child to either take or taste a fruit or vegetable if they don't want to. Encourage them to do what they are willing – look, smell, touch, and/or taste.

10. Give each child a utensil and napkin, and encourage them to taste their vegetables or fruits.
11. Ask them to describe how it tastes, tell you whether they like the taste, and if they would eat the vegetable or fruit at home.

**That's it! A simple, yet fun and engaging activity to get the children to try more vegetables or fruits!**

try new things!



# FAMILY STYLE MEALS

**Having children sit together and serve themselves often leads to choosier eaters being more likely to accept and try new foods!**

Child care providers have an opportunity to influence children’s eating behaviors by not only the types of foods they offer but also how they offer it. By serving family style meals a provider can create a supportive, encouraging, and healthy mealtime environment that exposes children to healthy foods and helps them learn to enjoy them.

## What are Family Style Meals?

In this style of dining, food is placed on the table in serving bowls and children are encouraged to serve themselves (some children may need help from an adult). Caregivers sit at the table and eat with the children to help model proper mealtime manners.

## Why does this matter?

Family style meals help children develop a number of skills and abilities including:

- Motor skills
- Language
- Self-esteem
- Social skills
- Table manners
- Independence

## Tips for successful Family Style Meals:

- Use child-sized everything if you can – table, chairs, serving bowls and spoons, plates, and utensils.
- Let children help from start to finish. This includes preparing the food, setting the table, serving themselves and clean-up.
- Encourage (but never force) children to take a little of everything. Help them understand what an appropriate serving size is (e.g., 1 scoop, 2 scoops, etc.).
- Talk about the taste, smell, look, and feel of food. Family style meals are a great time to teach new vocabulary and help children learn to appreciate and savor their food.
- It’s okay to start small! Maybe start serving food this way at a snack, or begin with one component like letting children set the table.

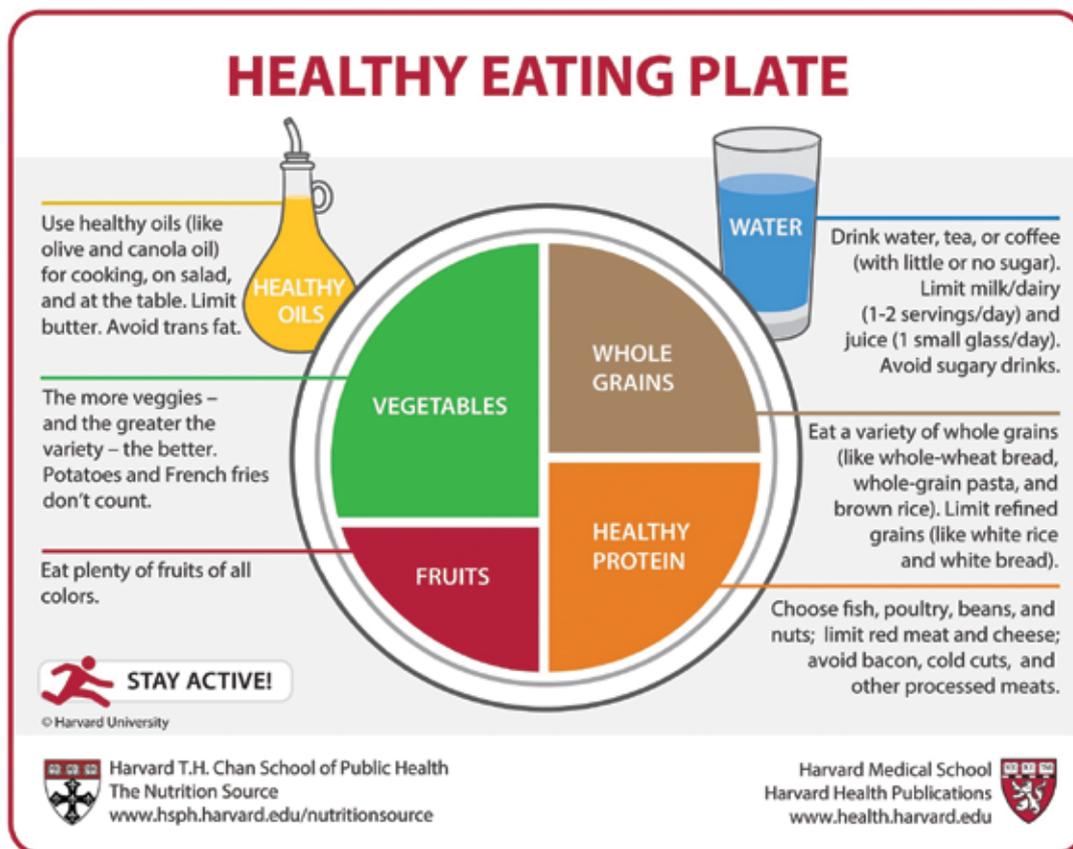
To learn more about Family Style Meals, check out The Table Project at <http://www.cditeam.org/table/> and click on ‘Family Style Dining.’

# HEALTHY EATING PLATE

For more information about The Healthy Eating Plate visit <http://www.hsph.harvard.edu/nutrition-source>.

Try using The Healthy Eating Plate as a guide for creating healthy, balanced meals and snacks—whether served on a plate or packed in a lunch box.

- Make most of your meal vegetables and fruits – ½ of your plate
- Go for whole grains – ¼ of your plate
- Don't skip the protein – ¼ of your plate
- Healthy plant oils – in moderation
- Drink water, coffee, or tea
- Stay active



Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, [www.thenutritionsource.org](http://www.thenutritionsource.org), and Harvard Health Publications, [www.health.harvard.edu](http://www.health.harvard.edu).

# HEALTHY SHOPPING ON A BUDGET

Healthy shopping on a budget takes planning!  
Planning helps you **SAVE TIME, MONEY, and EAT HEALTHIER.**

- **Make a list and stick to it.** Lists help you avoid impulse buys that are usually unhealthy and expensive.
- **Shop mostly the perimeter of the store.** Spend most of your grocery budget on natural foods found around the outside of the store like fruits, vegetables, dairy, and protein foods that are good for your body. Limit your shopping in the middle aisles to staples like pasta, canned tuna, and nut butter, avoiding other expensive processed, and often unhealthy, packaged foods.
- **Shop when you are NOT hungry or stressed.** People who shop when hungry or stressed tend to not only buy MORE food, but also healthier food.
- **Compare unit prices. Bigger is not always better!** Use the unit price to compare similar products and make sure you're getting the best deal. The unit price is the cost per a standard unit (like ounce or pound) and is usually found on a sticker on the shelf beneath the product.
- **Weigh the cost of convenience.** If food tends to rot in your fridge before you prepare it, then you could actually save money by purchasing fresh fruits and veggies that have been washed and chopped for you.
- **Try frozen and canned.** Canned and frozen produce keeps for a long time and may be cheaper per serving than fresh. For frozen, make sure you look for items with no added sauces or sugar. For canned, choose fruit canned in 100% juice and vegetables that are labeled either "low sodium" or "no added salt."
- **Use store flyers to plan your menu.** Save money by planning your menu around fruits, vegetables and other items that are on sale each week. Save time by already knowing what you are going to make for dinner each night.
- **Try store brands.** Store brands on average are cheaper by about 26% to 28% and their quality usually at least meets, and often surpasses, that of name brand products.
- **Shop in season.** Buying fruits and vegetables in season generally means your food not only tastes better, but is more nutritious and affordable.
- **Buy in bulk when foods are on sale.** Frozen and canned produce, and some fresh items like apples and carrots, will last a long time. If you have the storage space, stock up on the foods you eat regularly when they are on sale to save some money.



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5-2-1-0

A Healthy Start

# BREAKFAST IS BEST

**Keep it simple, but keep it delicious!**  
**You may like:**

- Oatmeal with cinnamon, applesauce, and a glass of milk
- A waffle or pancake with blueberries
- An English muffin with a slice of ham, egg, and cheese
- A raisin bran muffin, a banana, and a glass of milk.

**Choose whole grains most of the time!**

### Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

**Try a variety of healthy foods! Find the ones YOU like!**

### Not hungry in the morning? Start small...try:

- A cup of yogurt (plain – add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with milk.
- A slice of toast with nut butter and a glass of milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.

boost your energy and brain power!



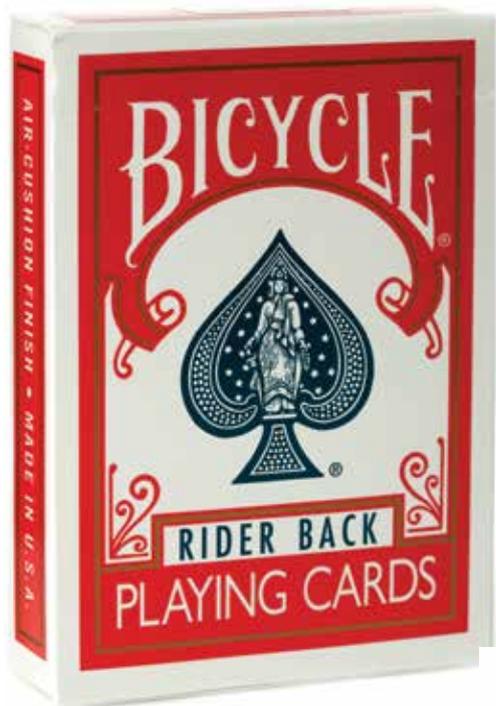
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# WHAT IS A HEALTHY PORTION?

Food portions are larger than ever these days—usually much more than we need. Choose your starting portion size by relating food to everyday items.



**A serving of meat, fish, or poultry is equal to a deck of cards.**



**A serving of fruit or vegetables is about the size of a tennis ball.**



**A serving of nut butter or salad dressing is about the size of a ping-pong ball.**



**For toddlers, the right portion size is the size of the palm of their hand.**

continued

Handling a

# “CHOOSY” EATER

**Often, choosy eating is a sign your child is growing up and becoming more independent.**

What seems “choosy” may just be your child’s first steps in learning to make decisions. Learn how to handle eating challenges and avoid conflict so meals don’t become a tug-o-war of control.

**If you are concerned about your child’s weight or eating habits, consult your pediatrician.**

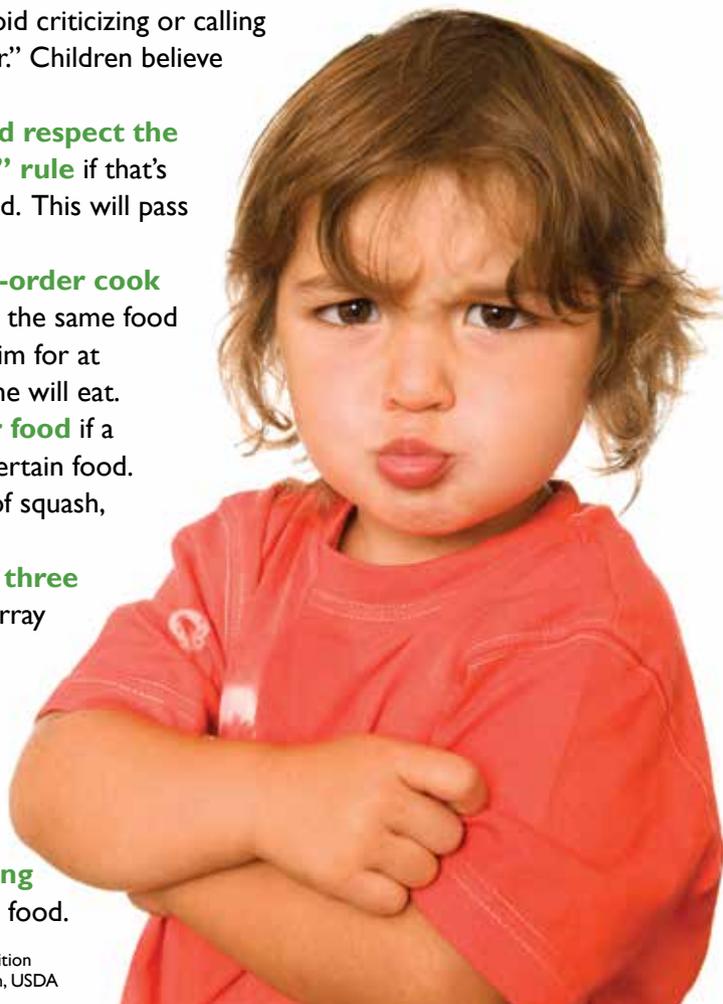
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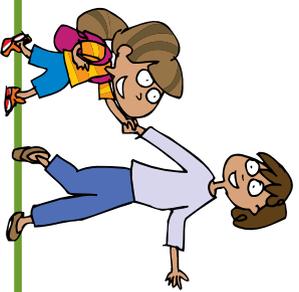
What do you do if your child refuses a whole meal because something they don’t like touched their plate? Or if they refuse to eat anything other than fruit and two days ago would only eat peanut butter sandwiches? Or maybe your child is not showing any interest in food at all!

These behaviors are not uncommon. Here are ten tips for handling a “choosy” eater to make meal times more pleasant again:

1. **Treat food jags casually.** A food jag is when a child eats only a certain food for a period of time. They usually do not last long.
2. **Look at what a child eats over several days,** instead of over one day or per meal. Most kids are eating more variety than you think.
3. **Trust your child’s appetite.** Forcing a child to eat more than they want can cause conflict and lead to overeating.
4. **Set reasonable time limits for the start and end of a meal** and then quietly remove the plate.
5. **Stay positive** and avoid criticizing or calling any child a “picky eater.” Children believe what we say!
6. **Serve food plain and respect the “no foods touching” rule** if that’s important to your child. This will pass in time.
7. **Avoid being a short-order cook** by making and offering the same food for the whole family. Aim for at least one food everyone will eat.
8. **Substitute a similar food** if a child does not like a certain food. For example, instead of squash, offer sweet potatoes.
9. **Provide just two or three choices,** not a huge array of food. Then let your child decide. Keep in mind your child may choose nothing and that is okay!
10. **Focus on your child’s positive eating behavior,** not on the food.

Adapted from “Nibbles for Health” Nutrition Newsletter for Parents of Young Children, USDA Food and Nutrition Service.





## Phrases that **HELP** and **HINDER**

As the caregiver, you play the biggest role in your child's eating behavior.

What you say has an impact on developing healthy eating habits.

Negative phrases can easily be changed into positive, helpful ones!



### Phrases that **HINDER**

#### INSTEAD OF ...

*Eat that for me.*

*If you do not eat one more bite, I will be mad.*

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.

#### INSTEAD OF ...

*You're such a big girl; you finished all your peas.*

*Jenny, look at your sister. She ate all of her bananas.*

*You have to take one more bite before you leave the table.*

Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

#### INSTEAD OF ...

*See, that didn't taste so bad, did it?*

This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

#### INSTEAD OF ...

*No dessert until you eat your vegetables.*

*Stop crying and I will give you a cookie.*

Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

### Phrases that **HELP**

#### TRY ...

*This is kiwi fruit; it's sweet like a strawberry.*

*These radishes are very crunchy!*

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

#### TRY ...

*Is your stomach telling you that you're full?*

*Is your stomach still making its hungry growing noise?*

*Has your tummy had enough?*

Phrases like these help your child to recognize when he or she is full. This can prevent overeating.

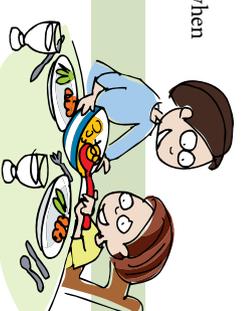
#### TRY ...

*Do you like that?*

*Which one is your favorite?*

*Everybody likes different foods, don't they?*

Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.



#### TRY ...

*We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?*

*I am sorry you are sad. Come here and let me give you a big hug.*

Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.

## STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

# why does this matter?

**Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.<sup>1</sup> Research shows that sugary drinks contribute to childhood obesity.<sup>2</sup>**

**Sugary drinks provide a lot of calories very quickly.** This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.<sup>3</sup>

**A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.<sup>3</sup> One serving of soda per day could lead to a 15 pound weight gain in one year.<sup>4</sup> Each additional daily serving of soda increases a child's risk of obesity by 60%.<sup>5</sup>**

**Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.** Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.<sup>6,7</sup>

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# 0

## SUGARY DRINKS... DRINK WATER!

### Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or milk instead of juice.
- If you choose to serve juice:
  - Buy 100% juice.
  - Each day, juice should be limited to:
    - 4-6 ounces for children 1-6 years old.
    - 8-12 ounces for children 7-18 years old.
    - No juice for children 6 months and under.

### Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.

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## Water!

### Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

### Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

### Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

### Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water– it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!



### The best drinks for young children—and for kids of all ages—are water and milk.

- Water is essential for good health and is the best thirst quencher.
- Milk is loaded with important nutrients, especially calcium, which is vital to proper development of teeth and bones.
  - Children between 1 and 2 years old should be drinking whole milk and/or breast milk.
  - Preschoolers can consume 2-3 cups of milk (or other dairy, or dairy alternative products like fortified soy or almond milk) every day.
- Even 100% juice has a significant amount of sugar, so limit to no more than one serving (about 4-6 ounces) of 100% juice a day.
- Kids may be less likely to drink enough water and milk if soda and other sugar-sweetened beverages are available.

### What You Can Do:

- Promote water and milk as the drinks of choice.
- Offer milk or milk alternatives at all meals, and water between meals.
- For flavored milk, limit the added sugar by flavoring it yourself versus buying premixed versions. Note: Flavored milk should only be an occasional treat, if served at all.
- Use the drink chart below to talk with your kids about how much sugar is in some common drinks.
- Bring water or milk instead of sugar-sweetened drinks to celebrations.
- Be a role model by drinking water or milk.

DRINK	SIZE	SUGAR
Water	8 oz.	0
Milk	8 oz.	11 grams
100% Orange Juice	8 oz.	22 grams
Juice Drink (10% fruit juice)	8 oz.	38 grams
Powdered Drink Mix (with added sugar)	8 oz.	24 grams
Soda	8 oz.	27 grams

## STRATEGY 3: Prohibit the Use of Food as a Reward

# why does this matter

**Rewarding kids with food, even healthy foods, encourages kids to eat outside of meal and snack times**, when they may not be hungry, and can lead to poor eating habits.<sup>1,2</sup>

Using food, such as candy, cookies, doughnuts, sugary drinks, and pizza, as a reward for good behavior and academic performance is a common practice with kids and **puts them at risk for excess weight gain and obesity.**<sup>3,4</sup>

Encouraging kids to eat healthy foods, but at the same time rewarding good behavior with unhealthy foods, **sends a mixed message and confuses kids.**<sup>1</sup>

**Foods that are used as rewards are typically high in sugar, fat, and salt with little nutritional value**, and can play a role in establishing kids' preferences for unhealthy foods.<sup>1,2</sup>

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Use

# NON-FOOD REWARDS

To support your efforts, develop guidelines that prohibit the use of food as a reward.

## Low Cost Rewards

- Awards or medals
- Bubbles
- Crayons
- Finger puppets
- Ribbons
- Rubber balls
- Slinkys
- Spinning tops
- Yo-yos



## Alternatives to Food as a Reward

### No Cost Rewards

- Verbal praise that is specific (e.g., “You did a great job, John. I’m so proud of you for sharing your toys with the other kids today.”)
- Share a special item or talent with the class.
- Be “Super Kid of the Day,” or “Star of the Day.”
- Sit in a special seat during snack time or lunch.
- Be recognized in a newsletter or on a bulletin board.
- Be given an important responsibility.
- Receive a compliment from the other kids in the child care.
- Receive a positive note from the director or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead group activities such as Simon Says.
- Receive coupons with special privileges.
- Attend a reading party (children bring blankets to sit on and read favorite books).
- Read a favorite poem
- Share favorite picture of family member or friend
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Eat lunch with the director or a favorite provider.
- Dance to favorite music.
- Schedule a field trip.
- Read the children’s favorite book.
- Allow extra or longer play time.
  - Offer extra outdoor activities.
  - Hold a monthly indoor or outdoor physical activity event to celebrate accomplishments or birthdays.
  - Make a list of fun, non-food rewards with the children and post it where everyone can see it. Let the children choose a non-food reward from the list when appropriate.

### Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.

**Be sure to avoid giving extra time in front of a TV or computer as a reward!**

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# NON-FOOD REWARDS AT HOME

## How can you celebrate a job well done without using food treats?

### Here are some ideas:

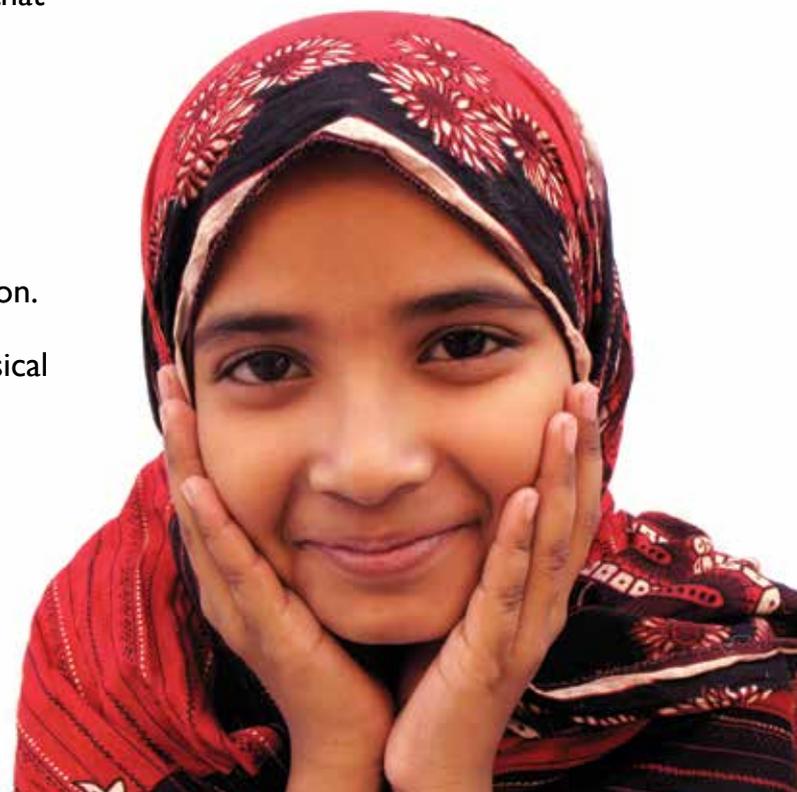
- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it. Allow your child to choose something from the list when appropriate.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of your child's friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Allow the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

### Food as a reward:

- Contributes to poor health.
- Encourages over-consumption of unhealthy foods.
- Contributes to poor eating habits.
- Increases preferences for sweets.

Be sure to avoid giving extra time in front of the TV or computer as a reward!

Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."



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## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# why does this matter?

**Active kids tend to be healthier kids, and healthier kids are better learners.**

**Regular physical activity reduces feelings of anxiety, stress, and depression, and increases self-esteem.<sup>1,2</sup>**

**Kids who are physically active on a daily basis are less likely to be overweight or obese. They are also less likely to develop risk factors for chronic diseases and several types of cancer.<sup>1-3</sup>**

**Students who are physically active tend to have better grades, school attendance, and classroom behaviors.<sup>4-8</sup>**

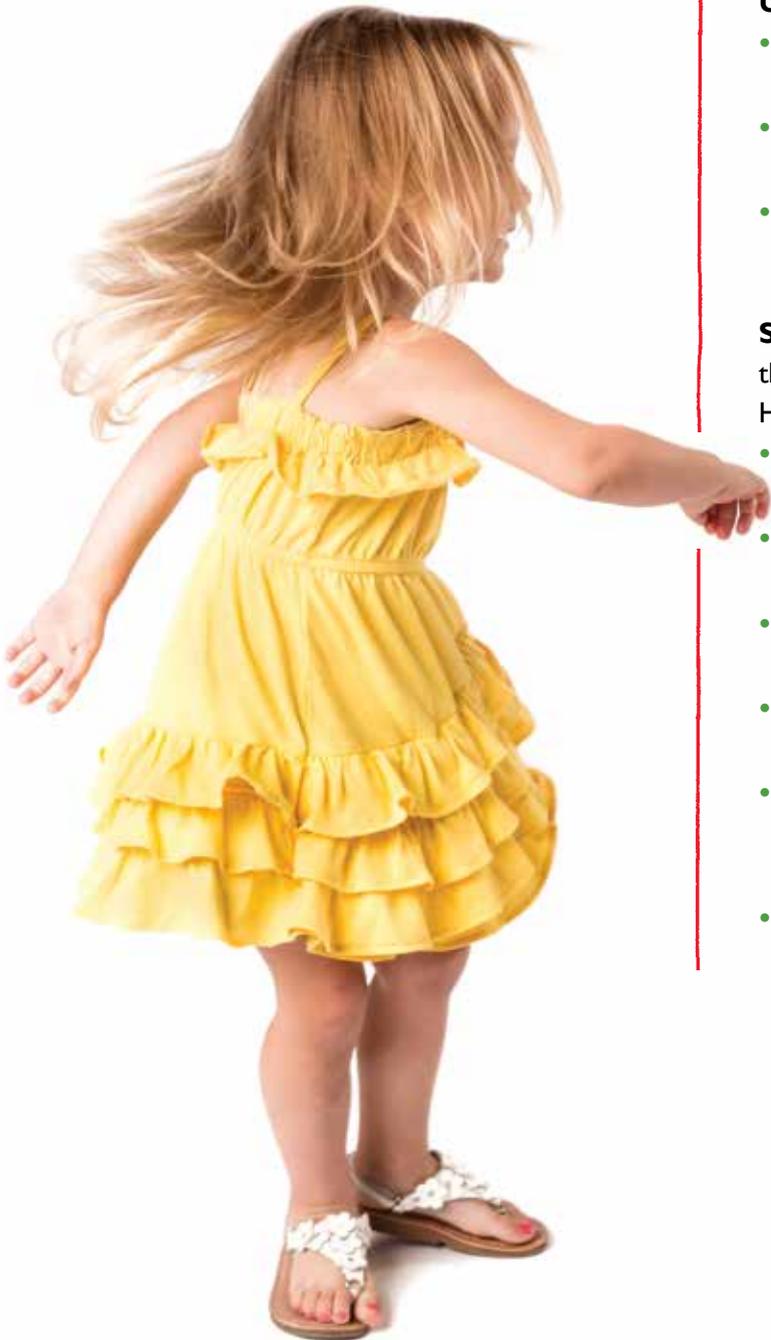
**Students spend most of their time in the classroom, making it a practical location for adding opportunities for physical activity. Brief classroom physical activity breaks (5-10 minutes) can improve attention, concentration, on-task behavior, and test scores.<sup>4-8</sup>**

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Use

# PHYSICAL ACTIVITY AS A REWARD



**Let's help kids understand that movement can be fun!**

**Using physical activity instead of a food reward:**

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

**So next time you want to reward kids,** think about how you could make it physically active. Here are some ideas to get you started:

- A 'walk and talk' with a special person.
- Dancing to favorite music.
- Extra outdoor time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.

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# 1

## GET AT LEAST HOUR OF PHYSICAL ACTIVITY EVERY DAY

### Move an hour every day!

#### Physical Activity Can Be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

#### Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g. balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g. TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.



#### Did you know?

One hour of moderate physical activity means:

- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.
- **Helps keep you healthy!**

#### Be a Role Model.

- Schedule active family play time daily.

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5-2-1-0

# MAKE **PHYSICAL PLAY** PART OF **EVERY DAY!**

Children need **LOTS** of time to move their bodies! Movement helps children develop their motor skills, which are important to all other areas of development—language, cognition, social, emotional, and adaptive skills. Children need encouragement, instruction, and opportunity to develop their motor skills; help support this by practicing the following.

## Be intentional about teaching your kids how to move.

Movement skills don't always naturally develop. Try purposefully including the following active movements in your play time with your children:

**UPTO 1 YEAR OLD** – Stretching, patting, grasping, releasing, creeping, crawling

**1 TO 2 YEARS OLD** – Clapping, grabbing, squeezing, pressing, stamping, pushing, pulling, jumping

**2 TO 3 YEARS OLD** – Twisting, balancing, waddling, climbing, marching, rolling, sliding, turning

**3 TO 4 YEARS OLD** – Hopping, tossing, galloping, jumping, slithering, darting, bouncing, trudging

**4 TO 5 YEARS OLD** – Tumbling, running, galloping, prancing, skipping, throwing, catching, tip-toeing, bending, stretching, collapsing, sneaking, balancing, trotting, kicking, batting

## Choose toys that promote movement.

Depending on the age of your child, there are different toys to consider.

**UPTO 1 YEAR OLD** – Floor mirrors, crib gyms, snap lock beads, push and pull toys, low climbing platforms

**1 TO 2 YEARS OLD** – Activity tables, bean bags, tunnels, large balls, ride on toys (no pedals)

**2 TO 3 YEARS OLD** – Wagon/wheelbarrow, spinning seat, hopper balls, rocking horse

**3 TO 4 YEARS OLD** – Foam flying disks, soft baseball and bat, adult-like push toy (lawnmower, vacuum, etc.), double blade ice skates, ribbon wands

**4 TO 5 YEARS OLD** – Climbing ropes, kite, jump rope, Velcro catching mitt, junior size sports equipment (soccer ball, football, batting tee, etc.)

## Make your family time active by:

- Scheduling active family play into your routine.
- Playing active games together (Twister, red light/green light, Simon says, charades, tag).
- Acting out favorite stories.
- Going on a walk or hike together.
- Setting up an obstacle course in the house or garage.
- Dancing to music.

## STRATEGY 5: Limit Recreational Screen Time

# why does this matter?



**Limiting screen time can help prevent childhood obesity.<sup>1</sup>**

**Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when they are older.<sup>2</sup>**

**Too much screen time puts kids at risk for lower reading scores, attention problems, and problems learning.<sup>3-6</sup>**

**Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.**

**As new screen technologies become popular, they don't replace the old ones.** For example, video games and tablets have not replaced television time—they have actually added to the amount of time kids spend with screens.<sup>7</sup>

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## Choose 2 Healthy Screen Time Habits

### For children < 2 years old:

- Read 2 books per day
- Eliminate TV in the bedroom and entertainment screen time

### For children ages 2-9 years old:

- Tablet use is ok, but discourage personal smart phones
- TV and tablet screens can be distracting in the bedroom, opt for those in the living room only!
- Limit recreational screen time, including gaming, to 2 hours per day
- Encourage kids to play a game or activity instead of binge-watching television
- Aim for 30 minutes of uninterrupted reading each day

### For children ages 10 + years old:

- Personal smart phones are okay
- If your child has a phone, have them charge it in the kitchen or living room
- Eliminate smart phone use in the bedroom
- Have tech free time each day during homework and dinner. This includes going out to restaurants!
- Stay away from multitasking, stick to one activity at a time
- As a parent, check your child's average hours on their phone

Create a family media plan. Go to [healthychildren.org/mediauseplan](http://healthychildren.org/mediauseplan)  
Be a role model- check your own screen time habits.



# LIMIT RECREATIONAL SCREEN TIME HOURS OR LESS EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

## Life is a lot more fun when you join in!

### Try These Activities Instead of Watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

### Tame the TV and Computer!

#### Set Limits and Provide Alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

### Healthy Screen Time Means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

### Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.

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5-2-1-0

# PROMOTE **HEALTHY VIEWING** HABITS

## How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not have ANY SCREEN TIME and that those older than 2 have no more than 1-2 hours a day of quality programming.

### Why is this important?

The first two years of life are considered a critical time for brain development. TV and other electronic devices can get in the way of exploring, playing, and interacting with parents and others, which encourages learning and healthy physical and social development.

### Here are some tips you can use to help your child develop positive screen time habits:

- Keep screens out of your child's bedroom.
- Turn off TV and put away handheld devices during meal time.
- Treat screen time as a privilege to be earned — not a right.
- Establish and enforce family viewing rules, like allowing screen time only after chores and homework are complete.
- Make a list of fun activities to do instead of being in front of a screen. Keep books, magazines, and board games easily available.

### What counts as a screen time?

Screen time means any time spent using TVs, computers, video games, tablets, and/or smart phones.



# UNPLUGGED!

Life is a lot more fun when you join in!



## Interesting Facts About TV

- Screen time can be habit-forming: the more time children engage with screens, the harder time they have turning them off as they become older children.
- Over 50% of advertisements accompanying children's TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.
- Reducing screen time can help prevent childhood obesity.
- Children who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.
- Limiting exposure to television during the first 4 years of life may decrease children's interest in it in later years.

Adapted from Campaign for a Commercial-Free Childhood

## Check these out!

- Center on Media and Child Health: [www.cmch.tv](http://www.cmch.tv)
- Campaign for a Commercial-Free Childhood: [www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

## Try some of these "unplugged" activities instead of watching TV.

- Take a walk
- Ride a bike
- Go on a nature hike
- Put together a jigsaw puzzle
- Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Read a book
- Play outside
- Turn on the music and dance
- Start a journal

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# TIPS FOR **READING** TO YOUNG CHILDREN

**Reading to your child at least 20 minutes a day is very important, even with infants.**

Concepts like stories, numbers, colors, shapes, and many more come to life when you read to your child and spend time together looking at the book. Reading to your child naturally helps bonding and closeness while helping a growing brain develop.

**Here are some tips to help make reading to your young child a joy for everyone involved!**

- For squirmy kids, use your own words instead of reading the text. It's okay to forget the plot for now and just talk about the pictures. Point to objects as you talk about them.
- Put life into the reading with your voice. Give different voices to different characters. Make the sounds of the animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same things using the same words. Children love repetition and enjoy it when they know what you're going to say next.
- Encourage participation in the story (e.g., pointing at objects, repeating words after you, or adding sound effects).



**Even if you don't feel like reading, remember, many requests for book-time are merely indications that your child wants to sit and cuddle.**

- Talk about the pictures; don't stay on one page too long. Don't even expect to finish the book!
- Start with "easy-to-read," bright, simple picture books.
- Use the book the way you want to use it. For instance: you don't have to teach numbers to a one-year-old with a counting book. Just talk about the pictures, instead. You don't have to read what the book says. If the story includes a particular event or emotion you'd rather not present, make up your own version.

**Reading together is a great substitute for screen time.**

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5-2-1-0

# SING

Original Version of the  
5-2-1-0 SONG

5 – 2 – 1 and 0

That's a funny way to count you say.

5 – 2 – 1 and 0

Well that's the way to stay healthy today.

5 fruits and vegetables everyday

Make your mind and body strong.

Like carrots or broccoli or apples or bananas

Or green beans that grow long.

5 – 2 – 1 and 0

That's a funny way to count you say.

5 – 2 – 1 and 0

But that's the way to stay healthy today.

And TV and video games, we know that they are fun

But just keep it under 2 hours

And let your imagination run ...

With.... 5 – 2 – 1 and 0

That's a funny way to count you say.

But 5 – 2 – 1 and 0

That's the way to stay healthy today.

And run and jump and play outside

For at least 1 hour

And when you're thirsty, leave the soda behind

But grab an ice cold milk or a water that's fine...

And remember.... 5 – 2 – 1 and 0

Well that's a funny way to count you say.

But 5 – 2 – 1 and 0

Well that's the way to stay healthy today.

That's the way to stay healthy today!

Lyrics and Music

By Sara Yasner



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LET'S GO!

5-2-1-0

Listen to the Original 5-2-1-0 Song [online at letsgo.org](http://letsgo.org).

## Physical Activity:

### **Wiggle Waggle** by Jonathan London

Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll of a bear.

### **On the Go!** by Jess Stockham

Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.

### **From Head to Toe** by Eric Carle

Encourages the reader to exercise by following the movements of various animals.

### **Get Moving with Grover** by Abigail Tabby

Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.

### **I Went Walking** by Sue Williams

During the course of a walk, a young boy identifies animals of different colors and soon has a trail of animals following him.

### **Froggy Learns to Swim** by Jonathan London

Froggy is afraid of the water until his mother, along with his flippers, snorkel, and mask, help him learn to swim.

### **Hop Jump** by Ellen Stoll Walsh

Bored with just hopping and jumping, a frog discovers dancing.

### **Animal Exercises** by Mandy Ross

A collection of poems describes how familiar animals keep in shape.

### **The Busy Body Book** by Lizzy Rockwell

Exploring all the many moves, twists, and turns a human body can do, this book is designed to encourage kids to move around, use their bodies, and learn the importance of staying actively fit.

### **Duck on a Bike** by David Shannon

A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

### **Doing the Animal Bop** by Jan Ormerod

Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.

## Breastfeeding:

### **We Like to Nurse** by Chia Martin

This book celebrates the wonder of breastfeeding in humans and animals.

### **Mama's Milk** by Michael Elsohn Ross

This book displays humans and animals breastfeeding in their natural habitats, celebrating the warm and loving bond between mammal mamas and their babies.

### **This Milk Tastes Good! A Breastfeeding Nursery Rhyme** by Chenniah Patrick

An amusing tale that celebrates the joy of breastfeeding, highlighting that breast milk is nutritional and tasty.

### **Best Milk** by Kate Carothers

This book helps explain and normalize breastfeeding talking about how animals nurse and how breastfeeding can happen anywhere.

### **Only the Cat Saw** by Ashley Wolff

Pictures show the natural wonders, including the baby nursing at night, which go unnoticed by a busy young family—except by their observant cat.

### **Happy Birth Day!** by Robie H. Harris

A mother tells her child about its first day of life from the moment of birth through the end of the birth day including breathing, nursing, and sleeping.

Content adapted from Nemours.org/growuphealthy and the 2013 Midcoast Public Health CTG Breastfeeding Resource Toolkit for Early Childcare and Education Centers.

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Child Care Suggested Book List