

# Does your child care provider have a physical activity policy?

yes

↓  
high-five them!

don't know

↙ ↓ ↘  
ask!

no

↓  
express how important it is!

## Why does it matter?

### Physical activity helps kids grow up healthy!

Establishing healthy habits at an early age is key to promoting life-long health.

Providers can improve child health and wellness by establishing policies for physical activity.

### Movement benefits children's:

- Brain development
- Vision and hearing
- Muscle coordination

### Activity benefits everyone

#### Children who are regularly active:

- Have less behavioral problems
- Sleep better at night
- Feel better about themselves
- Are more alert and ready to learn
- Maintain a healthy weight

## There are tools that can help!

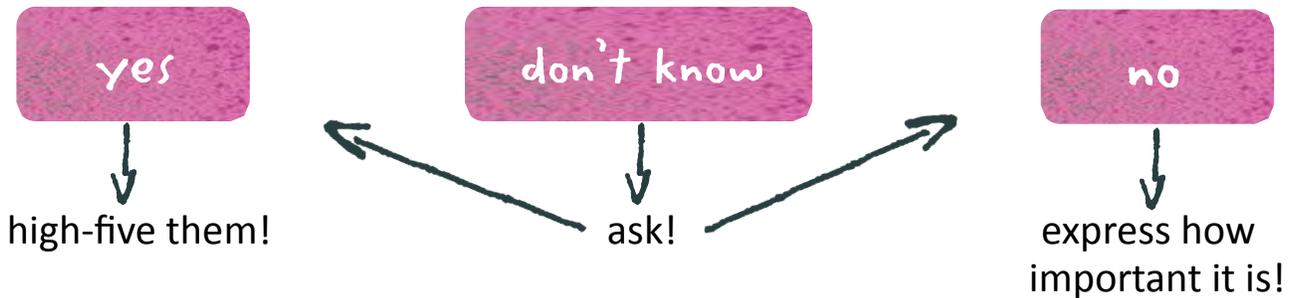
*Active Early* is a Wisconsin guide for improving physical activity.

It gives providers concrete strategies to get kids active.

Early care and education programs around the state have successfully integrated the expert recommended 120 minutes of physical activity into their schedules, transitions and lesson plans without having to add time to their days!



# Does your child care provider have a nutrition policy?



Providers can improve child health and wellness by establishing policies for nutrition. They can help provide consistent messages for children, staff, and parents/caregivers.

## Why does it matter?

### A healthy eating environment teaches children good nutrition!

Shaping eating behaviors at an early age helps establish life-long health.

### Proper nutrition benefits children's:

- Physical growth
- Immune system
- Brain development

### Children who are well-nourished:

- Have energy to play and grow
- Maintain a healthy weight
- Are more alert and ready to learn
- Enjoy a variety of foods
- Feel better about themselves
- Develop strong, healthy bodies
- Have reduced risk of chronic disease

## There are tools that can help!

*Healthy Bites* is a Wisconsin guide for improving childhood nutrition.

It gives providers concrete strategies to promote healthy eating.

Early care and education programs around the state are successfully incorporating expert recommendations about foods served and the nutrition environment into their programs.

