



# Family Star Wellness Practices

## Get Kids Moving

- We lead children in structured activities at least twice per day.
- Children have opportunities for outdoor play at least twice per day for at least 60 minutes total
- We do not withhold outdoor play time or use physical activity for guidance or discipline.
- Infants are never placed in confining equipment (seats, swings, cribs etc.).

## Reduce Screen Time

- We do not allow any screen time for children.
- We provide families with information encouraging them to limit or eliminate screen time.

## Breastfeeding Support

- We provide private, comfortable space for mothers to breastfeed or pump.
- We provide storage for expressed breast milk.
- We provide families with information about breastfeeding recommendations.
- We provide visible support for breastfeeding at any age throughout the building.

## Nurture Healthy Eaters

- Children participate in food preparation activities.
- We serve meals family-style.
- We sit with children during meal & snack times, eat the same foods/drinks and use enthusiastic modeling of healthy foods.
- We encourage social interaction & conversation about food at meal & snack times.
- We do not force children to try all foods served.
- We gently offer children unfamiliar foods, knowing that a child may need to sample a new food 10 or more times before learning to like it.
- We maintain a garden & encourage children to try produce from the garden.
- We include fun, hands-on activities tailored to developmental stage, such as taste tests, working in gardens & cooking activities in nutrition lessons at least monthly.

## Provide Healthy Beverages

- We make water readily accessible at all times, both indoor & outdoor
- We do not serve juice or sweetened beverages



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer