

## Getting Started with NAPSACC: Steps for Pennsylvania ECE Providers

### What is NAPSACC?

Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC) is an online, self-paced, customized continuous quality improvement process focused on health practices and policies within early childhood education (ECE) settings. The program utilizes Go NAPSACC, an evidence-based tool, to guide participants through self-assessment, action planning, implementation, policy development, re-self-assessment, and reflection. The process empowers program leadership and includes tips, materials and online trainings to increase knowledge and improve quality of practice and policy.

### How is NAPSACC Connected to Keystone STARS?


Because NAPSACC is an organized effort to promote health and wellness for children, and includes families to support nutrition and physical activities at home, the process aligns with the Keystone STARS category of Partnerships with Families and Communities. Families are encouraged to be part of the continuous quality improvement team through family engagement activities. **Therefore, participation in NAPSACC is included as an eligible activity under Keystone STARS Performance Standard Bonus Points - Partnerships with Families and Communities (2 points) Read more about the Bonus Points [HERE](#).**

### What are the benefits of participation?

Your engagement in the NAPSACC process can make a decided difference in the lives of Pennsylvania's children by encouraging children to form healthy nutrition and physical activity habits that, learned early on, increases the likelihood of these habits being carried forward throughout their lives. Family members, caregivers, staff, and communities also benefit through sharing these experiences with children, creating a cohesive dynamic for long-term success.

### How do I get started?

Below is a guideline of how Pennsylvania ECE programs can participate in NAPSACC independently, or with support from another agency or technical assistance provider/consultant. Past participants have shared that it is comfortable to have at least six months to implement all components.

Steps in the Process	 When Complete
<b>Suggested Timeline: First Month</b> <b>Creating a Go NAPSACC Account</b>	
View an <b>overview video</b> describing the Go NAPSACC tools that will be available to you <a href="#">HERE</a> .	
<b>Request a code</b> to access the Go NAPSACC tools at no cost by completing a brief application <a href="#">HERE</a> .	
Once you receive your code, <b>create your Go NAPSACC account</b> <a href="#">HERE</a> . <ul style="list-style-type: none"> <li>• You will need your access code to create this account.</li> <li>• Be sure to write down your username and password so that you can return to your account with ease in the future.</li> <li>• Practice using your account by logging out and back into Go NAPSACC.</li> </ul>	
<b>Check out the tools available</b> in Go NAPSACC that will help you along the way, including the “ <b>Provider How-To Guide</b> ”!  To access the “Provider How-To Guide: <ul style="list-style-type: none"> <li>• Log into your Go NAPSACC account.</li> <li>• Click on the “Help” tab on the menu bar on the left side of your screen.</li> <li>• From there, the “Provider How-To Guide” and can be viewed or downloaded.</li> </ul>	
This might be a great time to <b>notify your Early Learning Resource Center Quality Coach of your interest in this area</b> . Your coach might be aware of resources to support your work, and could also create a Go NAPSACC TA account and link with your program to follow your journey! <ul style="list-style-type: none"> <li>• If your Quality Coach, or other individual with a Go NAPSACC TA account wishes to connect with you, they can send your program a request to link from their account. When you log into your program’s account, you will see their invitation at the top of your program’s progress page, with an option to accept. Linking with TA supports like your Quality Coach will build a team that can help keep momentum going, provide you with resources, and share in your celebrations!</li> </ul>	

**Suggested Timeline: Second Month  
Self-Assessment, Goal Setting, and Action Planning**

Log into Go NAPSACC and complete the **Child Nutrition Self-Assessment**. It has a green apple icon.

- Take time to **review your self-assessment results**, and the areas identified as strengths as well as areas for growth.
- Go NAPSACC will prompt you to **select 3-5 goals** for your program in this area.
- Choose 1 of those goals, and click “Start Action Plan” to **develop a Child Nutrition action plan** that is meaningful to your program.

Log into Go NAPSACC and complete the **Infant-Child Physical Activity Self-Assessment**. It has a blue sneaker icon. Feel free to explore any other assessment areas of interest.

- Follow the same process to **review your self-assessment results, select 3-5 goals, and start and develop at least 1 action plan** in this second area.

**Suggested Timeline: Third, Fourth, and Fifth Months  
Take Action! Implement Action Plans and Connect with Resources**

**Implement your action plans.**

- Are there local resources, organizations, or individuals who could partner with your program in reaching this goal? The Keystone Kids Go can also connect you with Pennsylvania partners and resources. Visit the website [HERE](#).
- Be sure to visit the Tips and Materials Library within Go NAPSACC, as well as the training modules within the tools.
  - According to [OCDEL Announcement-C-22-02-Health-and-Safety-Training-Requirements](#), “On-Going Annual Professional Development Training for all Child Care Staff All child care staff in a certified child care program must complete an annual minimum of 12 clock hours of child care training. Within the annual minimum 12 clock hour professional development training requirement, it is at the program’s discretion as to how they would like to address which health and safety professional development training topics their child care staff will obtain. Health and safety professional development training topics can be found on the Professional Development (PD) Registry at [www.papdregistry.org](http://www.papdregistry.org). OCDEL recommends completing health and safety professional development training through the PD Registry.” OCDEL has confirmed that if training in federal requirements for CCDBG health and safety topics outlined in section “Pre-Service Trainings for all Child Care Staff” have been met, the Go NAPSACC trainings are eligible to count toward on-going annual professional development training hours. Go NAPSACC provides a certificate upon completion of the training that can be uploaded into the PD Registry.

<p><b>Suggested Timeline: Sixth Month</b>  <b>Re-Assess and Reflect</b></p>	
<p>Continue to <b>implement your new practices.</b></p> <p>Log into Go NAPSACC and <b>re-take the Child Nutrition Self-Assessment, the Infant-Child Physical Activity Self-Assessment, and any other assessments you completed previously.</b></p> <ul style="list-style-type: none"> <li>You can re-assess in an area by clicking “Start New Assessment.”</li> </ul> <p>Review the action plans you have developed and <b>mark any goals complete</b> that you have met.</p> <ul style="list-style-type: none"> <li>You can mark goals complete by clicking the “I reached this goal!” button at the bottom of each action plan.</li> </ul>	
<p><b>Complete the online Reflection Survey</b> to share your feedback on how we can improve this experience. The survey can be found <a href="#">HERE.</a></p>	
<p>If you are interested in submitting evidence in the PD Registry Designation System for Bonus Points, be sure to <b>download and save</b> the following from your Go NAPSACC account:</p> <ul style="list-style-type: none"> <li><b>Pre and Post Self-Assessment results in the Child Nutrition and Infant-Child Physical Activity areas</b></li> <li><b>Action Plan(s) showing goals identified in the Child Nutrition and Infant-Child Physical Activity areas, with at least one goal completed in each area.</b></li> </ul> <p><b>Read more about the Bonus Points</b> <a href="#">HERE.</a></p>	

**Pause for Policy!**

When you completed your program’s self-assessments, you reflected on any existing nutrition and/or physical activity policies. A written policy can include any written guidelines about your program’s operations or expectations for staff, children, and families. Policies can be included in staff or family handbooks and other documents. As a refresher, look over the suggested topics that could be included in a policy around nutrition and physical activity. Consider incorporating the changes you made in practice into an existing or a newly developed written policy for your program, to highlight the important efforts you are making around children’s health.

You don’t have to start from scratch. Go NAPSACC contains many resources and suggestions for policy development within the Tips and Materials Library. You may also wish to refer to chapters 4 and 5 of the Model Child Care Health Policies, 5<sup>th</sup> edition, which is available free and online, and includes templates of policies that can be adapted to meet your specific program needs.

The Model Child Care Health Policies, 5<sup>th</sup> edition, can be found [HERE.](#)

## **Food for Thought around Policy:**

### **Does our program's nutrition policy include...**

- *Foods provided to children*
- *Beverages provided to children*
- *Creating a healthy mealtime environment*
- *Using positive feeding practices*
- *Not offering food to calm children or encourage appropriate behavior*
- *Planned and informal nutrition education for children*
- *Participation in professional development on child nutrition*
- *Education for families on child nutrition*
- *Guidelines for foods offered during holidays and celebrations*
- *Fundraising with non-food items, if applicable*

### **Does our program's physical activity policy include...**

- *Amount of time provided each day for indoor and outdoor physical activity*
- *Limiting long periods of seated time for children*
- *Shoes and clothes that allow children and teachers to actively participate in physical activity*
- *Teacher practices that encourage physical activity*
- *Not taking away physical activity time or removing children from long periods of physically active playtime in order to manage challenging behaviors*
- *Planned and informal physical activity education*
- *Professional development on children's physical activity*
- *Education for families on children's physical activity*

**CONGRATULATIONS! You did it!**

**Thank you for taking action to create healthier environments for children in Pennsylvania!**

**Questions?** Contact Tiffany Edwards-Pierce at the Pennsylvania Department of Health at [tiedwardsp@pa.gov](mailto:tiedwardsp@pa.gov), or Lori McMonigal at Tuscarora Intermediate Unit 11 at [lmcmonigal@tiu11.org](mailto:lmcmonigal@tiu11.org).