

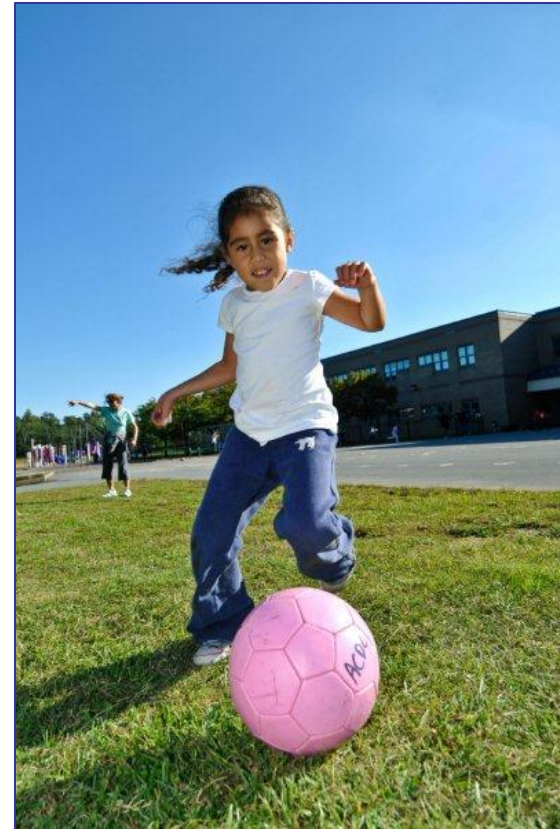


Involving Parents in Obesity Prevention in Child Care Settings

Presented by Dr. Lynette M. Fraga

Child Care Aware of America

- Our vision is to support the development and learning of all children.
- To promote policies and partnerships to ensure access to quality child care and early learning services and to provide vision, leadership and support to the nationwide network of Child Care Resource and Referral agencies (CCR&R)
- Touch over 650,000 child care providers a year and among the top topics are healthy eating, nutrition, physical exercise, and child development.



Families, Child Care and Preventing Childhood Obesity



Family Engagement

- Open and regular communication
- Policies
- Partner and share information and knowledge
- At home and in programs



Our Experience

- Nearly all Child Care Resource and Referral Agencies offer consumer parent education for families.
- Let's Move! Child Care
 - Webinars (i.e, Healthy Habits for Life, We've Got the Moves)
- Healthy Kids Healthy Futures Steering Committee
- Roundtables
- Partnerships with others



Healthy Kansas Kids Project

- Statewide health and wellness project that engages child care programs, children, families and communities in making positive lifestyle changes related to healthy eating and physical activity.
- Technical assistance, parent engagement resources, grants and professional development related to nutrition, oral health, physical activity, nature play and designing outdoor play environments.
- New grant through Nemours, serve over 3,500 child care providers and over 45,000 families with young children.

