

Child Care Self-Assessment



Name:

Name of Child Care Program, if different:

Date of Self-Assessment:

HEALTHY EATING PRACTICES					
1	Fresh, frozen, canned or dried fruits, with no added sugar, syrup or sweeteners, are offered:	<input type="checkbox"/> 3 times per week or less	<input type="checkbox"/> 4 times per week	<input type="checkbox"/> One time per day	<input type="checkbox"/> 2 or more times per day
2	Fresh, frozen or canned vegetables, cooked or raw, with no added salt or fat, are offered:	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
3	Fried, pre-fried or high-fat foods are offered:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than once per week or never
4	Snacks or foods high in salt/sodium are offered:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once per week or never
5	High-sugar snacks or dessert foods are offered:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once per week or never
6	Meals are served:	<input type="checkbox"/> Adults serve foods, with little or no input from children	<input type="checkbox"/> Adults serve foods, with input from children	<input type="checkbox"/> Children are allowed to serve some foods themselves; others are pre-plated or served by adults	<input type="checkbox"/> Children are allowed to serve all or most foods, with limited help from adults
7	Caregivers model healthy eating behaviors by sitting with the children at mealtimes AND eating and drinking the same foods and beverages:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than half of the time	<input type="checkbox"/> Half of the time or more	<input type="checkbox"/> Always or almost always
8	There is a written policy that includes current healthy eating practices:	<input type="checkbox"/> No written policy exists	<input type="checkbox"/> A healthy eating policy is being drafted	<input type="checkbox"/> Written policy exists, but does not reflect current practices	<input type="checkbox"/> Written policy reflects current practices
9	Healthy eating policy is communicated to current and prospective families:	<input type="checkbox"/> No written policy; practices are not communicated to parents	<input type="checkbox"/> No written policy; practices are generally communicated to parents verbally	<input type="checkbox"/> Written policy exists; is provided to parents only in written form	<input type="checkbox"/> Written policy exists; is generally communicated to parents both in writing and verbally

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BREASTFEEDING PRACTICES					
10	Infant caregivers/teachers have received training on promoting and supporting breastfeeding, including the benefits of breastfeeding and proper labeling, storage and handling of breast milk:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some infant caregivers have received training, but not in the last 3 years	<input type="checkbox"/> All infant caregivers have received training, but it is not current (in the last 3 years)	<input type="checkbox"/> All infant caregivers receive training (or a refresher) on a regular basis, at least every 3 years
11	A quiet, comfortable and private place (other than a bathroom) is available for mothers to breastfeed or pump:	<input type="checkbox"/> A space is not available	<input type="checkbox"/> A space is available but is not private	<input type="checkbox"/> Is available when requested, but not offered	<input type="checkbox"/> Is available and its location is marked or otherwise made known to families
12	Educational materials and information about breastfeeding resources are available for families:	<input type="checkbox"/> Materials do not exist	<input type="checkbox"/> Materials exist, but are only made available when asked	<input type="checkbox"/> All enrolled families with infants or who are expecting a baby are made aware of these resources	<input type="checkbox"/> All enrolled and prospective families are made aware of these resources
13	There is a written policy that includes current breastfeeding practices:	<input type="checkbox"/> No written policy exists	<input type="checkbox"/> A breastfeeding policy is being drafted	<input type="checkbox"/> Written policy exists, but does not reflect current practices	<input type="checkbox"/> Written policy reflects current practices
14	Breastfeeding policy is communicated to current and prospective families:	<input type="checkbox"/> No written policy; practices are not communicated to parents	<input type="checkbox"/> No written policy; practices are generally communicated to parents verbally	<input type="checkbox"/> Written policy exists; is provided to parents only in written form	<input type="checkbox"/> Written policy exists; is generally communicated to parents both in writing and verbally

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PHYSICAL ACTIVITY PRACTICES					
15	Active play time, including both indoors and outdoors, is provided daily for:	<input type="checkbox"/> Less than 60 minutes for preschoolers; less than 45 minutes for toddlers	<input type="checkbox"/> 60-89 minutes for preschoolers; 45-59 minutes for toddlers	<input type="checkbox"/> 90-119 minutes for preschoolers; 60-89 minutes for toddlers	<input type="checkbox"/> 120 minutes or more for preschoolers; 90 minutes or more for toddlers
16	Except when weather absolutely makes this unsafe, outdoor play time is offered:	<input type="checkbox"/> 3 times per week or less	<input type="checkbox"/> 4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
17	Indoor active play space is available and used when going outdoors is not possible:	<input type="checkbox"/> Indoor active play space is not available	<input type="checkbox"/> Indoor active play space is available, but only used occasionally when children can't go outside	<input type="checkbox"/> Indoor active play space is available, but used for less time than would be spent outdoors	<input type="checkbox"/> Indoor active play space is available, and used for the same amount of time as would be spent outdoors
18	Portable play equipment is available to children during active play time, both indoors and outdoors:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than half of the time	<input type="checkbox"/> Half of the time or more	<input type="checkbox"/> Always or almost always
19	Adult-led/structured physical activity, in periods of at least 10 minutes, is offered, either indoors or outdoors:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
20	Caregivers/teachers take the following role during active play times, both indoors and outdoors:	<input type="checkbox"/> Supervise play only	<input type="checkbox"/> Supervise and verbally encourage active play	<input type="checkbox"/> Supervise, verbally encourage, and sometimes join children in active play	<input type="checkbox"/> Supervise, verbally encourage, and often join children in active play
21	Active play time is withheld for more than 5 minutes at a time from children who misbehave:	<input type="checkbox"/> This is standard practice	<input type="checkbox"/> Half of the time or more	<input type="checkbox"/> Less than half of the time	<input type="checkbox"/> Only in very rare circumstances
22	There is a written policy that includes current physical activity practices:	<input type="checkbox"/> No written policy exists	<input type="checkbox"/> A physical activity policy is being drafted	<input type="checkbox"/> Written policy exists, but does not reflect current practices	<input type="checkbox"/> Written policy reflects current practices
23	Physical activity policy is communicated to current and prospective families:	<input type="checkbox"/> No written policy; practices are not communicated to parents	<input type="checkbox"/> No written policy; practices are generally communicated to parents verbally	<input type="checkbox"/> Written policy exists; is provided to parents only in written form	<input type="checkbox"/> Written policy exists; is generally communicated to parents both in writing and verbally