



Child Care Pledge Starter Kit

Helping kids in central Indiana lead healthier,
more active lives.



Families



Child Care



Youth



Schools



Employers



Faith



Community



Child Care Pledge Starter Kit

This Pledge Starter Kit is designed to help you develop a successful Action Plan to implement the Jump IN Pledge in your program. That Plan will help you understand what activities your program is already doing in support of these strategies and where you want to focus your efforts this year.

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Child Care Name: _____

Date Completed: _____

Completed By: _____

For assistance with your Action Plan, contact Jump IN staff at
Pledge@jumpinhealth.org.





Child Care Pledge Starter Kit



Getting Started Checklist

We are so excited that you have agreed to become a Jump IN Role Model for your children and families! We're eager to help you get started to help your children lead healthy, active lives.

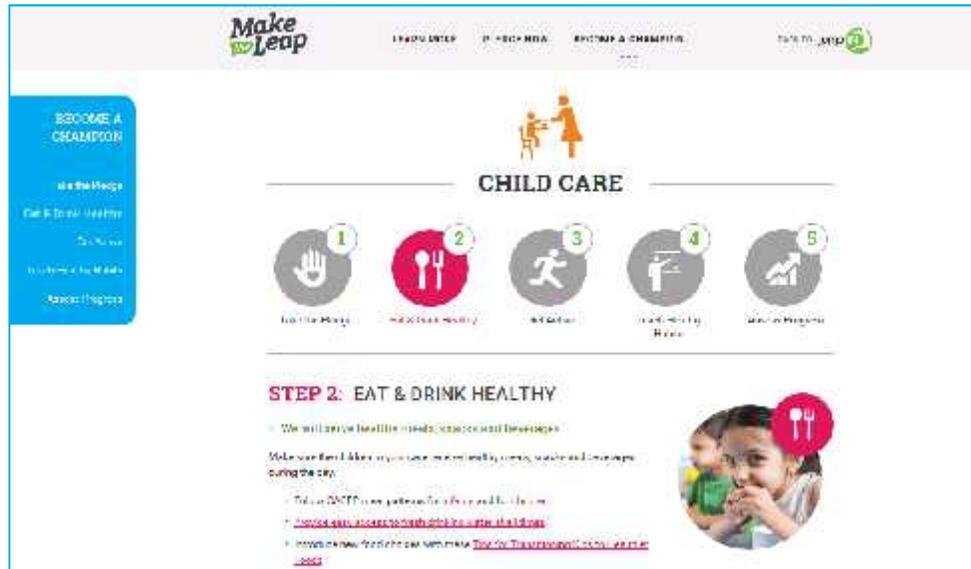
Review the list below and check off the steps as you complete them.

- We have assembled a Pledge Action Team to implement the Pledge in our child care program. *(for larger providers and Head Starts)*
- We have made our child care community *(where applicable: program director, teachers, support staff, program cooks, administrators, and parents)* aware of our participation in the Jump IN Pledge and our desire to become a Jump IN Champion.
- We are displaying the Child Care Pledge in a prominent location.
- We have 5-2-1-0 posters up in key locations such as the building entrance, in hallways, on bulletin boards, and in care rooms.
- We send 5-2-1-0 materials home to our parents and care givers.
- We have completed an Assessment of our policies and practices and have developed an Action Plan to implement healthy eating and physical activity strategies.
- We have reviewed our activities and completed the year end Progress Report.



Child Care Pledge Starter Kit

Using The Website



The Jump IN Pledge website (www.JumpINPledge.org) is designed to help you take all the steps you need to fulfill the Pledge and become a Jump IN Champion.

Each Step provides tips and resources that correspond to specific Pledge commitments:

Step 2: Eat & Drink Healthy

Step 3: Get Active

Step 4: Teach Healthy Habits

Please note: *You don't have to complete each step in this order; you should choose to work on your strategies in the order that makes the most sense for your program.*

On a regular basis, we'll share new ideas and materials with you through our email newsletter and through our blog. You can also find the latest materials on our Resource page.



Child Care Pledge Starter Kit

Why 5-2-1-0?

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

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

5-2-1-0 is an easy to remember and consistent message based on scientifically proven strategies.

5: 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, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.

2: 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: 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: 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.

(information taken from *5-2-1-0 Let's Go*, www.letsgo.org)



Child Care Pledge Starter Kit

Make the Leap

THE PLEDGE FOR *Child Care Providers*

We support the mission of Jump IN for Healthy Kids, and we pledge to do our part to inspire children, youth and their families to lead healthy lives in our community:

- › We will serve healthy meals, snacks and beverages.
- › We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.
- › We will model healthy eating habits for our children.
- › We will incorporate recommended nutrition and physical activity guidelines into our policies and practices.
- › We will encourage parents and caregivers to promote healthy habits at home.

We pledge to be a place where children and their families have real opportunities to make healthy choices in a healthy environment.

Child Care Provider Name

Owner/
Executive Director/
Lead Teacher

Date





Child Care Pledge Starter Kit

SAMPLE LETTER TO FAMILIES ABOUT THE PLEDGE

[Date]

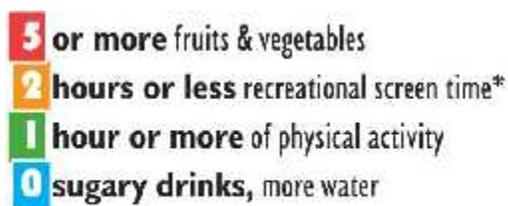
Dear Families:

Our child care program believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners.

To support healthy students and families, we have taken the **Jump IN Pledge for Child Care Providers** and will do our part to help you and your children make healthy choices:

- ❖ We will serve healthy meals, snacks and beverages.
- ❖ We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.
- ❖ We will model healthy eating habits for our children.
- ❖ We will incorporate recommended nutrition and physical activity guidelines into our policies and practices.
- ❖ We will encourage parents and caregivers to promote healthy habits at home.

We are joining other schools, child care providers, youth organizations and out of school programs in promoting the *5-2-1-0 Every Day* message:



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

Your student will receive more information about 5-2-1-0 throughout the year. If you have any questions please don't hesitate to contact us. If you would like more information about the *Jump IN Pledge* visit www.JumpINPledge.org. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,

Child Care Director



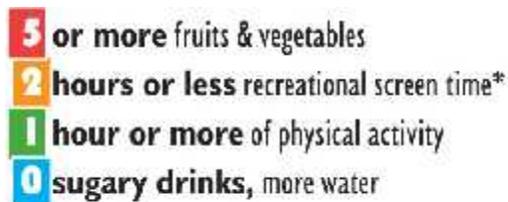
Child Care Pledge Starter Kit

SAMPLE NEWSLETTER ARTICLE ABOUT THE PLEDGE

On _____[date], our child care program joined other providers all across central Indiana in taking the **Jump IN Pledge for Child Care Providers**. We have pledged to do our part to help students make healthy choices by doing the following things:

- ❖ We will serve healthy meals, snacks and beverages.
- ❖ We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.
- ❖ We will model healthy eating habits for our children.
- ❖ We will incorporate recommended nutrition and physical activity guidelines into our policies and practices.
- ❖ We will encourage parents and caregivers to promote healthy habits at home.

You can learn more about the Jump IN Pledge at www.JumpINPledge.org. We will be promoting the *5-2-1-0 Every Day* message:



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

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. Together we can create a healthier place for our students to learn!



Assessment/Action Plan/Progress Report



- ✓ Assess Your Current Activities and Policies
- ✓ Develop an Action Plan
- ✓ Chart Your Progress Toward Your Goals

You have your Pledge Action Team in place. You've told everyone that your program is a Jump IN Role Model dedicated to helping your students be healthy and active. You're ready to become a Champion for your students.

- ✓ **Assess Your Current Activities and Policies.** Let's get started by understanding where you're already excelling, and where you need to focus more attention. The Jump IN Assessment helps you take that step by comparing your current activities with the best practices of child care programs like yours that share your commitment to your children's health.
- ✓ **Develop an Action Plan.** When you find areas to work on, a downloadable Action Plan template will let you set concrete, realistic goals to work on in the coming year, with help from the many tools and resources on the Jump IN Pledge website.
- ✓ **Chart Your Progress.** Finally, at the end of the year, you'll be able to chart your Progress toward becoming a Jump IN Champion and earning recognitions and rewards for your efforts – small tokens of appreciation that recognize the greatest reward of all: your role in improving the health of your children!



Child Care Assessment and Action Plan

Now that you've Made the Leap and taken the Jump IN Pledge, this Assessment and Action Plan will help you review your policies and practices to understand what activities your child care program is already doing and where you should focus your efforts.

This easy-to-use tool tells you what standards your program should meet to fulfill the five commitments of the Pledge, how to assess your current status, and whether you've hit the target—congratulations!—or have additional things to do.





Eat and Drink Healthy

We will serve healthy meals, snacks and beverages.

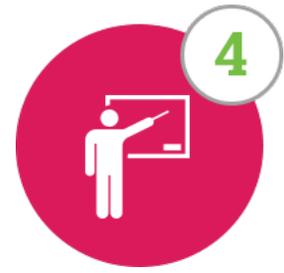
Standard	Assessment – where is your ECE program right now?	Result
All meals, snacks, and beverages served meet or exceed CACFP meal standards.	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Our program has adopted written policies that promote best-practice recommendations in 2 or more areas from this list: <ul style="list-style-type: none"> <input type="checkbox"/> breastfeeding support <input type="checkbox"/> foods from outside our facility <input type="checkbox"/> menus and variety <input type="checkbox"/> mealtime environment <input type="checkbox"/> nutrition education for staff and families 	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:



Get Active

We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.

Standard	Assessment – where is your ECE program right now?	Action Plan for 2015-16
Children <2 have zero screen time, and children ≥2 have no more than 30 minutes per week of screen time (television, computer, or laptop activities)	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Each day includes both structured and unstructured play time (all ages).	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Each day includes outdoor play for children ≥2.	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Our program has adopted written policies that promote two or more specific recommendations for a healthy physical activity environment	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:



Teach Healthy Habits

We will model healthy eating habits for our children.

We will encourage parents and caregivers to promote healthy habits at home.

Standard	Assessment – where is your ECE program right now?	Action Plan for 2015-16
All meals (breakfast, lunch, or dinner) are served family-style.	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>≥80% of teachers model healthy eating by using two or more of these techniques:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat together. Eat meals with your child <input type="checkbox"/> Take it with you. Show your child how to make healthy choices when you are on the run. <input type="checkbox"/> Share the adventure. Be willing to try new foods, and try new foods together 	<ul style="list-style-type: none"> <input type="radio"/> Yes <input type="radio"/> No <input type="checkbox"/> Cook together. Encourage your preschooler to help you prepare meals and snacks. <input type="checkbox"/> Keep things positive. Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods. 	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>Our program distributes to families at least four times throughout the year education materials that promote all of these:</p> <ul style="list-style-type: none"> <input type="checkbox"/> healthy eating; <input type="checkbox"/> physical activity; <input type="checkbox"/> breastfeeding information 	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>Our program offers each year at least two structured activities designed for families--</p> <p>one that promotes healthy eating, such as a cooking class; and one that promotes moderate to vigorous physical activity, such as a family exercise fun night or weekly dance time for children and their families.</p>	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16: