PROGRAM IMPLEMENTATION TIP SHEET

Strategies:

- "Buy in" to it and encourage the staff
- Be familiar with the research behind it
- Lead the effort by being a role model
- Identify key staff to facilitate implementation
- Don't label as an initiative – instead, call it a "proactive and preventive Approach" or "movement"
- Seek out community partners that may have current movements and can support your efforts and share resources on childhood obesity such as local hospitals, doctors or clinics
- Use the "movement vocabulary" across all programs
- Examine current program practices and update them to reflect this approach (e.g. menus, newsletters, parent boards, etc.)
- Invite role models or characters to visit your program (e.g. use characters in costume, home-made dolls, puppets and/or stuffed animals, celebrities in the community)
- Develop your own "program-made" resources that share these messages in fun ways such as a staff or parent-made video (making healthy choices) or CD's of songs that foster motion that can be shared with families, etc.
- Think about planning expanded opportunities that actively involve both parents and children together to get more exercise. (ex. Add a physical activity column in your newsletter that contains ideas for moving together)
- Sponsor child/parent events in the evenings or Saturdays that would combine cooking nutritious meal or snack and then some physical activities they can do together.
- Provide continuous staff training. Better yet, sponsor a staff challenge or staff incentive for increasing physical activity; if budget permits, include health club incentive as a part of benefits choices.
- Introduce it at a Parent, Staff or Board Orientation.
- Communicate support to staff for what they already do, document it, and support them by enhancing what they do, so they can do it better
- Provide a mechanism for staff to document what they are already doing in this area
- Develop appropriate a manageable monitoring, preferably within the context of current systems, i.e., measure time spent in Moderate to Vigorous Physical Activity (MVPA)
- Focus on the positive marketing strategies for parents, staff, and community and include the parents in the planning
- Determine how to support staff in implementing this approach
- Help teachers and staff see this approach as integrated into what they are already doing and add resources to support them

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- Give an award to staff who show progress, i.e. “motivational mover and shaker of the month”
- Ensure that the messages are conveyed consistently across all program options and inclusive of all children
- Tie it proactively to preventive health/mental health for staff wellness
- Emphasize to Teachers – this is not new, just notched up and intentional
- Correlate physical activity education to the gross motor area of your lesson plan
- Intentionally plan and develop goals by individualizing goals for each child
- Incorporate “movement vocabulary” into themes
- Link this approach to your curricular framework
- Provide concrete examples to implement the actions, movement concepts and movement vocabulary
- Encourage Teachers to “pump up the volume” and integrate movement into dramatic play (e.g. Three Little Pigs)
- Provide targeted training for Teachers on special needs from Physical Therapists/Occupational Therapists
- Use an observation tool to evaluate what happens and changes in the classroom
- Use a family survey tool to evaluate what happens and changes that the family has made
- Review the schedule for whole or half day and plan for increased high quality moderate to vigorous physical activity (MVPA)
- Make referrals based on observations of teacher interactions, teacher participation, physical activity behaviors and communication with children
- Sell the “learning” associated with movement to parents and families
- Believe in the messages
- Get the messages out and tell everyone the benefits
- Promote wellness among staff
- Encourage individual and community gardening
- Encourage “pulling the plug” on the TV/Computer
- Do Community Mapping for “free” physical movement space
- Be culturally aware and sensitive
- Model and demonstrate strategies for the Teachers
- Be familiar with the research on brain development and best practices
- Convey the positive impact of structured movement on children’s behaviors
- Use Prop Boxes, “Make N’ Take”, and home activity bags and include Parents and Teachers
- Use tools that are literacy friendly
- Provide training for parents
- Provide ongoing involvement to support positive change for families
- Allow ideas to develop from parents
- Provide “Coaching” opportunities for families to coach children in MVPA and nutrition

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- Involve Fathers
- Use bike trails
- Maximize your environment, your routines, and your time – e.g. Walk vs. drive, take stairs vs. elevators, park at the far side of the parking lot and walk!
- Seek out free recreational activities
- Watch less and watch wise
- Do “tummy time” with babies before bed
- Support parent mentoring and sharing of ideas
- Provide social experiences for parents
- Call it “MVPA” Mom & Dad instead of “Soccer” Mom & Dad!

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