



New and Improved

Barbara Keen and Sarah Young

Missouri Department of Health and Senior Services

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Missouri Move Smart Child Care recognizes child care facilities that follow specific physical activity best practices for young children.

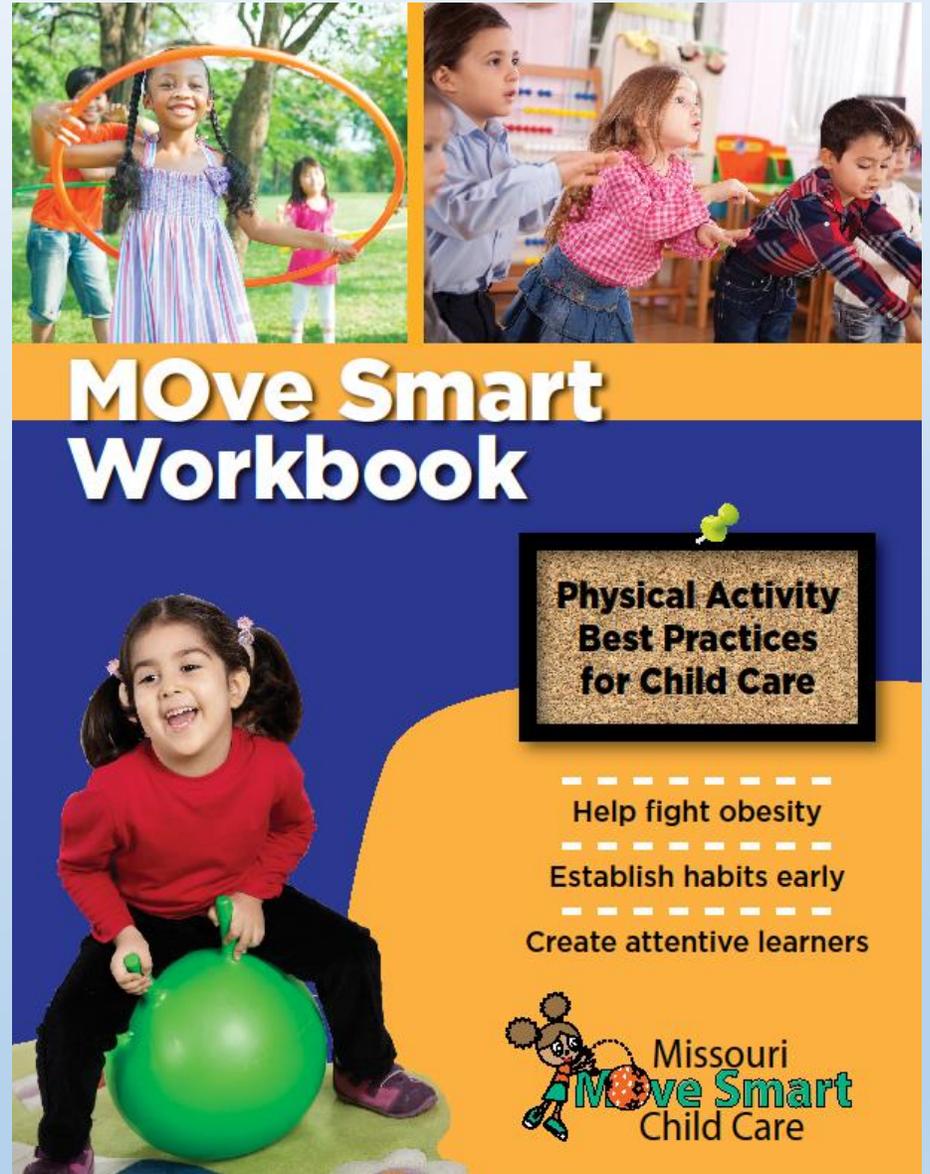


History of MOve Smart

- 2013 - Child & Adult Care Food Program created program
- 2014-2017 - 124 providers became MOve Smart
 - Technical assistance through local health departments and MU Extension played a big part
- 2017 - Change in program management
- 2018 - Major revision of workbook, training and application process

New MOve Smart Workbook has **blue** background

Replaces old workbook with **green** background



Importance of Physical Activity in Early Childhood

- For healthy bodies
 - Muscle strength
 - Flexibility
 - Strong bones
 - Healthy blood pressure
 - Healthy weight
- For healthy brains
 - Better thinking skills
 - Better moods
 - Sounder sleep



Learn and practice new movement skills

Why MOve Smart Recognition?

- Some preschools have more active children than others
- Policies and practices have greatest impact on physical activity levels
- MOve Smart is a set of policies and best practices
- Child care providers want to do what's best for children, families and staff
- MOve Smart tells them how!

Survey of Missouri Child Care Providers

What would motivate you to apply for MOve Smart?

1. Increased awareness of importance of physical activity for staff and families
2. Encourages staff and families to be more physically active
3. Market child care program as a place that provides an active play environment

Health of families and staff is a priority!

Survey of Missouri Child Care Providers

What resources would help you become MOve Smart?

1. Money for physical activity equipment
2. Ideas for activities to do with children
3. Online staff training
4. Face-to-face staff training
5. Sample physical activity policies
6. Onsite coaching for staff
7. Someone to walk me through the application

Basics of MOve Smart Recognition

- For ages birth through 5 years
- Two levels of recognition
 - Core = 6 criteria
 - Advanced = 12 criteria
- Application submitted online after provider makes improvements to meet criteria
- Recognition good for 1 year
- Renewable through simple self-assessment

A Few Words About Infants

- Infants not mentioned in original MOve Smart
- Limited criteria for infants
- General recommendations for
 - Tummy time
 - Outdoor time
 - Freedom of movement



What About Play Equipment?

- Original MOve Smart required specific types of equipment
- No longer a requirement
- Recommendations for
 - Simple, inexpensive items
 - Portable play equipment
 - Variety
 - Durable



Workbook Contents

MOve Smart

Criteria Quick Reference Chart

MOve Smart Criteria Quick Reference

Requirement	Best Practice	Criteria
CORE LEVEL Recognition Requirements (Criteria 1-6 are required for Core Level Recognition)	1 Physical Activity Policy	A written policy exists that addresses the facility's physical activity practices. This policy is communicated to staff and parents.
	2 Amount of Unstructured Physical Activity	Provide at least 60 minutes of unstructured physical activity each day for toddlers and preschoolers.
	3 Amount of Structured Physical Activity	Provide at least 30 minutes of teacher led structured physical activity each day for toddlers and preschoolers.
	4 Staff Role Modeling	Staff promote and participate in children's active play.
	5 Staff Education and Training	Each staff person completes a one hour training about the MOve Smart Child Care program.
	6 No Physical Activity Withheld	Physical activity is never withheld as punishment.
ADVANCED LEVEL Recognition Requirements (All 12 criteria are required for Advanced Level Recognition)	7 Indoor Play Space	The facility has indoor space that allows for moderate to vigorous physical activity .
	8 Outdoor Play Space	The facility has an outdoor play area that encourages active play.
	9 Learning Integration	Routinely incorporate structured physical activity in learning activities at least two times each day.
	10 Screen Time	Limit screen time to 30 minutes per week. The 30 minutes of screen time should be used for educational or physical activity purposes only. No screen time for children under 2 years of age.
	11 Sedentary Time Limited	Children are not kept sedentary for more than 30 minutes at a time except during naps and meals.
	12 Visual Promotion of Physical Activity	Pictures, posters, books and other visual materials promote physical activity.

Workbook Contents

Criteria Format

1	States the Criteria
Why	Rationale specific to each criteria
How to Do It	Adds more detail to define what's expected for each criteria
Examples	Lists a few ideas to get them started; Not included for every criteria
Sample Policy Statements	Sample language to incorporate criteria in staff and parent handbooks
How to Document	Preview of what is asked for in application

Core Criteria

1. Physical Activity Policy

- Was optional in original MOve Smart
- Requires written policy to define and make permanent the facility's practices
- Communicates expectations to staff and families
- Leads to consistency
- Directors may lack confidence in writing policies
- *Documentation: submit physical activity policies*

Policies can be statements in employee and parent handbooks

No formal policy manual needed

Core Criteria

2. Amount of Unstructured Physical Activity

- At least 60 minutes of free play per day for toddlers and preschoolers
- Good to encourage more
- Can be indoors or outdoors
- No specific amount of outdoor activity required for MOve Smart
- Licensing requires 60 minutes outdoor play per day, weather permitting
- *Documentation: submit daily schedules plus list examples*

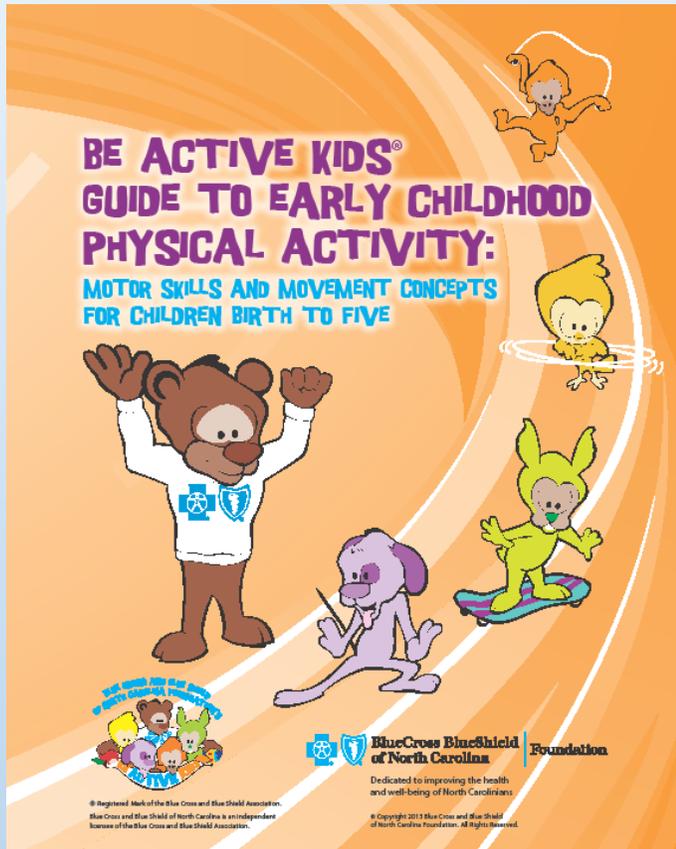
Core Criteria

3. Amount of Structured Physical Activity

- At least 30 minutes of teacher led physical activity per day for toddlers and preschoolers
- Managing and Leading Structured Physical Activities: Teacher Tips for Success (Workbook Appendix C)
- Share resources with ideas for games
- *Documentation: submit daily schedules plus list examples*



Physical Activity Resources



Core Criteria

4. Staff Role Modeling

- Was an optional requirement in original MOve Smart
- Stress importance of staff attitudes and participation
- Emphasize how being active is beneficial to staff well-being
- Can be sensitive coaching topic
- *Documentation: policy plus narrative on how staff participate and role model*



Core Criteria

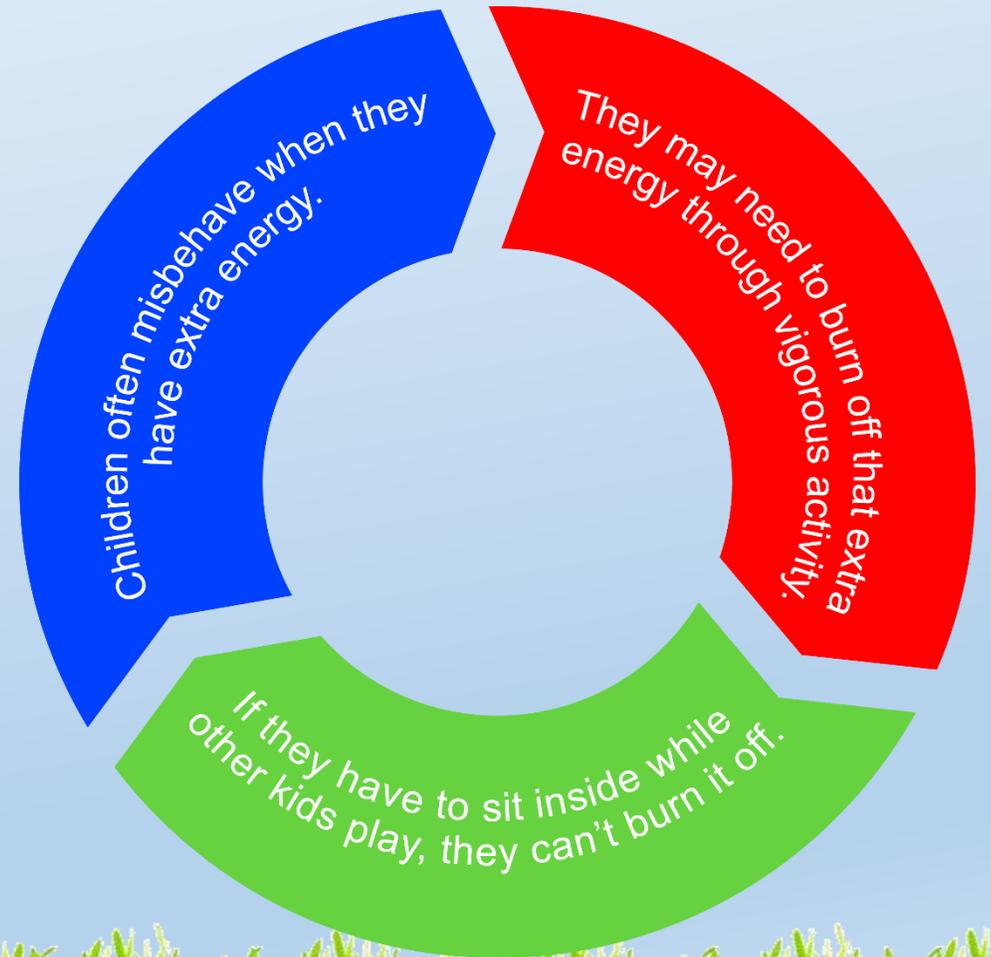
5. Staff Education and Training

- One hour online training module
- One-time requirement for each staff member
- Goals of training
 - Importance of physical activity in early childhood
 - Basic understanding of MOve Smart and how staff can support it
 - How to effectively encourage, lead and incorporate physical activity through the day
- *Documentation: submit clock hour training report from OPEN*

Core Criteria

6. No Physical Activity Withheld

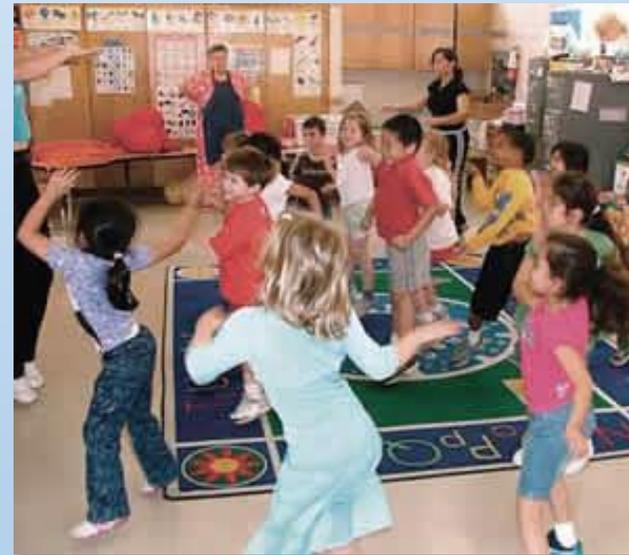
- Physical activity should be positive experience
- When children misbehave, they often need more activity to channel their energy
- *Documentation: submit policy*



Advanced Criteria

7. Indoor Play Space

- Allows for moderate to vigorous physical activity
- Encourage creativity in modifying space
- *Documentation: submit photo plus description*



Advanced Criteria

8. Outdoor Play Space

- Not included in original M^Ove Smart
- Outdoor play area that encourages active play
- Recommended features
 - Different areas or play zones
 - Open area for running
 - Shade
 - Natural elements
 - Accessible for all abilities
- *Documentation: submit photo plus description*



This curvy, naturalized, hard-surfaced pathway plus wheeled toys, "loose parts," motivates preschool children's physical activity. Photo: NLI

Advanced Criteria

9. Learning Integration

- Incorporate structured physical activity in learning activities at least 2 times each day
- Brain works better when body is moving
- Teach math, language, science, etc. through movement
- *Documentation: daily schedule plus list examples*



Advanced Criteria

10. Screen Time

- Limit all screen time to 30 minutes per week
- Educational purposes only
- No screen time under 2 years old
- Screens include TV, computers, tablets, cell phones
- Exceptions:
 - E-books for reading children's stories
 - Smart boards for interactive instruction
 - Family connection through Skype, etc.
- *Documentation: submit policy*

Advanced Criteria

11. Sedentary Time Limited

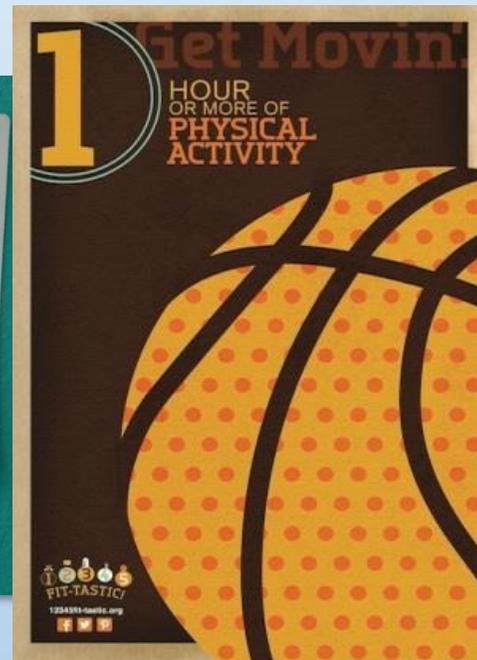
- Children should not be kept sedentary more than 30 minutes at a time
- Exception: naps and meals
- *Documentation: submit daily schedule*



Advanced Criteria

12. Visual Promotion of Physical Activity

- Pictures, posters, books and other visual materials promoting physical activity



More Workbook Contents

- Glossary – **Bold orange text** in workbook defined in glossary
- Physical Activity Self Assessment
- Weather Watch Chart
- Gross Motor Developmental Milestones

More Workbook Contents

Playground Stencils

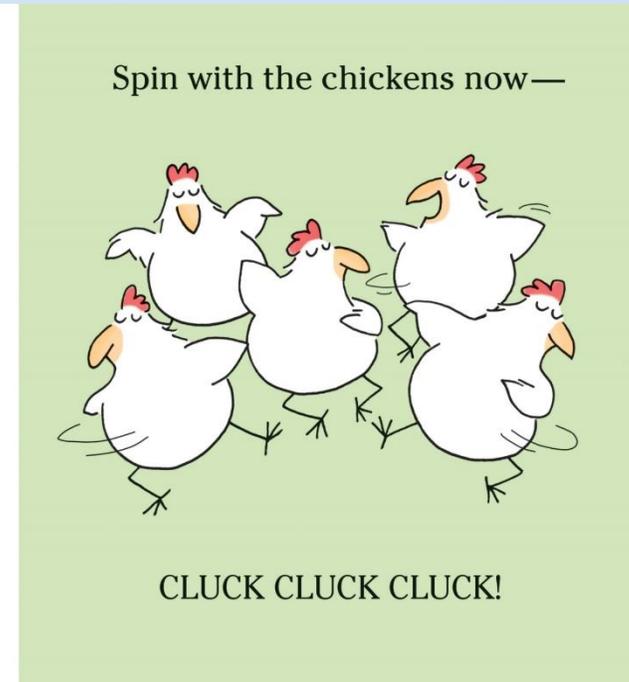
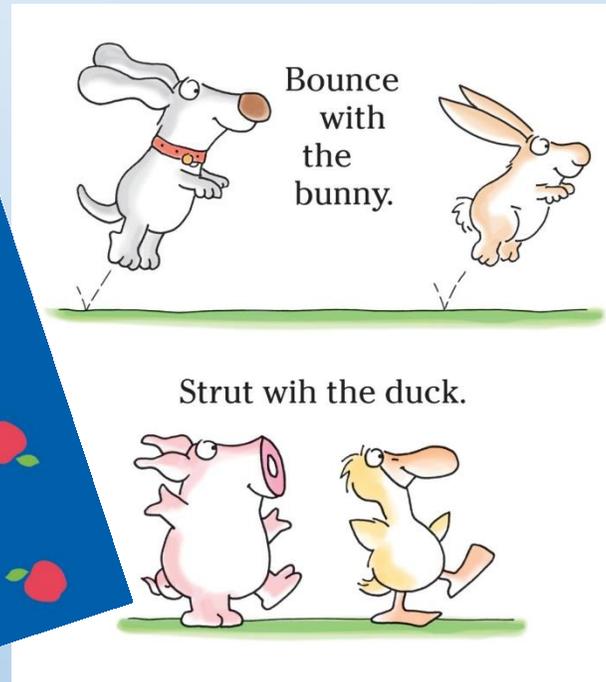
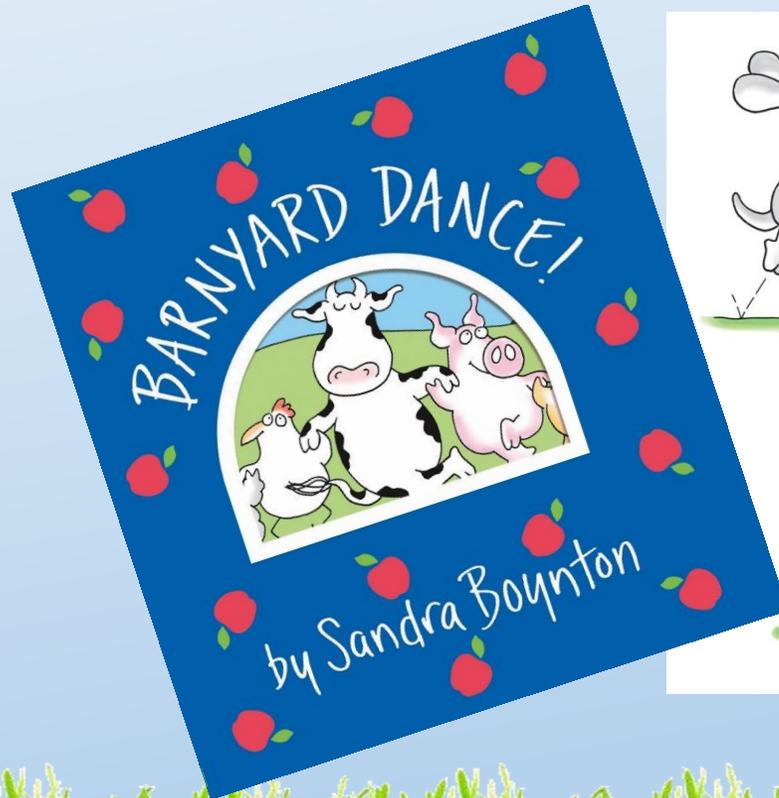
- Available to borrow from DHSS
- www.health.mo.gov/playgroundstencils
 - Promotional flyer
 - Stencil request form
 - List of stencils available
 - Painting instructions



More Workbook Contents

Books To Move To

- List of books to connect physical activity and literacy



MOver Smart Website

- DHSS site: www.health.mo.gov/movesmart
 - MOver Smart online training (coming soon)
 - Links to other online training sources
 - MOver Smart application form
 - Downloadable resources
 - Online order form for workbook and laminated physical activity cards (limit 5)
- Email for MOver Smart communication: movesmart@health.mo.gov

Literature Order Form

Order literature for free through the DHSS warehouse:

[# 361 – Physical Activity Card](#)

Enter a value between 0 and 5.

[# 743 – MOve Smart Workbook](#)

Enter a value between 0 and 5.

LPHAs – contact MoveSmart@health.mo.gov to request over the stated limited #

Contact Person's Name *

First

Last

Requestor's Org Name

MOver Smart Application



Welcome to the MOver Smart Child Care Application

Please have the following documents available for reference before beginning this application:

- **MOverSmart Workbook** 
- **Sample Daily Schedule** 
- You may order a free paper copy of the MOver Smart Workbook from the [Literature Order Form here](#)

Your documents to be uploaded as part of the application:

1. Your child care physical activity policies. This may include:
 - Policies from parent handbook
 - Policies from employee handbook
 - Any other written policies that cover physical activity
2. A daily schedule for each age group served in your child care
3. Photos of your child care facility (for Advanced level applications only). Photos must show
 - Space used for indoor physical activity
 - Outdoor play area
 - Visual materials displayed in classrooms

You can also email questions to: MoveSmart@health.mo.gov

To get started, please select the level of recognition you are applying for

Core

Advanced

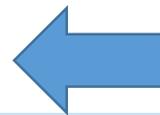
MOve Smart Application

Name of person completing this application *

First

Last

Name of other person or organization who helped with application (if applicable)



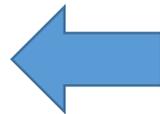
Your name here if you gave them technical assistance

of children enrolled *

of child care staff *

Check which age groups are served in your child care *

- Infants
- Toddlers
- Preschoolers



Must check all that apply to get the right questions

MOve Smart Application

Core Level Questions

1. Explain how your physical activity policy is communicated to staff and parents.
2. List 3 examples of unstructured physical activities that you use with each age group.
3. List 3 examples of structured physical activities that you use with each age group.
4. Discuss and give examples of how staff participate and role model physical activity in your child care.
5. Is physical activity ever withheld for misbehavior in your child care?

MOver Smart Application

Advanced Level Questions

6. Describe how your indoor space is used for physical activity.
7. Describe how your outdoor play area is designed and used for active play.
8. List 3 examples of learning activities that include movement in your child care.
9. Does your child care policy limit screen time to 30 minutes per week for children ages 2 and over?
10. Is screen time allowed for children under 2 years of age?
11. Is screen time used for educational and physical activity purposes only?
12. Are children ever sedentary for more than 30 minutes at a time?

MOve Smart Application Document Upload - Policies

- Physical activity policy from
 - Parent handbook
 - Employee handbook
 - Other document
- Policy must cover at least
 - Staff participation and role modeling
 - How children's misbehavior is handled
 - Screen time



MOve Smart Application

Document Uploads - Policies



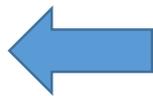
If all required fields are not filled out upon submission, you will be required to upload files again.

1. Do you have a parent handbook that includes policies about physical activity?

If yes, upload file in 1a. *

- Yes  Check yes to get upload field below
- No

1a. Please upload your current parent handbook that includes your child care physical activity policies here. *

Pop up window gives instructions on how to upload documents

MOve Smart Application

Document Upload – Daily Schedule

- Schedule must be marked to clearly show the following times when:
 - Children have unstructured active play time
 - Children have structured (teacher led) physical activity
 - Physical activity is incorporated into other lessons (Advanced only)
 - Children are sedentary (Advanced only)

Daily Schedule	
Preschool Classrooms (ages 3-4)	
7:00-7:45	Arrival / Indoor free play (color, play with toys, puzzles)
7:45-8:00	Wash hands and transition to breakfast (play a line up game)
8:00-8:30	Breakfast
8:30-8:45	Circle time (morning greeting, weather, song, stretching, picking jobs) Includes 10 minutes of structured physical activity
8:45-10:00	Learning centers / small group activities (children rotate through their choice of these centers: Art, Building Blocks, Dramatic Play, Math, Nature & Science, Reading, Music & Movement, Sensory Table, Garden) At least 10 minutes structured physical activity is integrated in learning centers
10:00-11:00	Outdoor free play - Includes at least 30 minutes of unstructured physical activity and a 10 minutes teacher led active game

MOver Smart Application Document Upload – Photos

- Photos of child care facility show:
 - Space used for indoor activity
 - Outdoor play area
 - Visual materials displayed in classroom



MOve Smart Application

Document Upload – Clock Hour Training Report

- Needed to document staff training
- Child care director or owner downloads report through OPEN Initiative Toolbox account
- Report based on calendar year
- Upload more than one year if necessary



Recognition!

Window Cling



Use of Logo



Active Kids!

- MEETS ALL CRITERIA**
- Written physical activity policy for the facility
- At least 60 minutes of free play daily
- At least 30 minutes of teacher-led physical activity daily
- Staff promote and participate in children's active play
- MOve Smart training for all staff
- Physical activity never withheld as punishment
- Indoor space for active play
- Outdoor space encourages active play
- Physical activity integrated into learning activities
- Screen time limited to 30 minutes per week
- Sedentary or sitting time is limited
- Visual promotion of physical activity

Missouri Department of Health and Senior Services
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

*For more details on criteria please visit health.mo.gov/MOvesmart



Poster

Included in MOve Smart Recognition

- Certificate of achievement
- Sample press release
- MOve Smart status listed in Child Care Aware provider search
- Recognized in Healthy Child Care newsletter

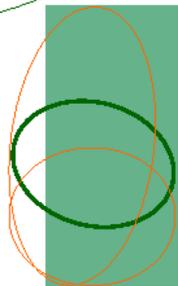


**Missouri
MOve Smart
Child Care**

Name of Child Care
City, MO

Has been awarded Advanced Level recognition in the Missouri MOve Smart Child Care Program

Currently recognized through (date)
by the Missouri Department of Health and Senior Services



MOve Smart and GoNAPSACC

- GoNAPSACC – web based system about nutrition and physical activity topics
 - Self-assessment
 - Technical assistance
 - Goal setting
 - Action planning
- Tool to help meet MOve Smart criteria

<https://gonapsacc.org/>

Thank you for your active support!

