

BUILDING BLOCKS PRESCHOOL & CHILD CARE NAP SACC IMPROVEMENTS



Building Blocks Preschool & Child Care located in Sergeant Bluff completed a total of 38 improvements from pre-assessment (December 2016) to post-assessment (September 2017).

Those included 18 physical activity improvements, 17 nutrition improvements, and 3 improvements related to screen time.

Physical Activity

- Increased the amount of outdoor playtime for preschool children and toddlers from 2 times per day to 3 times per day or more.
- Now providing structured outdoor learning opportunities, seasonal outdoor activities, walking trips and more field trips.
- Increased the number of outdoor play areas by two.
- Increased the amount of adult-led physical activity time provided to preschool children from less than 30 minutes to 45-59 minutes a day.
- Increased the types of portable play equipment that is available indoors from 1-2 types to 5-6 types and outdoors to 6-8 types and there is always something available for each child to play with outdoors.
- Now teachers often offer portable play equipment to preschool children and toddlers during indoor free play and always offer to infants during tummy time.
- Teachers are joining in during physical activity time.
- Planned lessons focused on building gross motor skills are now being done at least one time per week.
- Teachers are now provided professional development on children's physical activity at least one time per year and the training covers 5-6 topics.
- Families are being educated on a variety of topics related to children's physical activity more than 2 times per year and 4 topics are covered.
- A comprehensive physical activity policy was created.

Screen Time

- Now educating families on recommended amounts of screen time and appropriate types of programming.
- Wrote a comprehensive screen time policy and have shared it with families.

Nutrition

- The center started an onsite container garden.
- High fat meats are now being served less than 1 time per week.
- High fiber, whole grain foods are served at least once a day.
- High-sugar, high-fat foods and high-salt, high-fat snacks are being served less than 1 time per week.
- Drinking water is now available indoors and outdoors where it is always visible and available.
- Teachers are now reminding children to drink water during indoor and outdoor playtime at least once per play period.
- Offering 100% fruit juice 3-4 times a week or less instead of once a day.
- Teachers enthusiastically role model eating healthy foods at every meal and snack time.
- Implementing nutrition education in the classroom at least once a week.
- Families are educated on a variety of child nutrition topics at least twice a year and 3-4 topics are covered.
- The nutrition policy was updated and improved from covering 1 topic to 7 topics.
- A quiet and comfortable space is always set aside for mothers to breastfeed or express milk.
- Posters and brochures that promote breastfeeding are now displayed at the front entrance and in the infant classroom.
- Teachers and staff provided educational materials and show a positive attitude toward breastfeeding.
- Expectant families and families with infants are offered educational materials on breastfeeding at least one time per year, when asked, or before enrollment.