

# LET'S MOVE! Child Care

## START EARLY

Let's Move! Child Care

## MAKE NUTRITION FUN

Healthy Eating

## GET KIDS MOVING

Physical Activities

## BE INSPIRED

Ideas and Resources

## CHANGE YOUR WORLD

Healthy Kids, Healthy Future

Join family child care and center-based providers who have already committed to **Let's Move! Child Care** by signing up at [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org) for updates, webinars, and to share your success stories!

*"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."*

— First Lady Michelle Obama



We are excited to announce the launch of **Let's Move! Child Care**, a new effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.

**The 5 goals of Let's Move! Child Care are in the following areas:**

### 1. Physical Activity



Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

### 2. Screen Time



No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).

### 3. Food



Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.

### 4. Beverages



Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.

### 5. Infant Feeding



For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

For more information and to register for Let's Move! Child Care, visit us at [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)