



Hello

This video training will last 60 minutes, with opportunities for you to get up and move around with us!

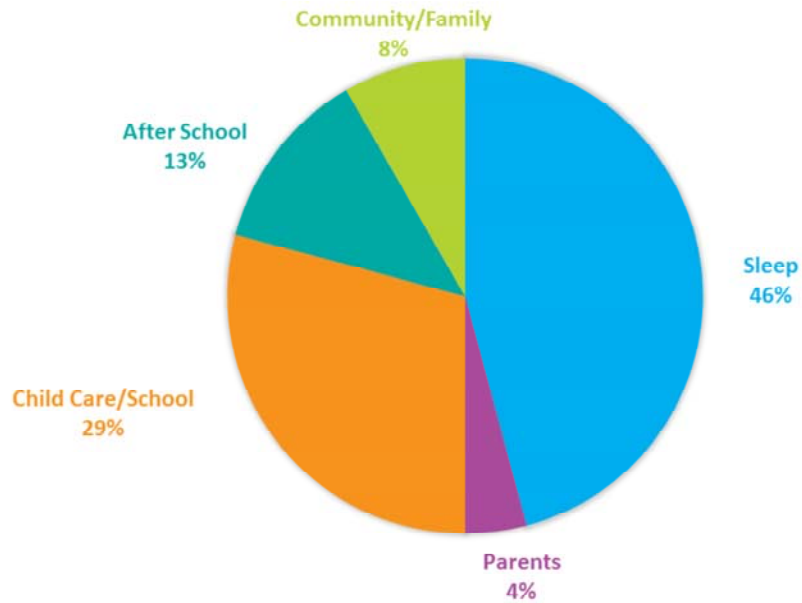
The goals of the training are for early childhood educators, like you, to learn about healthy eating, and to learn how to use this information to implement changes in your individual settings to improve the health and development of the families and children that you serve.

# Why Focus on Healthy Habits in Child Care?



You might be wondering why focusing on healthy habits in child care is so important. This is because many kids have established unhealthy habits and taste preferences before they begin kindergarten, so it's crucial that we begin early.

# Where Children Spend Time



What do you see on this figure? Which areas have the biggest amount of color? Yes, that's right: children spend more time with you, their child care provider, than their own parents! 40% of LA County children age 0-5 yrs are enrolled in child care centers and children get **50% - 75% of what they eat** at child care! This means that you have a huge opportunity to affect the lives of the children who are in your daily care.

## Role of Early Childhood Educators: Development of Healthy Habits

- Opportunity to develop **routines** early for lifelong health
- Role modeling



Children establish food preferences and daily routines at an early age. As “early childhood educators,” you play a very important role in the lives of the children in your care. You are a role model not only for the children but also for the parents. Children copy what you are doing and are watching all the time. You can feed children healthy food and make sure they get plenty of physical activity while in your care. This kind of structure, as you know, is very important for kids and is best if replicated at home.

Breastfeeding

Food and Drinks

Physical Activity

Screen Time

Environment and Policy



This presentation will cover breastfeeding, food and drinks, and environment & policy. The physical activity and screen time module is available separately for you to review and we highly recommend you watch both. The topics really complement each other!

Breastfeeding

Food and Drinks

Environment and Policy



The first topic we will be discussing is breastfeeding.

# Breastfeeding

## Recommendations

- Infants are only fed breast milk until **6 months**.
- At 6 months, **begin** feeding complementary foods in consultation with parents.
- Complementary foods should be phased in **slowly**.



- Breastmilk is the most complete form of nutrition for infants. It is recommended that babies are exclusively breastfed – that means only receiving breastmilk - until they are six months old.
- At 6 months, babies can begin to receive foods other than breastmilk. It is important that these food are iron-fortified. Babies should continue receiving some breastmilk until they are at least one year old.
- Solid foods should be phased in little by little, advancing from thin purees to thicker purees and eventually to small pieces. All decisions to feed complementary foods should be made together with parents.

# Breastfeeding

## Recommendations

- Infants should be fed **on cue**, rather than by a schedule.
- When feeding complimentary foods, be sure to offer **infant-appropriate** portion size.
- Continue breastfeeding until baby is at least **1 year**.



Breastfed babies can be weaned to use a cup.



# Breastfeeding

## Why Support Breastfeeding?

### Benefits for Baby



Reduces development of many **common illnesses** and chronic conditions:

- Asthma
- Ear infection
- Colds, flu
- Skin conditions
- Tummy issues



- Promotes **bonding** between mother and infant
- Increases chances for child to have a **healthy weight**



The child care site is a new environment for the immune system and offers the first opportunity for “innoculation” or confrontation with new “germs.”

Breastfed babies get sick less often than babies who receive formula. They also have a reduced risk of asthma, ear infections, colds & flu, and stomach and skin issues.

Breastfeeding also promotes bonding between the mother and infant, and breastfed children are more likely to have a healthy weight later in life than formula fed children.

# Breastfeeding

## How Can You Help?

Develop a system with mom to ensure that you have plenty of breast milk available while the infant is in your care.

- Step 1: Support breastfeeding mothers by **providing a private space for her to pump and/or breastfeed.**
- Step 2: Collect breast milk and **label it clearly** with baby's name and date it was expressed.



One of the best ways to support breastfeeding and all that it has to offer is to know what you need to do to facilitate the storage of breastmilk. There are five steps:

- Step 1: Support breastfeeding mothers by **providing a private space for her to pump and/or breastfeed**
- Step 2: Collect breast milk and **label it clearly** with baby's name and date it was expressed

# Breastfeeding

## How Can You Help?

- Step 3: Place breast milk in the way back of the **fridge or freezer** where it is the coldest.
- Step 4: When ready to feed, check the date, then **warm the milk** by placing bottle in warm water. Do not Microwave!
- Step 5: Feed the baby. If not finished within one hour, **throw out the rest.**



- Step 3: Place it in the way back of the **fridge or freezer** where it is the coldest. **Let's take a moment to review how long breastmilk can stay safe in various environments.**
  - **Safe at room temperature: 3-4 hours**
  - **Safe in fridge: Up to 2-3 days**
  - **Safe in freezer: Up to 6 months**
- Step 4: When ready to feed, check the date, then **warm the milk** by placing bottle in warm water. Do not Microwave!
- Step 5: Feed the baby. If not finished within one hour, **throw out the rest.** Once thawed, breastmilk cannot be stored and used again.

# Breastfeeding

## How Else Can You Help?

- Provide space at child care site to breastfeed or express milk.
- Reserve fridge space for breastmilk.
- Encourage teachers and staff to promote breastfeeding.
- Have a positive attitude, talk with parents, offer materials, explain how your program supports BF.
- Offer teachers and staff professional development time to learn about BF.



(read slide)

# Breastfeeding

## Formula Preparation

- Sometimes mothers cannot breastfeed - in these cases, children are offered formula.
- It is important to closely follow preparation instructions – **do not add** ingredients.
- Beverages other than breast milk or formula should be introduced by cup only and in **limited quantities**.



- When preparing formula it is important to adhere to instructions exactly. Do not add any ingredients, whether they be additional water, or rice cereal, or anything sweet
- Beverages other than breast milk, such as water or 100% fruit juice, should be introduced by cup. Juice can be offered, but only in limited quantities – no more than 4 ounces per day.

# **Let's MOVE!**

## Physical Activity Break



We are now going to have a short physical activity break. Please join us!

Breastfeeding

Food and Drinks

Environment and Policy



Now we are going to discuss healthy options for choosing “Food and Drinks” in the child care setting.

# Food and Drinks

## Benefits of Healthy Nutrition



- Better ability to **learn** and concentrate
- Fewer **illnesses**
- Have **more energy** to play and learn
- Provides a **foundation** for lifelong health



What happens to you when you don't eat enough or the right thing? How do you feel?

Maybe you feel tired, irritable, listless/disinterested...This is also what happens to little children, especially because they have small stomachs and need to eat frequently. This also means that when children DO eat well, they are better able to learn, pay attention, and less likely to be distracted or have behavior problems. They will also get sick less often, which means that other children will also stay well.



# Food and Drinks

## Supporting Healthy Eating Choices Quit the Clean Plate Club



Trust children to listen to their bodies – they will eat when they are hungry...

...and they know when they have eaten enough.



You are likely familiar with the idea that “patience works better than pressure.” By trusting children to make the right choices, they will learn to regulate their feelings of hunger and fullness.

While you, the early childhood educator, should be responsible for the **what, where, and when** of feeding, the child should be responsible for the **how much** and **whether** of eating (Ellyn Satter). So quit the Clean Plate Club in your child care site -- if a child doesn't finish what's on the plate, that is okay.

# Food and Drinks

## Supporting Healthy Eating Choices

### Serve Family Style

Providers should:

- Allow children to serve themselves the amount they would like and to try new foods.
- Eat with children at a communal table – be role models & talk about healthy food.

Children eat more healthy foods when they have a choice.

Helps develop fine motor skills and social skills



The best practice is for children to serve themselves -- we call this “family style.” This allows children to serve themselves the amount they would like and to choose new foods on their own. Children are more likely to eat more healthy foods when they have a choice. Support trying new foods and keep in mind that it can take up to 21 times before liking new food.

Serving family style is beneficial because it helps CHILDREN SELF-REGULATE THE AMOUNT EATEN AND PROVIDES MORE OPPORTUNITY FOR PROVIDER TO TALK ABOUT FOOD, as well as ALLOWING FOR POSITIVE ROLE MODELING and Development of fine motor skills and social skills.

When serving family style, USE CHILD SIZE UTENSILS to FACILITATES SERVING FAMILY STYLE. REVIEW CACFP GUIDELINES FOR HOW TO MEASURE PORTIONS IN COMMUNAL SERVING BOWLS – AND TO ALLOW CHILDREN TO SERVE THEMSELVES

# Food and Drinks

## Including Fruits and Vegetables in Everyday Meals



- Each color group has different nutrients.
- Serve fruits and vegetables in season.
- Serve fruits and vegetables by themselves, but also as part of other foods such as in sandwiches, soups, salads and mixed dishes.



What types of vegetable do you like to eat? Can you name an example from each color of the vegetable rainbow?

Each color group has different nutrients, so it's important to eat vegetables of all colors to get all the nutrients.

Remember, a perfect food does not exist, so practice combining different fruits and vegetables to get all the nutrients you need.

Start thinking about ways you could include different types of vegetables (or a greater variety) in your meals!

# Food and Drinks



## Tips for Serving Fruits

- Serve fresh or frozen (**no added sugar**)
- Serve canned fruit (**no added sugar**) in water or 100% fruit juice
- Serve unsweetened dried fruit (be aware of **choking hazards**)



## Tips for Serving Vegetables

- Serve fresh, frozen, or canned (**low or no sodium**)
- Serve dark green or orange vegetables
- Serve **without** added salts, oils, and sauces



- Fruits and vegetables should be served in the most natural state as possible
- Try to avoid added sugars or sodium when cooking and serving.
- When using canned vegetables if you cannot find low sodium varieties, try rinsing them first before cooking or adding to dishes
- Remember, when serving dried fruits – cut them in small pieces to avoid choking

# Food and Drinks

## Ideas for Including Fruits and Vegetables in Menus

- Children get the nutrients they need over a series of meals – not at one sitting.
- Include **fruits and vegetables at all meals** at all meals so that there is a greater chance of them getting the nutrients they need.
  - Fruit on cereal in the morning
  - Fruit and vegetable “dippers” as snacks
  - Vegetables in mixed dishes such as tacos, casseroles, and soups



If you're thinking, “how can I possibly get each color of the rainbow onto every plate?!” don't worry, children get their nutrients over a series of meals throughout the week, so as long as you serve various fruits and vegetables at every meal, they'll get what they need. You'll see a few meal ideas on the slide. Additionally, get children excited about including fruits and vegetables in menus by:

- Allowing them to assist with meal preparation, like tearing the lettuce, squeezing citrus fruits, peeling fruits such as bananas and oranges
- Helping them make faces out of fruits and vegetables
- Asking them to “read” the cookbook by turning pages or describing what they see on the pages
- Including something from the garden that you grow together
- Letting children be “produce pickers” by helping create a shopping list or even taking a trip together to the market and allowing them to choose something for a menu item

# Food and Drinks

## Protein – Meat and Meat Alternatives

Helps children grow strong, and the iron found in protein sources helps with cognitive development.

- Choose **low-fat** sources like beans, chicken, or fish regularly, and lean red meat only occasionally.
- **Eggs** are a good source of protein and low cost. Try them hard-boiled, deviled, or scrambled.
- Avoid **processed meats** products like bacon, bologna, chorizo, and hot dogs, which are high in fat and salt.



In addition to fruits and vegetables, protein is important for growing children --it helps them grow strong and plays an important role in cognitive development. When choosing proteins, it is important to keep a few things in mind:

- First, choose low fat meat and meat alternatives, such as chicken, turkey, fish, tofu, and beans. They are lower in fat, calories, and cholesterol.
- When using eggs, make sure to cook them well to avoid salmonella
- Vegetarian protein sources, such as beans, soy, and nut butters, are great because they are healthier and a great way to save on cost and stretch the food budget.
- Serve nuts, seeds, and nut butters with care to avoid allergies and choking concerns
- Avoid processed meats like bacon, bologna, chorizo and hot dogs because they are high in salt, calories, and fat.
- If you find fish expensive, try using frozen or canned sources

# Food and Drinks

## Ideas for Including Protein in Menus



- Vegetarian protein sources are low cost and healthy. Try: beans (black, pinto, lentil, kidney, garbanzo), soy-based products (tofu, edamame), and nut butters.
- Serve beans, like black beans or lentils, as **soups** with a side of whole grain bread.
- Instead of frying, **try baking** your own fish sticks or chicken nuggets. Watch out for food that has already been fried and frozen!



- In addition to baking, grilling, roasting, poaching or boiling are healthful ways to prepare meats



# Food and Drinks

## Benefits of Whole Grains



- The fiber in whole grains **helps digestion**, especially when combined with water.
- B vitamins help convert fat, protein, and carbohydrates into **energy**.
- Magnesium helps build **strong bones**.



Moving on, whole grains are important because they contain fiber to help with digestion and keep children feeling full longer, B-vitamins to help convert fat, protein, and carbohydrates into energy, and Mg to help build strong bones. Eating whole grains in the morning will help children concentrate better, as opposed to sugary cereals or fatty options, because the energy they receive will be used in a steady stream. Sugar causes spikes in blood sugar, which leaves children feeling sluggish and tired once the body absorbs the sugar from the blood, and fatty foods are harder to digest and are not as readily available as an energy source.



