Partnering Organizations

NEBRASKA TEAM

Step Up to Quality

NEBRASKA DEPARTMENT OF EDUCATION

CHI Health

Children's Center for the Child & Community

NEP

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

NEBRASKA EXTENSION

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 0-5 are in child care in Nebraska.
Improving the Quality of Early Care and Education (ECE) Programs Across Nebraska

Nutrition + Physical Activity + Breastfeeding Best Practices
Meals

Story

Play
The NE Go NAP SACC Team

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The diagram illustrates the NE Go NAP SACC Team, showcasing the members and their affiliations with the Nebraska Extension Program (NEP), the Statewide Coordinator (NEP), and various Priority Regions.

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For a comprehensive understanding, please refer to the detailed list of team members and their roles provided in the document.
5 Steps to Making Healthy Changes in your Program

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

- 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

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.

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.

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.

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.

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.

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):
  o 21 different Trainings were held
  o 216 Total Child Care Providers were trained
  o 81 Unique Child Care Facilities were trained
    ▪ 33 Homes
    ▪ 48 Centers
Action Planning/Taking Action

**Go NAP SACC Action Planning Document**

**Areas for Improvement/Specific Goals**

**Child Nutrition (CN)**

**Goal 1: Assessment Question 1**
- **Area for Improvement/Goal:** Increase student uptake rates of nutritious food items by 20%.

<table>
<thead>
<tr>
<th>Action to reach above goal</th>
<th>Person/Team</th>
<th>Action Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Train teachers on nutrition</td>
<td>Staff</td>
<td>Apr 2019</td>
</tr>
<tr>
<td>Implement nutrition education in the classroom</td>
<td>Staff</td>
<td>Feb 2019</td>
</tr>
<tr>
<td>Increase availability of nutritious food options</td>
<td>Staff</td>
<td>Mar 2019</td>
</tr>
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</table>

**Goal 2: Assessment Question 2**
- **Area for Improvement/Goal:** Improve student knowledge about nutrition by 30%.

<table>
<thead>
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<th>Action to reach above goal</th>
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<th>Action Dates</th>
</tr>
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<tbody>
<tr>
<td>Conduct nutrition surveys</td>
<td>Staff</td>
<td>Dec 2018</td>
</tr>
<tr>
<td>Organize nutrition quizzes</td>
<td>Staff</td>
<td>Jan 2019</td>
</tr>
<tr>
<td>Organize nutrition workshops</td>
<td>Staff</td>
<td>Feb 2019</td>
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**Goal 3: Assessment Question 3**
- **Area for Improvement/Goal:** Increase parent involvement in nutrition programs by 25%.

<table>
<thead>
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<th>Action to reach above goal</th>
<th>Person/Team</th>
<th>Action Dates</th>
</tr>
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<tbody>
<tr>
<td>Organize parent meetings</td>
<td>Staff</td>
<td>Apr 2019</td>
</tr>
<tr>
<td>Promote nutrition programs</td>
<td>Staff</td>
<td>Mar 2019</td>
</tr>
<tr>
<td>Increase parent volunteers</td>
<td>Staff</td>
<td>Feb 2019</td>
</tr>
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**Goal 4: Assessment Question 4**
- **Area for Improvement/Goal:** Reduce waste of food items by 20%.

<table>
<thead>
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<th>Action to reach above goal</th>
<th>Person/Team</th>
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<tbody>
<tr>
<td>Implement zero waste programs</td>
<td>Staff</td>
<td>Jan 2019</td>
</tr>
<tr>
<td>Reduce portion sizes</td>
<td>Staff</td>
<td>Feb 2019</td>
</tr>
<tr>
<td>Encourage composting</td>
<td>Staff</td>
<td>Mar 2019</td>
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**Goal 5: Assessment Question 5**
- **Area for Improvement/Goal:** Increase student physical activity by 15%.

<table>
<thead>
<tr>
<th>Action to reach above goal</th>
<th>Person/Team</th>
<th>Action Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implement new physical activity programs</td>
<td>Staff</td>
<td>Sep 2019</td>
</tr>
<tr>
<td>Organize physical activity challenges</td>
<td>Staff</td>
<td>Oct 2019</td>
</tr>
<tr>
<td>Increase parental support</td>
<td>Staff</td>
<td>Nov 2019</td>
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</table>
Keeping it up: Post Self-Assessment
Improved Best Practices

2018 Go NAP SACC Participating Sites (Pre to Post)
n=77
<table>
<thead>
<tr>
<th>Go NAP SACC Participation (July 2014 – September 2019)</th>
<th>HOMES</th>
<th>CENTERS</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>Total Number of ECEs</td>
<td>504</td>
<td>395</td>
<td>899</td>
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<tr>
<td>Pre-Assessment Completed</td>
<td>468</td>
<td>357</td>
<td>825</td>
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<tr>
<td>Post-Assessment Completed</td>
<td>303</td>
<td>195</td>
<td>498</td>
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<tr>
<td>Total Number of Children</td>
<td>5,428</td>
<td>30,199</td>
<td>35,627</td>
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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)
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:
  
  o Attend Go NAP SACC Training: 1 PT
  
  o Submit Go NAP SACC Action Plan: 2 PTS
  
  o Complete Go NAP SACC Post Self-Assessment
    ▪ Points for # of best practices met: up to 9 possible PTS
  
  o 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...

https://negonapsacc.unl.edu

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

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