

# 5-2-1-0 Sample Policies

We at (name of the program) support your child's healthy food choices by:

- ▶ Gently encouraging children to try fruits and vegetables and giving positive reinforcement when they do.
- ▶ Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
- ▶ Observing and supporting hunger and fullness cues.
- ▶ Providing opportunities for nutrition education for parents and staff.
- ▶ During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.
- ▶ Not using food as a reward.



Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:

- ▶ For packed lunches, please include fruits and/or vegetables.
- ▶ For celebrations and holiday parties, please provide healthy foods (especially fruits and vegetables). An approved list of age-appropriate foods will be provided.

We at (name of the program) understand that TV and other electronic media can get in the way of exploring, playing, and interacting with others, which encourages learning and healthy physical and social development. Therefore we will restrict screen time by:

- ▶ Allowing a maximum of 30 minutes total per week of educational and age appropriate screen time (television, video, and DVD).
- ▶ Allowing no more than 15 minutes of educational computer time per day.
- ▶ Not allowing any screen time during meals and snacks.
- ▶ Having zero screen time (TV, video, and computer) for child under the age of 2.



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We at (name of the program) understand that active play is important for healthy growth and development of young children. Because of this:



- ▶ If weather is permissible, all children will receive at least 60 minutes of outdoor play. When weather is NOT permissible, children will receive at least 60 minutes of indoor gross motor activity (active play). Indoor 'active play' activities will include: dancing, ball pit, toddler-related active play (e.g. Duck Duck Goose, Ring around Rosy, etc.) (fill in any other activities or equipment you have that fulfill this requirement).
- ▶ We will never withhold active play time as a punishment.
- ▶ We will use physical activity as a reward.
- ▶ We will have at least one provider join the children in active play daily.
- ▶ We will provide opportunities for physical activity education for parents and staff.

We at (name of the program) understand the importance of providing age appropriate food and beverages and because of this:



- ▶ If a mother wishes to breast feed exclusively, the program will make every effort to provide breast milk to the child and supplement only when breast milk is gone.
- ▶ We will continue supporting families who are breastfeeding beyond 12 months.
- ▶ We will follow the American Academy of Pediatrics recommendations and not serve any food or drink other than breast milk and/or iron-fortified infant formula in a bottle unless medically necessary.
- ▶ We will only serve whole milk for children younger than 2 years old and fat-free or 1% milk for children aged 2 years and older.
- ▶ Water will be clearly visible and available to the children at all times (indoors and outdoors).

We at (name of the program) are committed to our children's health and nutrition. We recognize the importance of the staff as positive role models for the children as they learn to live healthy lives. Therefore:

- ▶ Staff will not drink soda and sugary beverages in front of the children in their care.
- ▶ During functions or meetings at the center, we will only permit water, milk, or 100% fruit juice to be served.

