Creation of the Family Checklists

• *Family Checklist for Nutrition*

• *Family Checklist for Physical Activity*
• *Family Checklist for Nutrition*

• *Family Checklist for Physical Activity*

Reviewed and Edited by the Healthy Weight Advisory Panel (Members of the Healthy Weight Advisory Committee)
• Family Checklist for Nutrition

• Family Checklist for Physical Activity

Reviewed for Content And Usefulness by Parent Review Panel
The Family Checklists on Nutrition and on Physical Activity contain pointers on good policies and practices that families can look for in choosing, or observing current, settings for their children’s early care and education.
Family Checklist for Nutrition in Early Care and Education

Do you use the following practices currently?

- **Infant Feeding**
  - Infants should be fed breast milk or formula, never solid foods.
  - Infants should eat when hungry and be allowed to stop eating when they show signs of satiety.
  - Companions and caregivers should interact with infants while feeding them on a schedule that supports their growth and development.

- **Infant Feeding Commitments**
  - Infants should be fed breast milk or formula, never solid foods.
  - Infants should eat when hungry and be allowed to stop eating when they show signs of satiety.
  - Companions and caregivers should interact with infants while feeding them on a schedule that supports their growth and development.

- **Specific Foods and Drinks**
  - Solid foods for ages 6-12 months should include a variety of finger foods such as fruits, vegetables, whole grains, and lean meats.
  - Milk should be introduced gradually, starting with small amounts of watered-down milk.

- **In conclusion**
  - Companions and caregivers should interact with infants while feeding them on a schedule that supports their growth and development.
  - Infants should be fed breast milk or formula, never solid foods.
  - Infants should eat when hungry and be allowed to stop eating when they show signs of satiety.

http://nrckids.org
FAMILY CHECKLIST ON NUTRITION

AREAS OF COVERAGE

• Infant Feeding
• Specific Foods and Drinks
• Nutrition Plans and Policies
• Behavior and Socialization
• Teaching Opportunities for Children 2 and Under
• How Families Can Help Caregivers and Teachers Promote Good Nutrition
• Additional Resources and Organizations
Family Checklist for Physical Activity in Early Care and Education

Do you see the following practices carried out?

Opportunities for Physical Activity

- Infants have supervised quiet-time daily. Turkey time begins at 1:30, the estimated period, and is gradually increased.
- Infants have walker activity and carriage—daily weather permitting.
- Caregivers or teachers schedule one to two blocks of active play times for children daily, indoors and outdoors, weather permitting, during the normal day.
- Children are told two or more active games and motor activities daily by a caregiver or teacher.
- Children are given ample physical activity time each 8-hour day (outdoors, 60–90 minutes; indoors, 90–120 minutes).

Encouragement of Physical Activity

- Caregivers and teachers wear clothing and shoes that allow for easy movement.
- Caregivers and teachers encourage families to dress children for active play.
- Children are urged not to wear space suits and similar attire.
- Caregivers and teachers include movement and physical activity in children’s indoor play and learning activities.
- Caregivers and teachers promote children’s physical activity.
- Children are encouraged to drink cold and decaffeinated water throughout the day.

Limiting Screen (TV, DVD, Computer) Time

- Children under two years of age don’t watch TV (DVR) or use computer while in a child care program.
- Children two and older have no more than one half-hour total screen-time (TV, computer) per week.
- Children do not watch TV at all until 3–4 years.
- Children’s use of computers at early care and education is limited to no periods of 15 minutes or less for school-age children for whom computer time may be used for homework or school projects.

Policies and Practices Promoting Physical Activity

- There is a written plan in place for promoting children’s physical activity.
- Caregivers and teachers arrange the environment to encourage active and safe play for all children.

http://nrckids.org
FAMILY CHECKLIST ON PHYSICAL ACTIVITY

AREAS OF COVERAGE

• Opportunities for Physical Activity
• Encouragement of Physical Activity
• Limiting Screen (TV, DVD, Computer) Time
• Policies and Practices Promoting Physical Activity
• Teaching Opportunities for Children 2 and Under
• How Families Can Help Caregivers and Teachers Promote Physical Activity
• Additional Resources
Soon to be available on NRC website, HTTP://NRCKIDS.ORG to download and view:

Motion Moments
Three brief videos focused on Physical Activities for

• INFANTS
• TODDLERS
• YOUNG CHILDREN
INFANTS
CRAWLING TO FIND SOMETHING
INFANTS

(READY TO BICYCLE)
TODDLERS
(STRETCHING LEGS)
PRESCHOOLERS
(JUMPING)
QUESTIONS?