

Date: \_\_\_\_\_

# Childcarealive!

## Provider Assessment

*Adapted from the Go NAP SACC Self-Assessment. Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzucca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. [www.gonapsacc.org](http://www.gonapsacc.org).*

Name: _____		Date: _____	
Which best describes you? Select one: <input type="checkbox"/> Center Director <input type="checkbox"/> Teacher/other Center Staff <input type="checkbox"/> Home Child Care Provider <input type="checkbox"/> Other (please explain): _____		Facility Type: <input type="checkbox"/> Home <input type="checkbox"/> Group Facility <input type="checkbox"/> Center Name of Center or Group Facility (if applicable): _____	
Total Number of <b>Children</b> in your Classroom or Home Program: _____		Number of <b>INFANTS</b> in your Classroom or Home Program (0-12 months): _____	
Number of <b>TODDLERS</b> in your Classroom or Home Program (13-24 months): _____		Number of <b>PRESCHOOLERS</b> in your Classroom or Home Program (2-5 year olds & 5-year olds not in Kindergarten): _____	
Does your center/program participate in the Food Program (CACFP)? <b>Circle one:</b> YES NO			
Does your center/program serve children who receive Child Care Assistance? <b>Circle one:</b> YES NO			

### Assessment sources:

- Preventing Childhood Obesity in Early Care and Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition. American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education.
- Let's Move! Child Care Checklist: <https://healthykidshealthyfuture.org/>
- Go NAP SACC Nutrition and Physical Activity Self-Assessments: Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzuca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. <https://qonapsacc.org/resources/nap-sacc-materials>

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## Best Practice Assessment

Please check one box for each question. Answer each question as best you can. If none of the answer choices seem quite right, pick the closest fit. The answer choices in the right-hand column represent the best practice recommendation. **Please select 2 best practices that you would like to write a goal for and work on in the coming months.**

**If you are a teacher in a center classroom,** answer questions that pertain only to the children that you care for most often (i.e., if you usually work in a preschool classroom, only answer questions for the children in your preschool classroom.) If the age categories do not match your program's, answer questions in the age category for which the *most* children in your care fall under.

### Answer if you serve TODDLERS (13-24 months) or PRESCHOOLERS (2-5 years & 5 year olds not in Kindergarten)

#### 1. Drinking water is available:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Only when children ask or during water breaks | <input type="checkbox"/> Only indoors, where it is always visible and freely available* | <input type="checkbox"/> Indoors and Outdoors, where it is always visible and freely available* |
|--|---|---|

*\*Freely available= always available to children but may or may not be self-serve*

#### 2. Our program offers children a 4-6 oz. serving of 100% fruit juice:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 2 times per day | <input type="checkbox"/> 1 time per day | <input type="checkbox"/> Less than one time per day |
|--|---|---|

#### 3. Our program offers sugary drinks\*

- |  |   |                                |
|--|---|--------------------------------|
| <input type="checkbox"/> 1 time every few months or more often | <input type="checkbox"/> 1-2 times per year | <input type="checkbox"/> Never |
|--|---|--------------------------------|

*\*sugary drinks include fruit drinks, sweet tea, sports drinks, soda, and Kool-Aid*

#### 4. For children ages 2 years and older, our program offers milk that is:

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> Whole milk | <input type="checkbox"/> Reduced fat (2%) | <input type="checkbox"/> Low fat (1%) or Fat Free (Skim) |
|-------------------------------------|---|--|

#### 5. A fruit (not including 100% juice) or a vegetable (not including French fries, tater tots, or hash browns) is served:

- |  |                                     |   |
|--|-------------------------------------|---|
| <input type="checkbox"/> Some meals, or less often | <input type="checkbox"/> Every Meal | <input type="checkbox"/> Every Meal and Snack |
|--|-------------------------------------|---|

#### 6. Our program offers whole grain-rich foods:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 2 times per week or less | <input type="checkbox"/> 1 time per day | <input type="checkbox"/> 2 times per day or more |
|---|---|--|

*\*whole grain foods include whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta/tortillas*

#### 7. Our program offers fried or pre-fried potatoes\*:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 2 times per week or more | <input type="checkbox"/> 1 time per week | <input type="checkbox"/> Less than 1 time per week or never |
|---|--|---|

*\*fried or pre-fried potatoes include French fries, tater tots, and hash browns that are pre-fried, sold frozen, and prepared in the oven/microwave*

**8. Our program offers fried or pre-fried meats or fish\*:**

- 2 times per week or more       1 time per week       Less than 1 time per week or never

*\*Fried or pre-fried meats or fish include breaded and frozen chicken nuggets and fish sticks that are prepared in an oven/microwave.*

**9. Our program incorporates planned nutrition education\*:**

- Rarely or never       1-3 times per month       1 timer per week or more

*\*Planned nutrition education can include circle time lessons, story time, and cooking and gardening activities.*

**Answer if you serve PRESCHOOLERS (2-5 years & 5 year olds not in Kindergarten)**

**10. Meals and snacks are served to preschool-age children in the following way:**

- Servings are pre-plated for children or portioned by an adult       Children serve SOME food themselves, while other foods are pre-plated or served by an adult       Children always choose and serve most or all foods themselves

**11. The amount of time provided to preschool-aged children for indoor and outdoor physical activity each day is:**

- Less than 60 minutes       60-119 minutes       120 minutes or more

**12. For children 2 years of age and older, the amount of screen time allowed EACH WEEK is:**

- 90 minutes or more       30-89 minutes       Less than 30 minutes or none

**13. The amount of adult-led\* physical activity provided to preschool-aged children each day is:**

- Less than 30 minutes       30-44 minutes       45-60 minutes or more

*\* Examples include dancing, music and movement, motor development lessons, and physically active games.*

**Answer if you serve TODDLERS (13-24 months)**

**14. The amount of time provided to toddlers for indoor and outdoor physical activity each day is:**

- Less than 60 minutes       60-89 minutes       90 minutes or more

**Answer if you serve INFANTS (0-12 months)**

**15. A quiet and comfortable space (that is NOT a bathroom), set aside for mothers to breastfeed or pump, is available:**

- Rarely or never       Sometimes       Always

**16. Our program offers tummy time to non-crawling infants:**

- 1 time per day or less       2 times per day       3-4 times per day

**Answer if you are a HOME PROVIDER or CENTER DIRECTOR**

**17. My Program has a written policy\* on nutrition that includes the following topics:**

- Quality of Foods provided
- Beverages provided
- Healthy mealtime environments
- Providers/teachers encourage and model healthy eating
- Food is not offered to calm children or encourage appropriate behaviors
- Planned and/or informal nutrition education is delivered to children
- Provider/teachers receive professional development on child nutrition on a regular basis
- Education is provided to families on child nutrition

- There is no written policy or policy does not include any of these topics       1-4 topics included       5-8 topics included

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**18. My program has a written policy\* on promoting and supporting breastfeeding that includes the following topics:**

- Providing space for mothers to breastfeed or express breast milk
- Providing refrigerator and/or freezer space to store expressed breast milk
- Professional development on breastfeeding
- Providing Educational materials for families on breastfeeding
- Breastfeeding support for employees (if applicable, includes allowing teachers/staff to breastfeed or express breast milk on their breaks)

- No written policy or policy does not include any of these topics       1-2 topics       4-5 topics

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**19. My program has a written policy\* on physical activity that includes the following topics:**

- Amount of time provided each day for physical activity or active play
- Amount of outdoor playtime provided each day
- Limiting long periods of seated time for children
- Shoes and clothes that allow children to play outdoors in all seasons
- Provider/Teacher practices that encourage physical activity (participates, leads, plans into lessons, etc.)
- Not intentionally withholding physical activity for long periods of time (more than 5 minutes) to manage challenging behaviors
- Professional development on children's physical activity (done on a regular basis)
- Planned and informal physical activity education
- Amount of screen time allowed
- Type of programming allowed during screen time use (if applicable)

- No written policy or policy does not include these topics       1-4 topics       5-10 topics

\*A written policy can include any written guidelines about your program's operations or expectations for teachers, staff, children, and families. Policies can be included in parent handbooks, staff manuals, and other documents.