

EMPOWER



Activate! The Power of Group Homes!

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Overview

- ★ Empower...standards and policies
- ★ Discussion... Successes and Challenges in Group Home Settings
- ★ Questions





What are the 10
Super Powers?



Standard 1



Provide physical activity
(teacher-led and free play)
& do not allow more than
60 min. of sedentary
activity at a
time and more
Than 3hrs. of
screen time/week

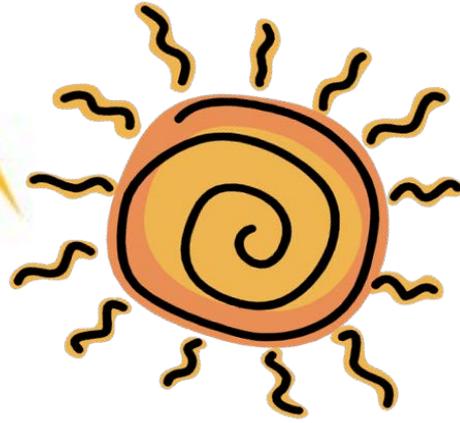




Quick snapshot of standard 1...

- ✓ At least 60 minutes per day for children one year and older.
- ✓ Mix it up! Include both free-play and teacher-led physical activities.
- ✓ Make sure every child has an opportunity to participate.
- ✓ Keep it fun! Physical activity should NEVER be used or withheld from children as punishment.
- ✓ Make the most out of it! Physical activity should include both moderate and vigorous intensities.
- ✓ Limit screen time to three hours or less per week.
- ✓ No screen time for children under two years old.
- ✓ Create a policy for physical activity and screen time

Standard 2



Practice
Sun
Safety!



Quick snapshot of standard 2 ...



- ✓ Take age-specific sun precautions.
- ✓ Check out the intensity of the sun's rays when planning outdoor activities through the UV Index.
- ✓ Limit exposure during peak UV hours (10 am to 4 pm).
- ✓ Encourage staff to protect their own skin and the children's with sunscreen, hats, shade, etc.
- ✓ Encourage families to apply sunscreen to children before they arrive.
- ✓ Create a policy for sun safety.

Standard 3

★
Provide a Breastfeeding-
friendly environment!



Quick snapshot of standard 3 ...



- ✓ Provide a spot for mothers and employees to breastfeed or express their milk.
- ✓ A comfortable chair in a private and sanitary spot will do. This spot should have an electrical outlet and nearby access to running water.
- ✓ Make sure a refrigerator is available for storage of expressed breast milk.
- ✓ Place the “Welcome to our breastfeeding-friendly facility” sign on your doors or windows!
- ✓ Create a policy for a breastfeeding-friendly environment.



Standard 4

Determine whether your site is eligible for Child and Adult Care Food Program, and participate if eligible

Quick snapshot of standard 4 ...



- ✓ Checking eligibility of the children in your care for the Child and Adult Care Food Program by:
- ✓ Calling 1-800-352-4558 to consult with CACFP staff to determine if the program is a good fit for your facility.
- ✓ If eligible, participate in the CACFP program.
- ✓ Document eligibility and participation status.



Standard 5

Limit serving fruit
juice to no more
than two times per
week





Quick snapshot of standard 5 ...



- ✓ Limit 100% fruit juice to no more than two times per week to children one year old and older.
- ✓ No fruit juice to infants (0-11 months).
- ✓ No more than six ounces of fruit juice will be offered at one time for children six years of age or older.
- ✓ If fruit juice is served, it should only be 100% fruit juice with no added sugar.
- ✓ Create a policy for fruit juice.



Standard 6

Serve meals Family-Style
and do not use food as
reward. ★





Quick snapshot of standard 6 ...



- ✓ Make mealtime fun! Sit and interact with children at mealtime.
- ✓ Let the children choose what and how much to put on their plates.
- ✓ Encourage children to serve themselves.
- ✓ Use encouraging words and avoid negative facial expressions.
- ✓ Talk to the children about the food!
- ✓ Be prepared for spills.
- ✓ Create a policy for family-style meals.



Standard 7

Provide monthly oral health education or implement a tooth brushing program





Quick snapshot of standard 7 ...

- ✓ Add monthly oral health education to your curriculum through fun activities!
- ✓ Or, Implement a tooth brushing program at your facility.
- ✓ Follow simple recommendations to prevent tooth decay.
- ✓ Educate families on the importance of a dental visit by their child's first birthday.
- ✓ Create a policy for oral health

Standard 8

Ensure that staff members receive three hours of training annually on Empower topics.



Quick snapshot of standard 8 ...

- ✓ Get your three hours of training annually on Empower topics.
- ✓ These three hours can be included in the 18 or 12 (depending on service setting) hours already required by Child Care Licensing.
- ✓ Training topics should be age-appropriate and relate to the following Empower topics: physical activity, nutrition, oral health and tobacco education.
- ✓ Document your training by obtaining a certificate of completion or a signed document.
- ✓ Create a policy for staff training.





Standard 9:

Make Arizona Smokers' Help Line (ASHLine) education materials available at all times



Quick snapshot of standard 9 ...

- ✓ Make available information on the dangers of second- and third-hand smoke to your families. This information is in your Empower Guidebook. Request additional ASHLine second- and third-hand smoke cards.
- ✓ Create a policy for ASHLine.

Optional:

- ✓ If able, participate in the ASHLine Referral Training pilot program for child care facilities.
- ✓ If you decide to take part, ASHLine will give your staff a 30-minute free training about referring tobacco users to the program.



Standard 10:



Maintain a smoke-free
campus





Quick snapshot of standard 10 ...

- ✓ Go above and beyond the Smoke-Free Arizona Act!
- ✓ Inform employees, families and visitors and that you are a smoke-free campus facility.
- ✓ Show your commitment! Post the Smoke-Free Arizona Act sign at the entrance of your facility.
- ✓ Create a policy!

Discussion/Questions?

