



**Nebraska Go NAP SACC  
Recharge for Resilience Conference**



**October 30, 2019  
Donnia Behrends, MS, RD**



# Partnering Organizations



NE Go NAP SACC is based on NAP SACC which was developed at the University of North Carolina at Chapel Hill.

# Improving the Quality of Early Care and Education (ECE) Programs Across Nebraska

NEARLY 80% OF CHILDREN FROM AGE 0-5 ARE IN CHILD CARE IN NEBRASKA



NEBRASKA Nutrition And Physical Activity  
Self-Assessment for Child Care



# Improving the Quality of Early Care and Education (ECE) Programs Across Nebraska

NUTRITION + PHYSICAL ACTIVITY + BREASTFEEDING BEST PRACTICES = HEALTHY YOUNG CHILDREN



NEBRASKA Nutrition And Physical Activity  
Self-Assessment for Child Care



MEALS



STORY



PLAY

# The NE Go NAP SACC Team



**Emily Hulse**  
Statewide Coordinator  
Children's

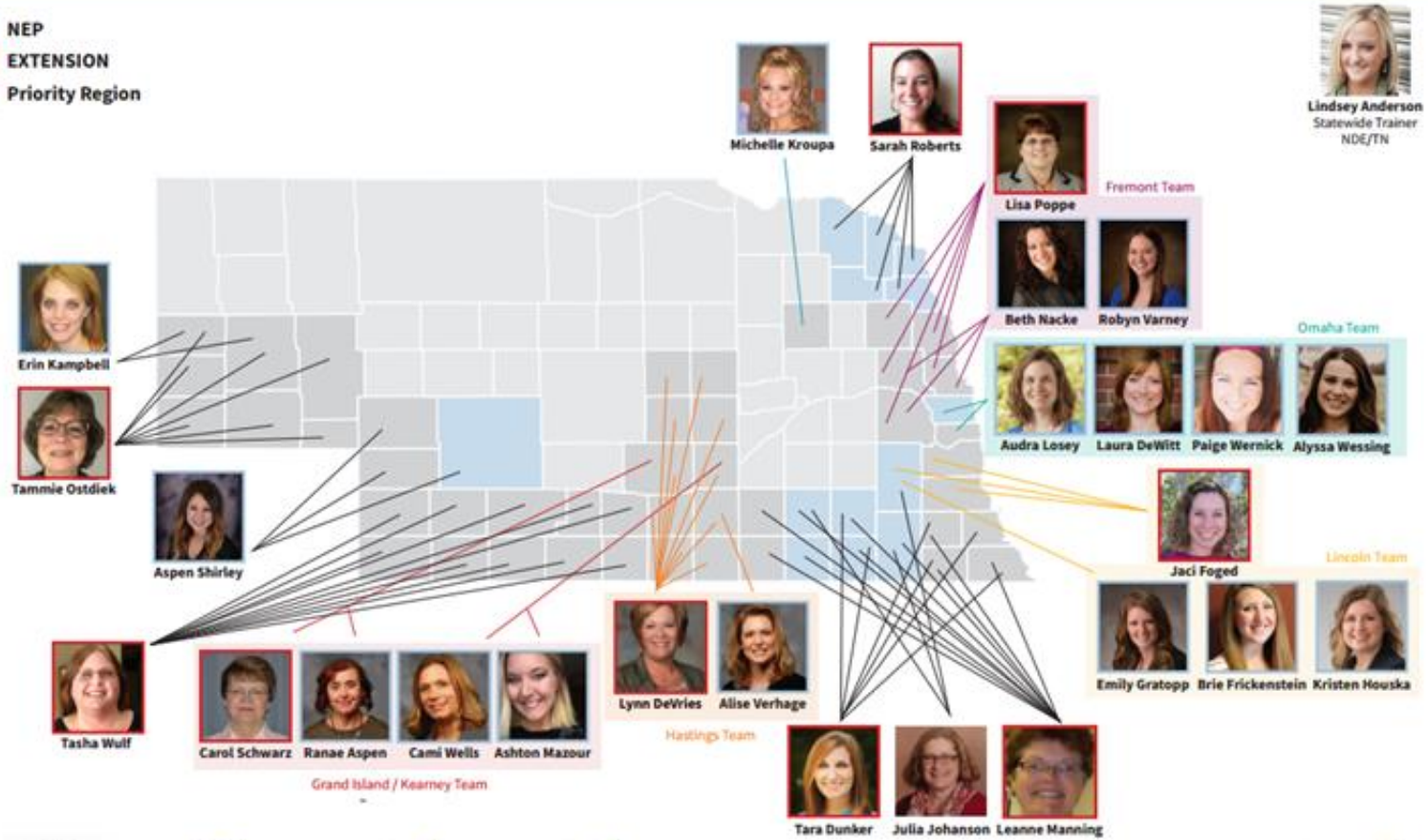


**Kayla Abel**  
Coordinator  
NE DHHS



**Donnia Behrends**  
Coordinator  
NE Extension

- NEP
- EXTENSION
- Priority Region





# 5 Steps to Making Healthy Changes in your Program



NEBRASKA Nutrition And Physical Activity  
Self-Assessment for Child Care



Assess current practices



Attend a Go NAP SACC training



Create an action plan



Reach your goals



Reassess and celebrate progress

# Pre Self-Assessment





# 5 Focused Health Areas



NEBRASKA Nutrition And Physical Activity  
Self-Assessment for Child Care



Screen Time



Child Nutrition



Outdoor Play & Learning



Breastfeeding & Infant Feeding



Infant & Child Physical Activity

# Best Practices (examples)



## **Child Nutrition Best Practices:**

- Our program offers vegetables 2 times/day or more (half-day: 1 time/day or more). (CN#3)
- Our program offers high-fiber, whole grain foods 2 times/day or more (half-day: 1 time/day or more). (CN#10)
- Our program offers children a 4-6 oz. serving of 100% fruit juice 2 times/week or less. (CN#15)



## **Breastfeeding and Infant Feeding Best Practices:**

- A quiet and comfortable space, set aside for mothers to breastfeed or express breast milk, is always available. (BF#1)
- Posters, brochures, children's books, and other materials that promote breastfeeding are displayed in 3-4\* areas of the building. (BF#4)
- When feeding infants, teachers always use responsive feeding techniques. (BF#15)



## **Infant & Child Physical Activity:**

- The amount of time provided to preschool children for indoor and outdoor PA each day is 120 minutes or more (half-day: 60 minutes or more). (PA#1)
- The amount of adult-led PA our program provides to preschool children each day is 60 minutes or more (half-day: 30 minutes or more). (PA#4)
- Our program has 5-6\* types of portable play equipment available and in good condition for children to use indoors. (PA#8)



## **Outdoor Play & Learning:**

- The amount of outdoor playtime provided to preschool children each day is 90 minutes or more (half-day: 45 minutes or more). (OP#2)
- Infants are taken outdoors 2 times/day or more (half-day: 1 time/day or more). (OP#4)



## **Screen Time:**

- No televisions are located in the classrooms or televisions are stored outside of classrooms and not regularly available to children. (ST#1)
- For children 2 years of age and older, the amount of screen time allowed in our program each week is less than 30 minutes or no screen time is allowed (half-day: less than 15 minutes or no screen time is allowed). (ST#2)



# Go NAP SACC Training

## 1 Early Care Matters for Healthy Children:

### Themes of the Module:

- The importance of establishing healthy habits early.
- The role of childhood professionals in promoting healthy habits.
- Strategies to help create a healthier child care environment.

## 2 Supporting Breastfeeding and Infant Feeding in Child Care:

### Themes of the Module:

- The recommendations and benefits of infant feeding and breastfeeding.
- Infant feeding techniques, including breastfeeding basics and on-demand feeding.
- The role of the child care environment in promoting and supporting healthy infant feeding and breastfeeding.

## 3 Nutrition for Young Children:

### Themes of the Module:

- Why is good nutrition for young children important?
- The best practices, along with tips, for foods offered in child care.
- The role of the child care staff in building and promoting healthy eating environment.

## 4 Physical Activity for Young Children:

### Themes of the Module:

- The effect of physical activity on children.
- PA recommendations for infants, toddlers, and preschoolers.
- The role of the child care in the development of physically active children.

## 5 Personal Health and Wellness:

### Themes of the Module:

- The effects of stress and ideas to help manage it.
- The benefits or and recommendations for physical activity.
- Healthy eating behaviors.
- Possibly solutions to healthy eating and physical activity barriers.

## 6 Growing Healthy Children Together: Promoting Family Engagement

### Themes of the Module:

- What is family engagement?
- Effective ways to communicate with families.
- Strategies for encouraging family engagement strategies for Go NAP SACC.

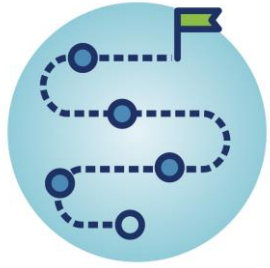


# Go NAP SACC Training Numbers

- From October 2018-September 2019 (in-person):
  - **21** different **Trainings** were held
  - **216** Total Child Care **Providers** were trained
  - **81** Unique Child Care **Facilities** were trained
    - 33 Homes
    - 48 Centers



# Action Planning/Taking Action



Go NAP SACC Action Planning Document

Program/Provider Name: Little Broncos Preschool - Syd

Date: 09/13/18 Target Date for Evaluation: 03/01/19

Areas for Improvement/Specific Goals

Child Nutrition (CN)

| Goal #   | Assessment Question # | Area for Improvement/Goal   | Target Date for Completion                    |
|----------|-----------------------|---|---|
| <b>1</b> | <b>#19</b>            | Goal: Teachers incorporate planned nutrition education into their classroom routines 1 time/week or more. (CN#33) | Overall Goal Date: Feb. 2019 (improving goal) |
|          |                       | <b>Actions to reach above goal</b>  | <b>Persons Involved</b> <b>Action Date</b>    |
|          |                       | Decide on if we want to use a particular curriculum or not. Syd look through TN items that came.                  | Syd & Emily      Sept. 28, 2018               |
|          |                       | Plan the weekly nutrition ed. opportunities.  | Syd & staff      Jan. 2019                    |
|          |                       | Implement nutrition education into lesson plans so it's incorporated at least 1x/week.                            | Syd & staff      Feb. 2019                    |

| Goal #   | Assessment Question # | Area for Improvement/Goal  | Target Date for Completion                    |
|----------|-----------------------|--|---|
| <b>2</b> | <b>#24</b>            | Goal: Our program's collection of posters, books, and other learning materials that promote healthy eating includes a large variety of materials with new items added or rotated seasonally. (CN#24) | Overall Goal Date: Feb. 2019 (improving goal) |
|          |                       | <b>Actions to reach above goal</b>   | <b>Persons Involved</b> <b>Action Date</b>    |
|          |                       | Take inventory of what posters and books classroom currently has.  | Syd & staff      Sept. 28, 2018               |
|          |                       | Emily order more needed posters and handouts on nutrition from Team Nutrition. (Emily ordered these items in August already – Syd received them and will through them.)                              | Emily      August 31, 2018                    |
|          |                       | Get all above mentioned materials hung up throughout the facility and dispersed to all classrooms. Create schedule/plan for rotating them quarterly.   | Syd & staff      Jan-Feb. 2019                |

| Goal #   | Assessment Question # | Area for Improvement/Goal   | Target Date for Completion                 |
|----------|-----------------------|---|--|
| <b>3</b> | <b>#43 &amp; #44</b>  | Goal: <b>CN Family Education</b> - Families are offered education on child nutrition 2 times/year or more. (CN#43) Education for families on child nutrition includes 5-6" topics (topics listed below). (CN#44) <ul style="list-style-type: none"> <li>Food and beverage recommendations for children</li> <li>Serving sizes for children</li> <li>Importance of variety in the child diet</li> <li>Creating a healthy mealtime environment</li> <li>Using positive feeding practices</li> <li>My program's policies on child nutrition</li> </ul> | Overall Goal Date: Jan. 2019               |
|          |                       | <b>Actions to reach above goal</b>  | <b>Persons Involved</b> <b>Action Date</b> |
|          |                       | Discuss ideas to start for planning/tracking <u>facilities</u> education provided. At least one opportunity be a printed resource and the other via bulletin board.   | Emily & Syd      September 14, 2018        |
|          |                       | Emily order TN materials. (already done)  | Emily      August 31, 2018                 |
|          |                       | Syd finalize plans for 2018-2019 family education around nutrition. Make sure materials are ready for those planned nutrition education opportunities. Track the education provided. Sent MyPlate handout home – Jan. 2019  | Syd      Jan. 2019                         |

| Goal #   | Assessment Question # | Area for Improvement/Goal   | Target Date for Completion                 |
|----------|-----------------------|---|--|
| <b>4</b> | <b>#41</b>            | Goal: Teachers and staff receive professional development on child nutrition 2 times/year or more. (CN#41)  | Overall Goal Date: Ongoing                 |
|          |                       | <b>Actions to reach above goal</b>  | <b>Persons Involved</b> <b>Action Date</b> |
|          |                       | Discuss w/ Syd a plan for professional development in 2018-2019 around nutrition so that it happens 2 times per year (and then in upcoming years as well). 2018 – go NAP SACC & Culinary Workshop in Oct. in North Platte | Syd & Emily      September 14, 2018        |
|          |                       | Based on the above discussion, document tentative professional development plan regarding these subjects.   | Syd & Emily      Oct. 15, 2018             |

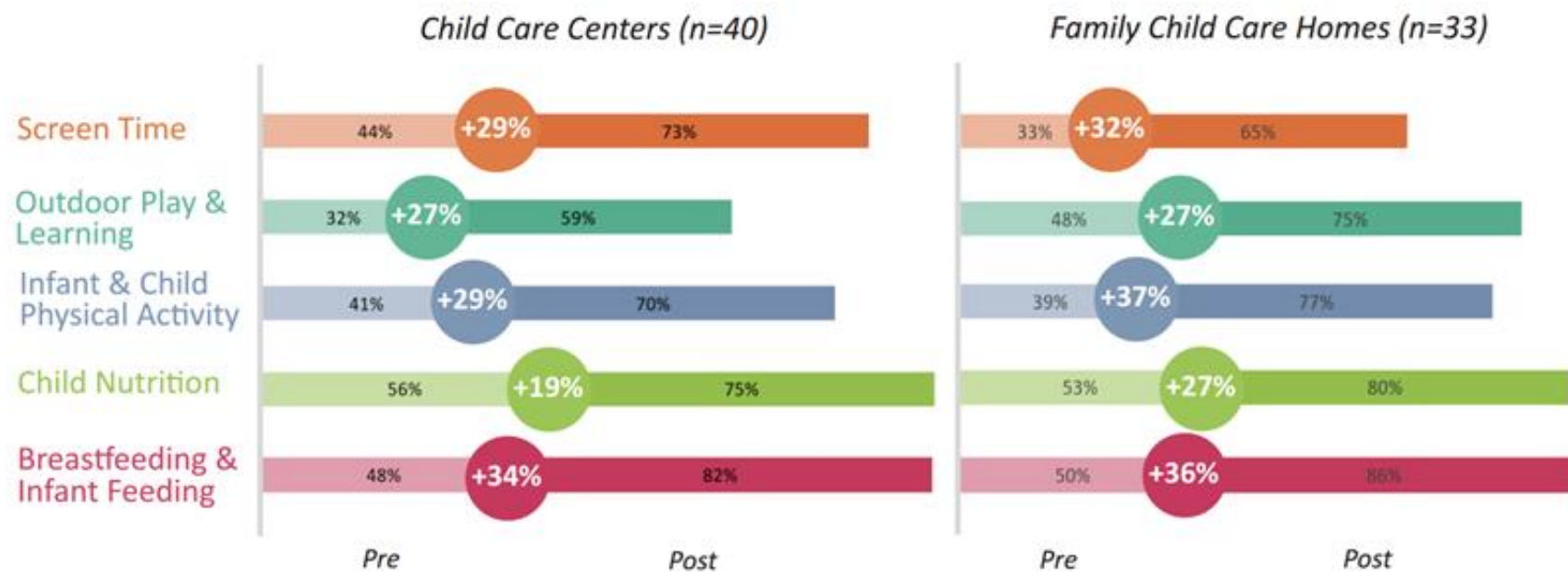
| Goal #   | Assessment Question # | Area for Improvement/Goal   | Target Date for Completion                 |
|----------|-----------------------|---|--|
| <b>5</b> |                       | Goal: Work w/ the kitchen staff to plan and improve the snack menu. 12/18 – kind of working w/ preschool but not totally. | Overall Goal Date: Jan. 2019               |
|          |                       | <b>Actions to reach above goal</b>  | <b>Persons Involved</b> <b>Action Date</b> |
|          |                       | Emily & Syd brainstorm together some ideas for snacks (snack cycle menu).   | Syd & Emily      September 14, 2018        |
|          |                       | Discuss these ideas w/ kitchen staff  | Syd      Oct. 5, 2018                      |
|          |                       | Implement new snack cycle menu.   | Syd & kitchen staff      Jan. 2019         |

# Keeping it up: Post Self-Assessment





# Improved Best Practices



2018 Go NAP SACC Participating Sites (Pre to Post)  
n=77

| <b>Go NAP SACC<br/>Participation<br/>(July 2014 –<br/>September 2019)</b> | <b>HOMES</b> | <b>CENTERS</b> | <b>TOTAL</b>  |
|---|--------------|----------------|---------------|
| Total Number of<br>ECEs   | 504          | 395            | <b>899</b>    |
| Pre-Assessment<br>Completed   | 468          | 357            | <b>825</b>    |
| Post-Assessment<br>Completed  | 303          | 195            | <b>498</b>    |
| Total Number of<br>Children   | 5,428        | 30,199         | <b>35,627</b> |

# What did your program find most helpful from participating in Go NAP SACC?

*"I think the program is very helpful. I think it is awesome that you provided this asset to us as in home childcare providers."*

*"I think it is a good program and it helped open my eyes on ways to improve my daycare."*

*"I truly loved doing NAP SACC.  
It was fun to do!"*

*"Great tools and resources provided to meet the expectations and best practices!"*

*"I think the Go NAP SACC process was perfect. I started with NAP SACC back in 2011. I only retook it this year as a refresher as I was entering into SU2Q. Great info! Amazing instructors!"*



# ECE's Go NAP SACC

- FREE state approved in-service hours (6 hours)
- Incentives upon completion
- FREE nutrition & physical activity resources
- FREE one-on-one mentoring & support from a trainer
- Points for Step Up to Quality (SUTQ)



Step Up to  
**Quality**



# Required Activities of Go NAP SACC in Step 2

- Go NAP SACC Orientation Video
- **Complete Go NAP SACC Pre Self-Assessment:**
  - Breastfeeding and Infant Feeding
  - Child Nutrition
  - Infant and Child Physical Activity
  - Outdoor Play and Learning
  - Screen Time





# Go NAP SACC in Steps 3-5 of SUTQ

- Earn Up to 14 points for Go NAP SACC:

- Attend Go NAP SACC Training: 1 PT
- Submit Go NAP SACC Action Plan: 2 PTS
- Complete Go NAP SACC Post Self-Assessment
  - Points for # of best practices met: up to 9 possible PTS
- Approved Nutrition & Physical Activity Curriculum: 2 PTS



# Advocates for Healthy Children!



"THESE GOALS WERE ALL THE THINGS I WANTED TO EVENTUALLY DO, AND THIS (GO NAP SACC) HELPED ME TO FINALLY GET THEM DONE!"



# For More Information...



NEBRASKA Nutrition And Physical Activity  
Self-Assessment for Child Care

<https://negonapsacc.unl.edu>

Go NAP SACC Promo Video - <https://www.youtube.com/watch?v=vJ4F7h3Xm40>

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