

# EMPOWER PACK INFORMATION

## (Arizona Department of Health)

### **Standard 1: Physical Activity**

We at *Montessori Children's Centre* are committed to our children's health. We encourage all children to participate in a variety of physical activity opportunities that are appropriate for their age, that are fun, and that offer variety. If children are inactive for long periods of time, they can be at risk for problems associated with overweight. In keeping with this philosophy, our facility will follow the guidelines below:

- Infants under the age of 12 months will participate in tummy time and age-appropriate activities as enjoyed by the child.
- All children over the age of one are provided at least 60 minutes of physical activity every day, including both teacher-led and free-play activities in accordance with the Empower guidelines.
- Staff will encourage moderate and vigorous levels of physical activity.
- Every child will have the opportunity to participate in outdoor physical activity.
- We encourage children to be active throughout the day exploring their environment by limiting sedentary activities to less than 60 minutes at a time (except during nap time).
- Screen time is not permitted for children under the age of two and limited to less than three hours per week for children ages two and older.
- No screen time during meal or snack time.
- Physical activity is never used nor withheld as punishment.

Information on screen time (in English and Spanish) will be made available to the families at least once per year.

### **Standard 2: Sun Safety**

We at *Montessori Children's Centre* are committed to our children's health and protecting children from the sun's rays during outdoor activities. In keeping with this philosophy, our facility will:

- Ask the child's family to apply sunscreen prior to arriving at child care facility.
- Ask the child's family to provide a hat, sunglasses, and/or long sleeve clothing for their child that staff will put on the child when outdoors.
- Check with the child's family before applying sunscreen.
- Provide shade during outdoor activities.
- Limit outdoor activities between the hours of 10 a.m. and 4 p.m., when the UV rays are at the highest level.
- Regularly check the UV Index for the intensity of the sun's rays and plan for outdoor activities accordingly.
- Be a role model for sun-safe practices.
- Limit sun exposure for children under 12 months old.
- Follow guidelines in the Empower guide book on protecting infants, toddlers and older children from harmful sun rays. (see guide book)

Information on sun safety (in English and Spanish) will be available to the families at least once per year.

## ★ Standard 3: Breastfeeding

We at Montessori Children's Centre are committed to providing ongoing support to breastfeeding mothers and will respect a mother's decision to continue to breastfeed her child. In keeping with this philosophy, our facility will:

- Provide a welcoming atmosphere that encourages mothers to initiate and continue to breastfeed, even after returning to school or work.
- Provide a designated place for mothers to breastfeed their child on site (such as a rocking chair).
- A refrigerator will be made available for storage of expressed breast milk.

Information on breastfeeding (in English and Spanish) will be available to the families at least once per year.

## ★ Standard 4: Child and Adult Care Food Program (CACFP)

We at Montessori Children's Centre recognize the importance of affordable child care while also providing quality nutrition to low-income families. Child and Adult Care Food Program (CACFP) supports Arizona child care facilities to improve and maintain the health and nutritional status of children while promoting the development of good eating habits. CACFP also cuts costs of care for low-income families.

### Policy:

The Montessori Children's Centre is in the process of exploring the CACFP program to determine if this program is a good fit for our facility. Montessori Children's Centre is not participating in CACFP at this time.

Please ask the director, or go to [www.azed.gov](http://www.azed.gov), if you would like additional information regarding this program.

## ★ Standard 5: Fruit Juice

We at Montessori Children's Centre are committed to supporting your child in establishing lifelong healthy eating and drinking habits. Too much juice may be linked to weight problems and is associated with tooth decay and decreased appetite for other nutritious foods. Too much juice may also take the place of more nutritious beverages such as fat-free or low-fat (1%) milk or water. In keeping with this philosophy, our facility will:

- Not serve fruit juice for infants birth-11 months.
- Limit 100% fruit juice with no added sugar to not more than two times per week for all children one year and older.
- Only 4-6 ounces shall be served at one time.
- Fruit juice shall only be served with meals and snacks and not continuously throughout the day.
- Water shall be used as the first choice for thirst and will be offered throughout the day.

Information on fruit juice (in English and Spanish) will be available to the families at least once per year.

## ★ Standard 6: Family Style Meals

We at Montessori Children's Centre are committed to supporting your child in establishing lifelong habits of healthy eating patterns. In keeping with this philosophy, our facility will:

- Serve meals family-style whenever possible to support children in learning to serve themselves and develop healthy relationships with food. Our role as caregivers is to provide nourishing food. The child's role is to decide whether and how much to eat. We will never force a child to eat.
- Model behaviors for healthy eating and positive body image in the presence of children by having staff members recognize the important role adults play as role models for children as they learn to live healthy lives.

Healthy eating handouts (in English and Spanish) will be made available for the families at least once per year.

## **Standard 7: Oral Health**

We at Montessori Children's Centre are committed to protecting the health and safety of our students and staff in regards to tooth decay which is an infectious disease and a serious problem among young children in Arizona. Our facility recognizes that we play an important role in preventing tooth decay and in educating children, their families, and staff on tooth decay prevention. In keeping with this philosophy, our facility will:

- Provide oral health education once a month OR Implement a tooth brushing program (choose one).
- Guide our staff on steps they can take to prevent tooth decay according to the age appropriate guidelines in the Empower guidebook.

Information on tooth decay prevention (in English and Spanish) will be made available to the families at least once per year.

## **Standard 8: Staff Training**

We at Montessori Children's Centre are committed to furthering staff knowledge on the Empower program and Empower topic areas including: physical activity, nutrition, oral health and tobacco. In keeping with this philosophy, our facility will make sure that staff receive or attend three hours of training annually, on age-appropriate topics pertaining to: physical activity, nutrition, oral health and tobacco education. All trainings shall be documented and records will be readily available.

## **Standard 9: ASHLine**

We at Montessori Children's Centre are committed to supporting the efforts of the Arizona Smokers' Helpline (ASHLine) to help staff and parents quit tobacco. In keeping with this philosophy and to protect the health of our children, their families and our staff, our facility will promote the ASHLine information on the dangers of second- and third-hand smoke by placing them in a visible spot at least once per year so parents and staff can see them. We will also refer parents, when possible, to ASHLine.

## **Standard 10: Smoke Free Campus**

We at Montessori Children's Centre are committed to providing a smoke-free environment for children and staff due to acknowledged hazards arising from exposure to second-hand smoke. In keeping with this philosophy, our facility will notify all employees, families, and visitors of the smoke-free policy. Appropriate signage will be posted.

