

Let's Move! Childcare Questions and Answers Part 3

Post Test – April 2014

Please keep this test and certificate in your files for Licensing.

You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands a few common concerns about the program and helpful hints to address the questions.

1. Improving nutrition and physical activity standards in your center or home opens up a real opportunity to start a conversation with families.
True or False
2. Emphasize that you want to partner with parents to help their kids grow and develop as they should during child care and at home. Have ongoing _____ to specifically address concerns, provide accurate information, and offer ways for families to get involved.
3. Show families how powerful they are as food providers and role models who can instill healthy habits that last a lifetime by inviting them to parent/caregiver meetings.
True or False
4. _____ the kids engaged in healthy behaviors (through daily or weekly reports, pictures of the children).
5. Aim for _____ parents. Help them understand the tools offered to help them support healthy eating and physical activity at home. Build from the essential fact that most parents want what's best for their children
6. Encouraging children to live healthy lives is a major way you can make a lasting impact on every kid you care for.
True or False
7. You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids right now — as their bodies and brains are growing and before they start developing unhealthy food preferences and habits that are hard to _____.
8. Serving healthy foods and beverages and incorporating physical activity into kids' regular schedules often just means finding and using creative ways to feed kids and let them move their growing little bodies — inside and outside.
True or False
9. When you serve nutritious foods and make physical activity a top priority at every age and stage, chances are, the kids will start asking for the same wholesome foods and fun activities at _____.
10. Involve teachers in planning and implementing nutrition and physical activity changes — like purchasing of food, switching curriculum, educating children, or other ways. Emphasize that kids who are active tend to be more _____ and better-behaved. Before you know it, they'll see the value in what you're trying to do and you'll have the buy-in from your staff that you need to succeed.



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

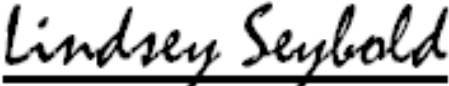
April 2014: Let's Move! Childcare Q&A Part 3

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES
A Private, Non-Profit Texas Corporation