



# God's Precious Blessings Daycare

## Contact Information

**CACFP Sponsor**

First Step to Nutrition

**Child Care Facility Name**

God's Precious Blessings Daycare

**Child Care Provider Contact Person Name**

Tamica Reynolds

**Contact Person Email**

msmica1@clear.net

**Contact Person Phone Number**

484-685-3582 or (484) 477-3743

## Description

God's Precious Blessings Daycare is a Christian, licensed family daycare home. We currently serve five children aged 2 to 5 ½. Although we serve a mixed age group of children, we benefit from our small size as each child is able to get one on one time throughout the day to focus on their developmental goals. We have been truly blessed as all of the children and their parents are very supportive of whatever we strive to do or the new things we share with them.

## Keystone STARS Level 1

### Category

Nutrition or Physical Activity Education (through curriculum or other resource) – N8 Nutrition Education for Staff, Children, and Parents; PA4 Physical Activity Education for Staff, Children, and Parents

### Goal

My goal is to provide nutrition and physical activity education to children through a structured curriculum.

### Promising Practice

To provide nutritional/physical education to each child I first used the long list of resources provided from the PA NAP SACC website. Some of the websites I really liked were Keystone Kids Go!, Nibbles for Health, and Better Kid Care. I found articles on nutrition and physical activity to give to parents with the monthly newsletters. I purchased the LANA curriculum and the Color Me Healthy curriculum, which includes music CDs, posters, newsletters, and a curriculum guide. I am able to pick and choose what I need to use.



### Action Steps

- Review the PA NAP SACC resources.
- Print out resources and news articles to share with parents.
- Review the normal lesson plan, so as not to overwhelm yourself or the children with a lot of new things.
- See where new curricula, songs, activities, and ideas fit into what you already do.
- Incorporate the new ideas into the lessons.

### Materials

Item Purchased	Cost of Item
LANA Curriculum	\$299.00
Fruit/Vegetable Memory Game	\$14.95
Food Group Game	\$5.95

### Advice

Use every resource that was provided through this grant no matter how overwhelming take your time and print it out. As you go through each one make notes on your list and order all of the great free offers, and share with the parents.

### Evidence of Success

This change was one of the best things we could have done as the physical activity is very easy for us now because we are aware of how it looks.

This grant helped us think outside the box of exercise and we got creative and just got up and began to move and no big equipment was needed.

Parents are even walking after daycare together. We have been able to purchase a variety of items that engages every child in our mixed age group rather indoors or outdoors.

