



# Wee Wons

## **Contact Information**

<b>CACFP Sponsor</b>	Wee Wons Inc.
<b>Child Care Facility Name</b>	Wee Wons Inc.
<b>Child Care Provider Contact Person Name</b>	Cheryl Traylor
<b>Contact Person E-mail</b>	weewons@epix.net
<b>Contact Person Phone Number</b>	570-646-6500 x1

## **Description**

We are a licensed day care center located in Monroe County. We serve 61 children. We accept children from 6 weeks to 5 years of age. Our families have the choice of bringing food from home or participating in our food program. We are fortunate to have excellent outdoor space and take advantage of this by getting outside as much as possible. We have a huge playground that is safe and secure nestled in a woodsy backdrop. Our playground is state of the art with padded ground covering (ASTM certified). We also have a large covered play area for those bad weather days.

## **Keystone STARS Level 3**

### **Category**

**Nutrition or Physical Activity Education** (through curriculum or other resource) – N8 Nutrition Education for Staff, Children, and Parents; PA1 Active Play and Inactive Time; PA3 Supporting Physical Activity

### **Goal**

Our goal was to educate our children about healthy nutritional foods and physical activity and give them knowledge about health and nutrition that they can carry with them throughout their lives. We wanted to give them resources and learning tools to help them to eat healthier and to keep moving.

### **Promising Practice**

In our center, we did not have very much information about health and nutrition posted for the families and children to learn and gain knowledge from, nor did we have the items needed to aide us in teaching about healthy eating and physical activity. In order to help our children and families, we needed to acquire materials to support this education. This was a time consuming process since we wanted to purchase items that would be of help and the children would enjoy doing. The internet and catalogs were of great use to find posters, books, puzzles, games, scarves, ribbon, theme boxes, activity sets for movement, and take home back packs.

### **Action Steps**

- Evaluate the center to see what is lacking and what could be used to get families involved.
- Look through catalogs and on the internet to find appropriate items. Items should interest the children in both nutrition and physical activity.

- Meet with staff and parents to share plans and get ideas about materials that they feel would be good investments.
- When new items arrive, introduce one item a week to the children.
- Get families involved by sending home a back pack of activities to do together.
- Put away some of the items for future use and to have items to switch around. This keeps the children from becoming bored.

### **Materials**

<b>Item Purchased</b>	<b>Cost of Item</b>
Food and Nutrition Theme Box	\$85.45
Movement Fun Activity Box	\$29.95
Healthy Meals Puzzle Set	\$24.95
Fun to Move: Skill Kit	\$79.95
Activity Play Set	\$199.00
Let's Get Moving	\$49.95
Wrist Ribbons/Scarves & CD's	\$35.90
Building Healthy Habits Library	\$142.00
Health and Safety Theme Box	\$49.95
Be Choosy Be Healthy	\$529.00
Nutritional Lotto Game	\$39.95
Take Home Learning Pack	\$29.95
Healthy Me Magnetic Board Set	\$29.95

### **Advice**

One piece of advice would be to be very involved with the children when introducing the new items. When you get involved, the children will see how excited and interested you are and copy what you are doing. Show the children how to use the items and show them enthusiasm.

### **Evidence of Success**

Our success was measured by the children wanting to use the items, being excited about them, showing their parents how to use everything, and teaching the other children about health and nutrition. Physical activity time increased. While we always had daily physical activity time, the children are especially excited about the new materials and ask to use them more often, so their daily physical activity time has increased.