

Many children spend their first learning years in early childcare settings. It is important that we create environments that teach children the importance of health from the very beginning. Advocating for health and wellness in the first years of life can have a great impact on children's future health behaviors!

Eat



More Fruits and Veggies!

Who said you couldn't play with your food? Get creative when enjoying fresh fruits and veggies in presentation or preparation.



Get Kids Involved

Hold monthly taste tests of local, seasonal foods. Have kids try them alone or work together to make a new recipe. You may be surprised what rises to the top as a new favorite!



Farm to Fork

Educate kids about where their food comes from. Incorporate these lessons into reading, activity or field trips at a local farm.

Move

Make plans for field trips to local areas that promote physical activity, such as parks or beaches. Some of these locations may be within walking distance of the facility and will allow children to learn about the community as well!



Ensure there are areas inside and outdoors where children can play. Ten to fifteen minute breaks throughout the day are a win-win by getting kids active and ready to learn!

Connect

Children look up to their role models, taking cues on how to act. Staff practicing these strategies reinforces the behavior in kids.



Get creative! Develop group activities that get kids active and engaged with their peers.

Join the movement at www.live54218.org