



LITTLE LAMBS PRESCHOOL & CHILDCARE

IMPROVING THE HEALTH OF YOUNG CHILDREN
THROUGH POLICY, SYSTEM, AND ENVIRONMENTAL
CHANGES USING THE NAP SACC PROGRAM

SUMMARY OF IMPROVEMENTS

In 2019, Little Lambs Preschool & Childcare completed all NAP SACC online self-assessments and then set goals and developed action plans. They completed a total of five goals; two nutrition, two physical activity, and one screen time. Of these goals, two were environmental changes and three were system level changes.

- Provided more portable play equipment indoors and outdoors with the addition of a portable sand/water table.
- Added new outdoor play equipment.
- Provided structured gardening time.
- Had children help plan, plant, care for and harvest produce at a community garden and a onsite container garden.
- Began offering an alternative activity when screen time was offered.
- Staff were also educated on physical activity for young children and the director completed an online nutrition training.

