

Caregivers Promoting Healthy Habits
Implementing Wellness Policies in Child Care Centers in Georgia



SELF ASSESSMENT QUESTIONNAIRE
ABCDE's of Wellness Policies

Step 1: Assess your needs-Evaluate the child care environment by comparing what the center currently does to the best practices listed, by placing a check in the box that corresponds to your response.

Breast feeding	Rarely or Never	Some of the time	Most of the time	All of the time
Refrigeration for storing expressed breast milk provided:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breastmilk is fed to children as requested by their parents:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menu & Variety	Rarely or Never	Some of the time	Most of the time	All of the time
A combination of new and familiar foods is served:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A dietitian is consulted to ensure foods served are appealing, nutritious, and age appropriate:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children older than two are served low-fat or fat-free milk:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are offered water:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh fruits and vegetables are served daily:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% juice is served with no added sugars, artificial sweeteners, flavoring, and colors:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are encouraged to try new and unfamiliar foods:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are served a variety of foods:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children who do not attend the center full-time receive meals and snacks that provide ⅓ of their nutritional needs:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children who attend the center full-time receive meals and snacks that provide ½ to ⅔ of their nutritional needs:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition Environment	Rarely or Never	Some of the time	Most of the time	All of the time
Adults frequently drink water instead of other drinks in front of children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals are scheduled long enough to allow conversations:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals are scheduled long enough for the serving of food several times:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mealtimes are relaxed and calm:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activity time precedes meal times:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children decide how much and what they will eat:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals are served family style:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foods are served in a manner that children can eat without assistance, when appropriate:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff consumes only healthful foods and beverages in the presence of children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff joins children at meal times and consumes the same food and drinks:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Nutrition Education	Rarely or Never	Some of the time	Most of the time	All of the time
A nutrition curriculum is used:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activities and games are performed that increase knowledge and acceptance of a variety of foods:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are read books relating to food and eating before or after meals and snacks:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children participate in planning and preparing food, when appropriate:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educational tools are used to promote healthy eating:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff is provided with training about nutrition for young children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wellness information and/or activities are provided to staff:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity Environment	Rarely or Never	Some of the time	Most of the time	All of the time
Physical activity and/or play is not restricted, prohibited, nor provided based on behavior:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity is a part of the children's regular schedule:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unstructured playtime and planned movement experiences, indoor and outdoor, are included in the schedule:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Television and video viewing is limited to less than one hour per day including educational programs, for children older than age two:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Television and video viewing is prohibited for children younger than two:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activities encourage cooperation versus competition:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equipment and facilities are routinely monitored for safety:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activities and equipment are age appropriate:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All children have equipment to play on that provides them the opportunity to have fun and be active:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All activities focus on appropriate motor skills:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff participate in and model physical activities for children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff encourage and facilitate children's movement and exploration of their environment:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity Education	Rarely or Never	Some of the time	Most of the time	All of the time
A physical activity curriculum is used:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play and physical activities are planned:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children are read books relating to movement, play, and being physically active:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educational tools are used to promote play and physical activities:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff is provided with training about physical activities for young children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity is scheduled throughout the day as recommended by National Association for Sports and Physical Education for infants, toddlers, preschoolers:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parental Notification and Involvement	Rarely or Never	Some of the time	Most of the time	All of the time
Information is provided to parents daily about their child’s activities and needs including eating and physical activity:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Information is shared with parents about being healthy role models:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A written policy on nutrition, food service, and physical activities is provided to prospective parents:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Information and ideas that address how families can support healthy nutrition and physical activity practices are shared with parents/guardians:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sanitation, Hygiene, and Food Handling	Rarely or Never	Some of the time	Most of the time	All of the time
Playground equipment and toys are regularly cleaned:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff is trained on preparing, serving, and storing food:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staff is trained on sanitizing and disinfecting dishes, equipment, and surfaces:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitoring is performed to ensure sanitation, hygiene, and food handling procedures are adequately performed:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
USDA food sanitation standards are observed:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent hand washing is promoted:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adults and children wash their hands frequently:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinks, soap, and paper towels are easily accessible to children (placed at height level):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A policy regarding food brought from home that addresses food safety and nutrition is shared with parents/guardians:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prior approval is required for any foods brought for sharing:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 2-Build your policies- Once completed, identify those best practices that were not assessed as “all of the time”, and select at least six that the center would like to improve and create a plan that includes policies regarding those best practices.

Step 3-Carry out your program- Implement activities to support policies and best practices.

Step 4: Determine next steps and Evaluate- Next, based on the outcome of the activities determine the center’s next steps and evaluate. What were the barriers? Are there any noticeable changes?