

Do you have a physical activity policy?

Providers can improve child health and wellness by establishing policies for physical activity. They can help provide consistent messages for children, staff, and parents/caregivers.

Why does it matter?

Physical activity helps kids grow up healthy!

Movement benefits children's:

- Brain development
- Vision and hearing
- Muscle coordination

Activity benefits everyone

Children who are regularly active:

- Have less behavioral problems
- Sleep better at night
- Feel better about themselves
- Are more alert and ready to learn
- Maintain a healthy weight

"I find that the children are able to focus and learn better after implementing 120 minutes of physical activity into our daily schedule."

-Linda Groom,
Hudson Community Children's Center

"You can promote fitness, self-esteem, self-confidence, learning and a lot more without fancy equipment."

-Toni Nader,
Library Square School, Kenosha

"The children I have had over the years look forward to activity. I have yet to have a child say, 'Do we have to?'. Usually, we hear, 'YAY!!'."

-Julie DeLap,
The Pumpkin Patch Family Child Care

Active Early can help!

Active Early is a free Wisconsin guide for improving physical activity.

It provides sample policies and concrete low-cost and no-cost strategies to get kids active.

Early care and education programs around the state have successfully integrated the expert recommended 120 minutes of physical activity into their schedules, transitions and lesson plans without having to add time to their days!



Do you have a nutrition policy?

Providers can improve child health and wellness by establishing policies for nutrition. They can help provide consistent messages for children, staff, and parents/caregivers.

Why does it matter?

A healthy eating environment teaches children good nutrition!

Shaping eating behaviors at an early age helps establish life-long health.

Proper nutrition benefits children's:

- Physical growth
- Immune system
- Brain development

Children who are well-nourished:

- Have energy to play and grow
- Maintain a healthy weight
- Are able to concentrate and focus on learning
- Enjoy a variety of foods

"Providing nutritious meals and snacks is very important...It helps their brains grow and gives them energy to learn and play. It prevents them from getting sick."

-Jessica Otto,
Kids-R-Us Day Care, Kennan

"[During] 'Food Week' at our center, the children are learning how different kinds of foods affect them physically and mentally."

-Jessica Schoettle,
Altoona Family Child Care Center, Altoona

"If we are going to teach good eating habits, it is our responsibility to model that component of our daily curriculum."

-Maggie Smith,
R.E.A.L. K.I.D.S., Menominee Falls

Healthy Bites can help!

Healthy Bites is a free Wisconsin guide for improving childhood nutrition.

It provides concrete strategies and ready-to-use ideas and resources to promote healthy eating.

Early care and education programs around the state are successfully incorporating expert recommendations about foods served and the nutrition environment into their programs.

