

CRITTENTON CENTER



SUCCESSSES

Nutrition and Physical Activity Self–Assessment for Child Care is an obesity prevention intervention that aims to improve the nutrition and physical activity environment, policies, and practices of child care facilities.

SDHD provided technical assistance to **Crittenton Center Child Development Program**. They completed a self-assessment, developed an action plan, provided workshops for staff on physical activity, childhood obesity, and nutrition, and they also completed a reassessment after 3 months.

Crittenton Center made a total of 11 improvements from pre-assessment to post-assessment. One physical activity environmental improvement, 1 improvement related to screen time, and 9 nutrition improvements all relating to breastfeeding and infant feeding were completed.

Physical Activity

- Educated families on outdoor play and learning and will continue to provide education regularly via monthly newsletter.

Screen Time

- Created a comprehensive screen time policy that included 4 topics.

Nutrition

- Dedicated a quiet and comfortable space for mothers to express milk or breastfeed.
- Breastfeeding area has comfortable seating and an electrical outlet.
- Promotional breastfeeding materials were hung in two areas.

- Teachers and staff are now promoting breastfeeding and supporting mothers who provide breastmilk for their infants.
- Child care staff were educated on more topics regarding the promotion of breastfeeding.
- A breastfeeding policy was created and that policy included 3 topics.
- Expectant families and families with infants will now be told about the breastfeeding policy at enrollment and when they ask.
- Families are now being educated on infant feeding and nutrition at least one time per year, when they ask, and at other needed times.
- Families will be educated on at least 5 different infant feeding and nutrition topics annually.