



Early Childhood Coordinating Council

Communicator

We are Idahoans who want to make a difference for Idaho's Kids!

VISION:

All Idaho's children grow up healthy, safe and nurtured by their families, with quality learning opportunities, and are able to reach their fullest potential supported by inclusive community services.

MISSION:

Provide leadership and education, and coordinate resources for Idaho's young children and their families.



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Nutrition for Kids!

The Early Childhood Coordinating Council recently learned about evidence-based nutrition and activity programs that are implemented in the state.

I am Moving I am Learning

I am Moving I am Learning is a program that is frequently used in Head Start Centers. This program is designed to help children learn to make healthy choices and engage in fun physical activities. Combined with the Choosey Kids food brand I am Moving I am Learning is an all-inclusive program to educate children on how to live a healthy life. Click on Choosey to see the short introduction video that the council watched.



Choose
Healthy
Options
Often
Start
Young !!

Color Me Healthy

A program by the Blue Cross Foundation focuses on eating colorful natural food. This program, started in South Carolina was brought to Idaho by Dr. Kendra Witt-Doyle, who works with the Blue Cross Foundation. As a combined



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effort Dr. Witt-Doyle and the developers of the program began collecting data to see how successful the curriculum is. The test included child care centers that provide snacks. The teachers were given the teaching guides for Color Me Healthy. After the course was completed the children who were exposed to the curriculum for Color Me Healthy chose healthier foods, compared to those who did not receive the education.

Color Me Healthy focuses primarily on nutritional education but admittedly lacks an exercise component. To compensate for the lack of exercise Color Me Healthy will be combining the curriculum with that of I am Moving I am Learning. Follow the logo to learn more about Color Me Healthy.



Let's Move!

Let's Move! Is part of a national movement based off of First Lady, Michelle Obama's Let's Move! Initiative. The idea of Let's Move is to combine healthy eating and healthy exercise. Healthy eating includes reducing the number of sugar infused drinks and the number of hours that kids are in front of a screen of some sort. The basic principal of the Let's Move! movement to reduce portion size with nutritional, homemade foods and integrate a regular exercise time for kids. To learn more about Let's Move! follow the healthy plate.



Special Congratulations! to Idaho for having the most applicants for Let's Move! Child care to complete the program. Beth Oppenheimer, Idaho AEYC, went to Washington, D.C. to receive the award.

Council Contact Information

Lorraine Evans Clayton, Executive Director

claytonl@dhw.idaho.gov

Theresa Pera, Administrative Staff

perat@dhw.idaho.gov

If you have an event you would like to announce in the Communicator contact council staff.



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Sleep is Monumental

The council heard from Dr. Oleg Kouskov, a sleep specialist with St. Luke’s Children’s Hospital in Boise. Dr. Kouskov described the different types of sleeping disorders that children can exhibit, which impairs their functions during waking hours. When children do not sleep well they cannot perform at their peak. Exercising, eating properly, staying away from drinks containing sugar and caffeine and limiting electronic stimulation at least two hours before bed can help to increase the quality and quantity of children’s sleep. To learn about healthy sleep habits click the moon to visit the sleep center’s website.



Idaho’s Nature Backpack Program

The Idaho Department of Fish and Game is working to develop their own fight against childhood obesity. Under the premise that children do not spend much time outside the department has initiated Idaho Nature Backpack Program. This program, combined with Watchable Wildlife and the Idaho Foundation for Fish and Wildlife, will encourage outside activities with backpacks to be granted to child care centers. Each bag will contain educational information about wildlife, binoculars, a magnifying glass and other items to encourage kids to learn about their surroundings. To learn more about this developing program click the emblem to email the program director.



Obesity Starts in Infancy

Child care centers play a large part of many children’s lives and can make a measureable difference in the battle with childhood obesity. Policies to encourage breastfeeding and feeding bottled breast milk to infants will help families maintain a good, healthy start to a child’s life. Breastfeeding for the first year has been shown to offer a stable base for nutrition through life. Child care



centers who take care of infants should allow for infants to exercise as well. While they are unable to run and jump like toddlers and older kids, infants need physical stimulation too. Allowing for supervised “tummy time” and limited swings, bouncy chairs and other methods of restraint will assist in their activities. To see the Surgeon General’s statement on breastfeeding click the image.

Save the Date!

Early Years Conference!

This year it will be November 13 and 14 at Boise State University in Boise Idaho. The Early Years Conference gives Early Childhood professionals a chance to network, keep up to date on the most recent research, and learn about best practices being applied throughout the state. To find out more about Early Years click the logo to email coordinating staff!



Happiest Baby and Happiest Toddler Live with Dr. Karp!

The author of *Happiest Baby on the Block*, Dr. Harvey Karp, will be doing a live presentation, nationwide in theatres. This remarkable demonstration will discuss the points in Dr. Karp’s evidence-based research in how to soothe a fussy baby and toddler. The exposition is being held in four Idaho theatres, in Boise, Ammon and Coeur d’ Alene. To find out more follow the link in the logo.



Summer Tips

- Remember to wear sunscreen when going outside!
- Wear safety equipment when riding a bike or skateboard or roller skates!