

Shaping Healthy Lives (SHL) serves 4 or 5 star child care programs in Durham County. This project aims to reduce childhood obesity and increase physical activity in children ages birth-5 years in early childhood education programs in Durham.

- SHL's goal is to help early educators provide opportunities so children may, regardless of their family's circumstances, succeed and enter kindergarten healthy and active.
- SHL supports health and education by promoting healthy eating and active play in young children while in their early learning environments, using research-based models to provide an comprehensive, whole child approach to promoting healthy weight and activity.

Through SHL, Early Years will work with participating child care centers and family child care homes to assess their need to increase physical activity, improve the children's meals, engage families in the process, and enhance the materials provided to children to support these goals. Integrating areas of best practice related to nutrition, physical activity, and enhanced outdoor learning environments, child care centers and family child care homes may help ease children's food insecurity and improve their wellness for a healthy life using GONAPSACC.

This project will provide:

- Regular coaching visits to the center director/family child care provider and designated teachers related to

supporting implementation of best practices through health, physical movement and nutrition.

- Directors, providers and designated teachers will have 3 opportunities to join virtual Professional Development Learning Collaboratives related to health, movement and nutrition topics.

### **Did you know?**

Children enrolled in child care may consume between 50% and 100% of their Recommended Dietary Allowances (RDA) while in care. Child care programs have a chance to provide the foundation for a healthy life, in terms of food consumption and levels of activity.

Parents often look to their child's teachers for education and support. Teachers as well as parents need to have basic knowledge about nutritional foods, physical activity and a healthy lifestyle that supports children's healthy development.

**For more information or to apply for this project please email Swanda Warren at [swandaw@earlyyearsnc.org](mailto:swandaw@earlyyearsnc.org)**