



# God's Precious Blessings Daycare

## Contact Information

<b>CACFP Sponsor</b>	First Step to Nutrition
<b>Child Care Facility Name</b>	God's Precious Blessings Daycare
<b>Child Care Provider Contact Person Name</b>	Tamica Reynolds
<b>Contact Person E-mail</b>	msmica1@clear.net
<b>Contact Person Phone Number</b>	484-685-3582 or 484-477-3743

## Description

God's Precious Blessings Daycare is a Christian, licensed family daycare home. We currently serve five children aged 2 to 5 ½. Although we serve a mixed age group of children, we benefit from our small size as each child is able to get one on one time throughout the day to focus on his or her developmental goals. We have been truly blessed as all of the children and their parents are very supportive of whatever we strive to do or the new things we share with them.

## Keystone STARS Level 1

### Category

**Nutrition or Physical Activity Education** (through curriculum or other resource) – N8 Nutrition Education for Staff, Children, and Parents; PA4 Physical Activity Education for Staff, Children, and Parents

### Goal

My goal is to provide nutrition and physical activity education to children through a structured curriculum and parents through articles and newsletters.

### Promising Practice

To provide nutritional/physical education to each child, I first used the long list of resources provided from the PA NAP SACC website. Some of the websites I really liked were Keystone Kids Go!, Nibbles for Health, and Better Kid Care. I purchased the LANA curriculum and the Color Me Healthy curriculum, which includes music CDs, posters, newsletters, and a curriculum guide. I am able to pick and choose what I need to use. I found articles on nutrition and physical activity to give to parents with the monthly newsletters.

### Action Steps

- Review the PA NAP SACC resources.
- Print out resources and news articles to share with parents.
- Review the normal lesson plan, so as not to overwhelm yourself or the children with a lot of new things.
- See where new curricula, songs, activities, and ideas fit into what you already do.
- Incorporate the new ideas into the lessons.

### Materials

Item Purchased	Cost of Item
LANA Curriculum	\$299.00

Fruit/Vegetable Memory Game	\$14.95
Food Group Game	\$5.95
Color Me Healthy Kit	\$88.00*
Paper for newsletters	\$30.00

\* Keystone Color Me Healthy (KCMH) kits are free to KCMH training participants.

### ***Advice***

Use every resource that is provided through the PA NAP SACC website – no matter how overwhelming! Take your time and print things you like. As you go through each resource, make notes on what you like, order all of the great free offers, and share information and resources with the parents.

### ***Evidence of Success***

This change was one of the best things we could have done, as the physical activity is very easy for us now because we are aware of how it looks. Physical activity can be a lot of different things. It doesn't have to be strenuous or difficult. This intervention helped us think outside the box of "exercise." We got creative and just got up and began to move. No big equipment was needed. Parents are even walking after daycare together. We have been able to purchase a variety of items that engage every child in our mixed age group – indoors **and** outdoors.