

# BUILDING BLOCKS PRESCHOOL & CHILD CARE NAP SACC IMPROVEMENTS



Building Blocks Preschool & Child Care located in Sioux City completed a total of 41 improvements from pre-assessment (December 2017) to post-assessment (September 2018). Those included 15 physical activity improvements, 22 nutrition improvements, and 4 improvements related to screen time.

## Physical Activity

- Increased the amount of outdoor playtime for toddlers from less than 45 minutes each day to greater than 60 minutes.
- Increased the types of portable play equipment available outdoors from 5 types to 8 types and now there is always something available for each child to play with.
- Increased the amount of adult-led physical activity time provided to preschool children from 30-44 minutes to 45-59 minutes a day.
- Now teachers often offer portable play equipment to preschool children and toddlers during indoor free play and always offer to infants during tummy time.
- During tummy time teachers are now often interacting with infants to help them build motor skills.
- Teachers are now often talking with children informally about the importance of physical activity.
- Teachers and staff 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 outdoor play and learning at least one time per year.
- 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 staff and families on recommended amounts of screen time, appropriate types of programming, appropriate supervision, and screen time policy.
- Wrote a comprehensive screen time policy and have shared it with families.

## Nutrition

- Now offer fruit 2 times per day or more and the fruit is often fresh, frozen, or canned in fruit juice, not syrup.
- 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 and teachers are sometimes reminding children to drink water during indoor and outdoor playtime.
- Offering 100% fruit juice 3-4 times a week or less instead of once a day and no longer serve sugary drinks or flavored milk.
- Children are now serving some of the foods themselves.
- Teachers and staff rarely eat or drink unhealthy foods or beverages in front of children.
- Teachers are now often praising children for trying new or less-preferred foods.
- Teachers often balance encouraging children to eat healthy foods and allowing them to make their own food choices.
- Families are educated on a variety of child nutrition topics at least twice a year and 3-4 topics are covered.
- Teachers and staff receive professional development on child nutrition 1 time per year on 5 different topics.
- The nutrition policy was updated and improved from covering 2 topics to 8 topics.
- Brochures and posters that promote breastfeeding are at the entrance and in the classroom and educational materials are also available.
- Teachers now end infant feedings when infants are showing signs that they are full.