



pa **nutrition** AND
physical **activity**
self-assessment
FOR child care

Recipe for Success:

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PA NAP SACC is an easy-to-use, online continuous quality improvement tool that includes Self-Assessment, Action Planning, Implementation and Reflection. PA NAP SACC is designed for early childhood programs to help them evaluate and improve nutrition and physical activity practices and policies in their center, group or home-based settings.



Self-Assessment

I've been an early education teacher or administrator for 34 years and was of the mindset that I "knew it all." Wrong. I was content with all areas of the self-assessment but one. "Needs Improvement" was a tough pill to swallow.

We decided that we would work to make the changes necessary in our determination for all things excellent.

Action Steps

We found that we needed to up our game when it came to indoor active play. I partnered with a child care health consultant who was all I could have ever asked for.

She showed me where to access models and templates for writing policy and then walked me, step-by-step, through the process. WIN for JOY

Center! The positive outcome was that the written policy allowed both parents and teaching staff a framework for what we were striving for. Everything, including activity and nutrition, needs to be written into our curriculum and intentional in practice.

Policy Links

I'd never written a policy on nutrition and activity. The partnership with the consultant was the driving force behind the much needed policy. She saw what we had and where we needed to go, and was able to thoroughly support me every step of the way. Now, I look for intentional activities in weekly lesson plans and make sure that I wander into both indoor and outdoor times to partner with the teachers and children in physical activity.

Advice to Others

Do it! **Be brave enough to self-evaluate and then make the changes to keep your center or home care environment current with national best practice for children.**

Interested in learning more?

Visit panapsacc.org and begin your continuous quality improvement journey by taking the self-assessments.