

SHIP Child Care Partnership



Thank you for your interest in partnering with Crow Wing Energized to improve the health of children in your child care center! Now that your staff have been trained, here are some options for next steps:

	Options	How we can help
Nutrition/Healthy Eating	<ul style="list-style-type: none"> <input type="checkbox"/> Enhance snack menu <input type="checkbox"/> Increase fruit and vegetables at meals <input type="checkbox"/> Decrease sodium, saturated fat, sugars <input type="checkbox"/> Serve meals family-style <input type="checkbox"/> Healthy food at celebrations <input type="checkbox"/> Non-food rewards <input type="checkbox"/> Grow a vegetable garden <input type="checkbox"/> Taste-testing & other child learning opportunities 	<ul style="list-style-type: none"> • Dietitian/nutritionist support • Food preparation equipment • Cookbooks and recipes • Curriculum • Storybooks • Snack lists • Menu planning templates • Garden start-up equipment • Other?
Physical Activity	<ul style="list-style-type: none"> <input type="checkbox"/> Increase minutes of daily physical activity <input type="checkbox"/> Increase indoor and outdoor play equipment <input type="checkbox"/> Lead more structured activities <input type="checkbox"/> End practice of withholding active play from children who misbehave 	<ul style="list-style-type: none"> • Portable play equipment • CDs to get kids moving • Physical activity schedule template • Storybooks • Parent newsletters, handouts • Other?
Breastfeeding	<ul style="list-style-type: none"> <input type="checkbox"/> On-site lactation room for moms <input type="checkbox"/> Supportive environment for breastfeeding (signage, posters, children's books, etc.) <input type="checkbox"/> Staff training on breastfeeding support <input type="checkbox"/> Training on safe handling of breast milk <input type="checkbox"/> Learn how to handle tough questions about breastfeeding 	<ul style="list-style-type: none"> • Lactation Specialist support • Lactation room amenities • Posters, signs • Storybooks • Breastfeeding referral and education brochures • Other?

After deciding what you will work on, determine how and when it will be done and who will be involved.

Consider these tips to make your efforts sustainable:

- Engage interested and pertinent child care providers in the process depending on the project chosen.
- Communicate with parents, and find ways to engage them.
- Make changes to written policies and parent handbook that reflect the best practices you're implementing.

For help in taking your next step, contact Steph Callahan (Stephanie.callahan@crowwing.us or 218-824-1084).

