Step It Up: Taking Steps To Healthy Success

Christi Smith
Early Childhood Wellness
Who We Are

- Administers the statewide Child Care Resource and Referral (CCR&R) network in Kansas
- Supports four regionally located CCR&R agencies
- Our Vision: *All communities across Kansas value and support early childhood development.*
- Our Mission: *High-quality early education is available to all Kansas families and children.*
Step It Up: Taking Steps To Healthy Success

- Promoting Healthy Eating and Physical Activity in licensed FCC homes
  - Adapted the ECELC Project Model
- 50 FCC serving more than 475 children
  - Target 3 counties
Content Areas

- Physical Activity
- Healthy Eating
  - Family Style Dining
  - Breastfeeding Support
- Reduction of Screen time
- Family Engagement
Quality Improvement Outcomes

– Increased understanding of breastfeeding, child nutrition, physical activity, and reduced screen time
– Develop Quality Improvement Plans
– Changes to policies and practices in FCC program
– Improved food environment for children
– Improved physical activity for children
Quality Improvement Model

FCC Program

100% Reach

Technical Assistance

Peer Learning

Professional Development

Family Engagement

www.ks.childcareaware.org
Trainer Support

• 4 Collaboratives of FCC programs
• Targeted Counties: Johnson, Wyandotte & Allen
• 1 Trainer per collaborative
Curriculum

- Curriculum adapted from the ECELC Collaborative Model for FCC
  - 4 Learning Sessions (4 hours)
  - 4 Peer Learning Meetings (2 hours)
<table>
<thead>
<tr>
<th></th>
<th>ECELC (Center-based)</th>
<th>Step it Up (Family Child Care)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Participants</strong></td>
<td>2-3 staff leadership team from each program; Approximately 30 programs per collaborative</td>
<td>Approximately 15 individual family child care providers per collaborative</td>
</tr>
<tr>
<td><strong>Learning Sessions</strong></td>
<td>5 full-day sessions</td>
<td>4 half-day sessions</td>
</tr>
<tr>
<td><strong>Peer Learning Community</strong></td>
<td>N/A, not offered</td>
<td>4 sessions</td>
</tr>
<tr>
<td><strong>Action Tasks</strong></td>
<td>Leadership team accesses technical assistance and engages ECE program staff in discussions to create changes</td>
<td>Individual providers access technical assistance to create changes in their program and utilize Peer Learning Communities for discussions with peers</td>
</tr>
</tbody>
</table>
Program Materials & Incentives

• Physical Activity and Nutrition kits
• Resource Books & Toolkits
  – Dr. Craft Active Play
  – Meals without Squeals
  – Best Practices for PA and Healthy Eating
  – Healthy Habits for Life
  – USDA Materials
• $500 Stipend
Collaborate for Change

• Learning Collaborative
  – Conduct Learning Sessions
  – Conduct Self – Assessments
    • NAP SACC & LMCC
  – Develop goals and actions
  – Enable Peer Support
Putting it into Practice

• Coaching Periods:
  – Technical Assistance
  – Create Quality Improvement Plans
    • Short term
    • Long term
  – Resources to Action
  – Family Engagement Activity
# Long Term Action Plan

Start Date: 

ECE Program Name: 

Goal: 

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Target Date:
Evaluation

• Gretchen Swanson Center for Nutrition:
  – Monitor enrollment and LS attendance
  – Quantitative Pre & Post NAP SACC and LMCC and learning sessions
  – Monitor Technical Assistance
  – Conduct brief exit interviews with programs
  – Conduct Qualitative Menu Analysis
Project Successes: Family Style Dining
Project Successes: Healthy Beverages
Project Successes: MVPA
Questions

Christi Smith,
Project Manager
785-823-3343
christi@ks.childcareaware.org