

Associated Students Child Development Lab
(ASCDL)
SUPPORTING HEALTHY LIFESTYLES

SCOPE: To support healthy children, the ASCDL has adopted guidelines and policies to assist staff and parents in understanding how this program plans and implements strategies in an effort to ensure all children and adults live and maintain a lifestyle that may reduce and avert future health risk.

PHILOSOPHICAL APPROACH: The ASCDL believes that lifestyle and health habits are developed in the early years of growth and are subject to the cultural and ethnic perspectives of the child's family. Supporting their perspective and educating families and children on recent research on health habits is recognized by the ASCDL as a challenge. To that end, the ASCDL believes in providing interest, information, opportunities and experiences that will value cultural difference and support healthy growth.

LEARNING OUTCOMES: Children, parents and staff will be able to...

- Participate in a program that supports Child and Adult Childcare Food Program (CACFP) nutrition guidelines for children.
- Participate in activities that support nutrition and cultural experiences.
- Understand how incorporate healthy eating habits at an early age.
- Receive information about healthy lifestyles.
- Practice and support daily routines that support health conscious experiences
- Participate in experiences that support physical growth and development as a way of life.
- Participate in experiences that support age appropriate self-help skills.
- Gain an understanding how plays supports cognitive, social/emotional and physical development.

STRATEGIES:

- Communicate with families that food that is prepared or brought to the center will usually use whole grains; no refined or added sugar; a minimum of salt; no hydrogenated oils and no preservatives.
- Communicate to the parents, staff and children that the meals prepared by the ASCDL not only meet nutrition guidelines but when possible support sustainability practices such as using locally grown food.
- Once a year parents and staff will have an opportunity to give input into the menu planning process.
- Each day some staff and children will have an opportunity to experience breakfast and lunch in a family style setting that will support the social/emotional and nutritional concepts.
- At least once a week, staff will plan an intentional food experience that will allow children and staff to explore cultural and diverse perspectives of food. The ASCDL will explore how to be involved in community activities such as the "Harvest Day" program. All food experience will end by 10:30am. (Infant program is excluded).

STRATEGIES Continued -

- During the daily routine staff will ensure that health conscience practices such as washing hands, toileting, exercise and resting are practiced and supported in a fun and enjoyable way.
- Staff will also plan health experiences in an integrated approach that not only support health but content areas such as math, literacy, and science.
- Staff will intentionally ensure that all children are given opportunities of at least 60 minutes of vigorous activities. At least 5-15 minutes needs to be teacher directed experiences. These experiences will be documented on the lesson plan.
- Staff, parents and children will receive information about healthy lifestyles.
- Staff will use resources such as Lifelong Eating and Activity Patterns (LEAP) for Preschoolers to enhance their supporting healthy children.
- The ASCDL will participate and develop strategic action plans from the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)
- The ASCDL will be involved with the following community groups:
 - Growing Resourcefully Uniting Bellies (GRUB)
 - Overweight Prevention Treatment (OPT) Fit for Kids
 - Fit Thru 5 Collaborative
- Staff will support the National Association for the Education of Young Children (NAEYC) Developmentally Appropriate Practice, California Department of Education - Child Development Division's Foundations for Learning and the ASCDL Curriculum Framework when planning healthy children experiences.