

Child Care Wellness Policies and Practices Survey

Welcome to the Child Care Wellness Policies and Practices Survey

Thank you for participating in the Child Care Center Wellness Policies and Practices Survey! The survey takes approximately 20 minutes. It's best to finish the survey in one sitting; however, you are able to complete the survey in multiple sittings. You must complete the survey to receive the professional activity unit. The survey questions will be about your child care center nutrition and physical activity policies and practices. All responses are confidential and neither you nor your child care center will be identified. Statewide findings will be shared with child care providers through the Office of Child Care quarterly newsletter.

Please complete this survey by February 10, 2015.

If you have questions regarding this survey, please contact the UMB team at nutrition@peds.umaryland.edu or (410) 706-6133

If you have questions regarding your rights as a participant, please contact: Gay Hutchen, DHMH IRB Administrator at (410) 767-8448 or gay.hutchen@maryland.gov

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

The following questions are about the characteristics of your child care center. Please read each statement or question carefully and select the best option.

1. Name of Child Care Center:

2. Job title of person completing survey (check all that apply):

- Center Director or Site Supervisor
- Assistant Director
- Center Owner
- Teacher
- Other (please specify)

3. Type of Center:

- Head Start Center
- Center Based Pre-School/Childcare (infants and/or pre-school aged children)
- Center Based Pre-School/Childcare (infants and/or pre-school aged children) **and** School Age Child Care Center
- School Age Child Care Center
- Family Child Care Home/Provider

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

4. Your center is:

- Independent
- Sponsored by a larger organization

5. County/City where your center is located:

- | | | |
|--|----------------------------------|---------------------------------------|
| <input type="radio"/> Allegany | <input type="radio"/> Charles | <input type="radio"/> Prince George's |
| <input type="radio"/> Anne Arundel | <input type="radio"/> Dorchester | <input type="radio"/> Queen Anne's |
| <input type="radio"/> Baltimore City | <input type="radio"/> Frederick | <input type="radio"/> St. Mary's |
| <input type="radio"/> Baltimore County | <input type="radio"/> Garrett | <input type="radio"/> Somerset |
| <input type="radio"/> Calvert | <input type="radio"/> Harford | <input type="radio"/> Talbot |
| <input type="radio"/> Caroline | <input type="radio"/> Howard | <input type="radio"/> Washington |
| <input type="radio"/> Carroll | <input type="radio"/> Kent | <input type="radio"/> Wicomico |
| <input type="radio"/> Cecil | <input type="radio"/> Montgomery | <input type="radio"/> Worcester |

6. Child care offered:

- Full-Day
- Half-Day
- Both Full- and Half-Day

7. NUMBER of children by age:

	None	1-10	11-25	26-50	51-100	>100
0-23 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2-5 years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5+ years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. ESTIMATED PERCENTAGE of children by race/ethnicity:

	Almost None (<10%)	Some (10-30%)	Half (40-60%)	Most (70-90%)	Almost All (>90%)
Hispanic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
African American	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caucasian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asian/Pacific Islander	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
American Indian or Alaskan Native	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed Race	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

9. Does your child care center accept child care subsidy vouchers?

- Yes
- No

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

10. NUMBER of children by age who are enrolled with child care subsidy vouchers:

	None	1-10	11-25	26-50	51-100	>100
0-23 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2-5 years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5+ years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION A: Center Information & Demographics

11. Is your child care center involved in Maryland EXCELS?

- NOT** participating
- PLANNING** to participate
- CURRENTLY** participating and not published
- Published
- Don't Know

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

12. Your child care center has a published Maryland EXCELS rating of:

- Level 1
- Level 2
- Level 3
- Level 4
- Level 5
- Don't Know

13. Please select the Maryland EXCELS additional achievements your child care center has participated in (check all that apply):

- Asthma Friendly Child Care
- Health and Wellness
- Program Administration Scale (PAS)
- Business Administration Scale (BAS)
- None

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

14. Person(s) responsible for menu planning (check all that apply):

- Center Director or Site Supervisor
- Assistant Director
- Center Owner
- Teacher
- Cook or Chef
- Dietitian
- N/A
- Other (please specify)

15. Center participates in the Child and Adult Care Food Program (CACFP). CACFP provides reimbursement for foods served that meet specific meal pattern requirements:

- Yes
- No
- Don't Know

16. ESTIMATED PERCENTAGE of food costs reimbursed by CACFP:

- Do not participate in CACFP
- None
- Less than 50%
- 50-74%
- 75-99%
- 100%

Child Care Wellness Policies and Practices Survey

SECTION A: Center Information & Demographics

17. Does your center have pre-planned menus?

- Yes
- No

18. Menus are reviewed for compliance by state, sponsoring agency or affiliated child care organization:

- No
- 1 time every 3 years or less
- 1 or 2 times each year
- 3 times each year or more
- Don't Know
- N/A

19. Which meals and snacks are provided by the center? Please check one response per row:

	Usually provided by child care center	Usually brought from home by parents	Not provided	N/A
Breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mid-morning snack	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mid-afternoon snack	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evening snack	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 1: Food Provided

The following questions are about the foods your child care center provides to the 2-5 year old children in your care. Please read each statement or question carefully and select the option that best fits the practices in your child care center.

20. Our program offers fruit OTHER THAN fruit juice:

- 3 times per WEEK or less (Half-day: 2 times per WEEK or less)
- 4 times per WEEK (Half-day: 3 times per WEEK)
- 1 time per DAY (Half-day: 4 times per WEEK)
- 2 times per DAY or more (Half-day: 1 time per DAY or more)
- Never
- N/A

21. Our program offers fruit that is fresh, frozen, or canned in a juice (NOT in syrup):

- Rarely or never
- Sometimes
- Often
- Every time fruit is served
- N/A

22. Our program offers vegetables OTHER THAN potatoes (i.e. french fries, tater tots or hash browns):

- 2 times per WEEK or less (Half-day: 1 time per WEEK or less)
- 3-4 times per WEEK (Half-day: 2-3 times per WEEK)
- 1 time per DAY (Half-day: 4 times per WEEK)
- 2 times per DAY or more (Half-day: 1 time per DAY or more)
- N/A

23. Please check one response per row. Our program offers:

	3 times per MONTH or less	1-2 times per WEEK	3-4 times per WEEK	1 time per DAY or more	Never	N/A
DARK GREEN vegetables (e.g., spinach, broccoli):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DARK ORANGE, RED or DEEP YELLOW vegetables (e.g., carrots, peppers; NOT including corn)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 1: Food Provided

24. Our program offers vegetables that are cooked or flavored with meat fat, margarine, oil, or butter:

- Every time vegetables are served
- Often
- Sometimes
- Rarely or never
- N/A

25. Please check one response per row. Our program offers:

	3 times per WEEK or more	2 times per WEEK	1 time per WEEK	Less than 1 time per WEEK or never	N/A
<u>fried or pre-fried potatoes</u> (including french fries, tater tots, and hash browns, that are pre-fried, sold frozen, and prepared in the oven:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>fried or pre-fried meats or fish</u> , including breaded and frozen chicken nuggets and fish sticks:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>high-fat meats</u> , including sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. Our program offers meats or meat alternatives that are lean or low-fat, including skinless, baked or broiled chicken; baked or broiled fish; and ground beef or turkey that is at least 93% lean and cooked in a low-fat way; low-fat dairy foods; baked, poached, or boiled eggs; and dried beans:

- 3 times per MONTH or less
- 1-2 times per WEEK
- 3-4 times per WEEK
- Every time meats or meat alternatives are served
- N/A

Child Care Wellness Policies and Practices Survey

27. Our program offers high fiber, whole grain foods, including whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta:

- 1 time per WEEK or less (Half-day: 3 times per MONTH or less)
- 2-4 times per WEEK (Half-day: 1 time per WEEK)
- 1 time per DAY (Half-day: 2-4 times per WEEK)
- 2 times per DAY or more (Half-day: 1 time per DAY or more)
- N/A

28. Please check one response per row. Our program offers:

	1 time per DAY or more	3-4 times per WEEK	1-2 times per WEEK	Less than 1 time per WEEK or never	N/A
<u>high-sugar, high-fat foods</u> , including cookies, cakes, doughnuts, muffins, ice cream, and pudding:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>high-salt, high-fat snacks</u> , including chips, buttered popcorn, and Ritz crackers:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. Children are given sweet or salty snacks outside of meal and snack times (i.e. Ritz crackers, cookies, salted nuts):

- 1 time per DAY or more
- 3-4 times per WEEK
- 1-2 times per WEEK
- Less than 1 time per WEEK or never
- N/A

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 2: Beverages Provided

30. Drinking water is available (water that is “freely available” is always available to children but may or may not be self-serve. Water may be available from water bottles, pitchers, portable or stationary water coolers, or water fountains):

- Only when children ask
- Only when children ask and during water breaks
- Only indoors, where it is always visible and freely available
- Indoors and outdoors, where it is always visible and freely available

31. Our center provides beverages other than water at least once per day to some or all students:

- Yes
- No

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 2: Beverages Provided

32. Our program offers children a 4-6 oz. serving of 100% fruit juice (NOTE: a larger serving of juice counts as offering more than one time):

- 2 times per DAY or more
- 1 time per DAY
- 3-4 times per WEEK
- 2 times per WEEK or less
- N/A

33. Our program offers sugary drinks, including Kool-Aid, less than 100% fruit juice, “fruit drinks,” sweet tea, sports drinks, and soda:

- 1 time per DAY or more
- 1 time per WEEK or more
- 1 time per MONTH or more
- 1 time every few MONTHS
- 1-2 times per YEAR
- Never

34. For children ages 2 years and older, our program offers milk that is (check all that apply):

- Whole (Regular)
- Reduced Fat (2%)
- Low fat (1%)
- Fat free (Skim)
- N/A

35. Our program offers flavored milk:

- 1 time per DAY or more
- 3-4 times per WEEK
- 1-2 times per WEEK
- Less than 1 time per WEEK or never

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 3: Feeding Environment

36. Meals and snacks are served to preschool children (who are developmentally ready to choose and serve foods themselves):

- Meals and snacks come to classrooms pre-plated with set portions of each food
- Teachers portion out servings to children
- Children serve some food themselves, while other foods are pre-plated or served by teachers
- Children always choose and serve most or all foods themselves
- N/A

37. Please choose one response per row:

	Rarely or never	Sometimes	Often	Always/ Every meal and snack time
Television or videos are on during meals or snack times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During meal and snack times, teachers and staff eat and drink the same foods and beverages as children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers and staff eat or drink outside foods or beverages in front of children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers role model eating healthy foods served at meal and snack times with enthusiasm (teacher shows how much they enjoy the food, perhaps saying, "Mmm, these peas taste yummy!")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. Please check one response per row. Our program's collection of posters, books, and other learning materials that promote:

	Few or no materials	Some materials with limited variety	A variety of materials	A large variety of materials with new items added or rotated seasonally
<u>Healthy</u> eating includes:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Unhealthy</u> eating includes:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. Soda and other vending machines are located:

- In the entrance or front of buildings
- In public areas, but not entrances
- Out of sight of children and families
- There are no vending machines on site

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 4: Feeding Practices

40. Please check one response per row:

	Rarely or never	Sometimes	Often	Always/ Every meal and snack time
Teachers praise children for trying new or less-preferred foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When children eat less than half of a meal or snack, teachers ask them if they are full before removing their plates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When children request seconds, teachers ask them if they are still hungry before serving more food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers require that children sit at the table until they clean their plates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use an authoritative feeding style (encourage children to eat healthy foods, while allowing children to make their own choices)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use children's preferred foods to encourage them to eat new or less-preferred foods (e.g., giving children a treat only if they eat their vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use food to calm upset children or encourage appropriate behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During indoor and outdoor physically active playtime, teachers remind children to drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

SECTION B: Nutrition Survey Part 5: Education and Professional Development

41. Teachers incorporate planned nutrition education into their classroom routines (e.g., circle time, story time, center time, cooking activities, and gardening activities):

- Rarely or never
- 1 time per MONTH
- 2-3 times per MONTH
- 1 time per WEEK or more

42. Teachers talk with children informally about healthy eating (e.g., at the table during snacks, at meal times, or during free play times)

- Rarely or never
- Sometimes
- Often
- Every time they see an opportunity

43. Teachers and staff receive professional development on child nutrition (e.g., in-person or online training or receiving information at staff meetings, excluding training on food safety or food program guidelines):

- Never
- Less than 1 time per YEAR
- 1 time per YEAR
- 2 times per YEAR or more

44. Professional development for current staff on child nutrition has included the following topics (check all that apply):

- Food and beverage recommendations for children
- Serving sizes for children
- Importance of variety in the child diet
- Creating healthy mealtime environments
- Using positive feeding practices
- Communicating with families about child nutrition
- Our program's policies on child nutrition
- None

Child Care Wellness Policies and Practices Survey

45. Families are offered education on child nutrition (education can be offered through in-person educational sessions, brochures, tip sheets, your program's newsletter, website or bulletin boards):

- Never
- Less than 1 time per YEAR
- 1 time per YEAR
- 2 times per YEAR or more

46. Education for families on child nutrition includes the following topics (check all that apply):

- Food and beverage recommendations for children
- Serving sizes for children
- Importance of variety in the child diet
- Creating healthy mealtime environments
- Using positive feeding practices
- Our program's policies on child nutrition
- None

47. Our written policy on child nutrition includes the following topics (include any written guidelines about your program's operations or expectations for teachers, staff, children, and families. Policies can be included in parent handbooks, staff manuals, and other documents) check all that apply:

- Foods provided to children
- Beverages provided to children
- Creating healthy mealtime environments
- Teacher practices to encourage healthy eating
- Not offering food to calm children or encourage appropriate behavior
- Planned and informal nutrition education for children
- Professional development on child nutrition
- Guidelines for foods offered during holidays and celebrations
- Fundraising with non-food items
- No written policy or policy does not include these topics

Child Care Wellness Policies and Practices Survey

SECTION C: Physical Activity Survey Part 1: Time Provided

The following questions are about time and equipment provided for physical activity practices and equipment available to 2-5 year old children in your care. Please read each statement or question carefully and select the option that best fits the practices in your child care center.

48. The amount of time provided to preschool children (ages 2-5) for indoor and outdoor physical activity each day is (e.g., walking, running, crawling, climbing, jumping, and dancing):

- Less than 60 minutes (Half-day: Less than 30 minutes)
- 60–89 minutes (Half-day: 30–44 minutes)
- 90–119 minutes (Half-day: 45–59 minutes)
- 120 minutes or more (Half-day: 60 minutes or more)

49. The total amount of adult-led physical activity, including dancing, music and movement, motor development lessons, physically active games, and tumbling, that our program provides to preschool children over the course of each day is:

- Less than 30 minutes (Half-day: Less than 10 minutes)
- 30–44 minutes (Half-day: 10–19 minutes)
- 45–59 minutes (Half-day: 20–29 minutes)
- 60 minutes or more (Half-day: 30 minutes or more)

50. Outside of nap and meal times, the longest that preschool children are expected to remain seated at any one time is:

- 30 minutes or more
- 20-29 minutes
- 15-19 minutes
- Less than 15 minutes

Child Care Wellness Policies and Practices Survey

SECTION C: Physical Activity Survey Part 2: Indoor Play Environment

51. Our program offers the following features in the indoor play space:

- **Space for all activities, including jumping, running, and rolling**
- **Separate play areas for each age group**
- **Areas that allow play for individuals, pairs, small groups, and large groups**
- **Full access for children with special needs**

- None
- 1 feature
- 2 features
- 3-4 features

52. Our program has the following types of portable play equipment available in good condition for children to use indoors:

- **Jumping toys: jump ropes, jumping balls**
- **Push-pull toys: big dump trucks, corn poppers, push and ride cars**
- **Twirling toys: ribbons, scarves, batons, hula hoops, parachute**
- **Throwing, catching, and striking toys: balls, pom poms, bean bags, noodles, rackets**
- **Balance toys: balance beams, plastic “river stones”**
- **Crawling or tumbling equipment: mats, portable tunnels**

- None
- 1-2 types
- 3-4 types
- 5-6 types

53. Teachers offer portable play equipment to preschool children during indoor free play time:

- Rarely or never
- Sometimes
- Often
- Always

Child Care Wellness Policies and Practices Survey

54. Our program's collection of posters, books, and other learning materials that promote physical activity includes:

- Few or no materials
- Some materials with limited variety
- A variety of materials
- A large variety of materials with items, added or rotated seasonally

55. To manage challenging behaviors, teachers take away time for physical activity or remove preschool children from physically active playtime for longer than 5 minutes:

- Always
- Often
- Sometimes
- Never

56. Teachers take the following role during preschool children's physically active playtime:

- They supervise only
- They supervise and verbally encourage physical activity
- They supervise, verbally encourage, and sometimes join in to increase children's physical activity
- They supervise, verbally encourage, and often join in to increase children's physical activity

57. Teachers incorporate physical activity into classroom routines, transitions, and planned activities (e.g., playing Simon Says or other movement games while children wait in line or transition between activities, or using movement during circle time or story time):

- Rarely or never
- Sometimes
- Often
- Each time they see an opportunity

Child Care Wellness Policies and Practices Survey

SECTION C: Physical Activity Survey Part 3: Education and Professional Deve...

58. Preschool children participate in planned lessons focused on building gross motor skills (e.g., skipping, jumping, throwing, catching, kicking, balancing, stretching, or other specific skills):

- Rarely or never
- 1 time per MONTH
- 2-3 times per MONTH
- 1 time per WEEK or more

59. Teachers talk with children informally about the importance of physical activity:

- Rarely or never
- Sometimes
- Often
- Each time they see an opportunity

60. Teachers and staff receive professional development on children's physical activity, including taking in-person or online training, or receiving information at staff meetings (excluding playground safety):

- Never
- Less than 1 time per YEAR
- 1 time per YEAR
- 2 times per YEAR or more

61. Professional development for current staff on children's physical activity has included the following topics (check all that apply):

- Recommended amounts of daily physical activity for young children
- Encouraging children's physical activity
- Limiting long periods of seated time for children
- Children's motor skill development
- Communicating with families about encouraging children's physical activity
- Our program's policies on physical activity
- None

Child Care Wellness Policies and Practices Survey

62. Families are offered education on children's physical activity (e.g., through in-person educational sessions, brochures, tip sheets, your program's newsletter, website, or bulletin boards):

- Never
- Less than 1 time per YEAR
- 1 time per YEAR
- 2 times per YEAR or more

63. Education for families on children's physical activity includes the following topics (check all that apply):

- Recommended amounts of daily physical activity for young children
- Encouraging children's physical activity
- Limiting long periods of seated time for children
- Children's motor skill development
- Our program's policies on physical activity
- None

64. Our written policy on physical activity includes the following topics (include any written guidelines about your program's operations or expectations for teachers, staff, children, and families; policies can be included in parent handbooks, staff manuals, and other documents) check all that apply:

- Amount of time provided each day for indoor and outdoor physical activity
- Limiting long periods of seated time for children
- Shoes and clothes that allow children and teachers to actively participate in physical activity
- Teacher practices that encourage physical activity
- Not taking away physical activity time or removing children from long periods of physically active playtime in order to manage challenging behaviors
- Planned and informal physical activity education
- Education for families on children's physical activity
- No written policy or policy does not include these topics

Child Care Wellness Policies and Practices Survey

SECTION D: Breastfeeding

The following questions are about space and other resources provided for breastfeeding. Please read each statement or question carefully and select the option that best fits the practices in your child care center.

65. Does your center care for infants 0-12 months of age?

- No
- Yes

Child Care Wellness Policies and Practices Survey

SECTION D: Breastfeeding

66. A quiet and comfortable space (other than the bathroom) set aside for mothers to breastfeed or express breast milk, is available:

- Rarely or never
- Sometimes
- Often
- Always

67. The following are available to mothers in the space set aside for breastfeeding or expressing breast milk (check all that apply):

- Privacy
- An electrical outlet
- Comfortable seating
- Sink with running water in the room or nearby
- None

68. Enough refrigerator and/or freezer space is available to allow all breastfeeding mothers to store expressed breast milk:

- Rarely or never
- Sometimes
- Often
- Always

69. Posters, brochures, children's books, and other materials that promote breastfeeding are displayed in the following areas of our building (check all that apply):

- The entrance or other public spaces
- Infant classrooms
- Toddler and/or preschool classrooms
- The space set aside for breastfeeding
- None

Child Care Wellness Policies and Practices Survey

70. Teachers and staff promote breastfeeding and support mothers who provide breast milk for their infants by (check all that apply):

- Talking with families about the benefits of breastfeeding
- Telling families about the ways our program supports breastfeeding
- Telling families about community organizations (local public health department, hospital, or local La Leche League group) that provide breastfeeding support
- Giving families educational materials (brochures, tip sheets, and links to trusted websites)
- Showing positive attitudes about breastfeeding
- None

71. Teachers and staff receive professional development on promoting and supporting breastfeeding (including taking in-person or online training, or information presented at staff meetings):

- Never
- Less than 1 time per YEAR
- 1 time per YEAR
- 2 times per YEAR or more

72. Professional development for current staff on promoting and supporting breastfeeding has included the following topic (check all that apply):

- Proper storage and handling of breast milk
- Bottle-feeding a breastfed baby
- Benefits of breastfeeding for mother and baby
- Promoting breastfeeding and supporting breastfeeding mothers
- Community organizations that support breastfeeding
- Our program's policies on promoting and supporting breastfeeding
- None

Child Care Wellness Policies and Practices Survey

73. Expectant families and families with infants are offered educational materials on breastfeeding:

- Rarely or never
- Only when families ask
- When families ask and at 1 set time during the year
- When families ask, at 1 set time during the year, and we tell prospective families about our breastfeeding policies and practices

74. Our written policy on promoting and supporting breastfeeding includes the following topics (include any written guidelines about your program's operations or expectations for teachers, staff, children, and families; policies can be included in parent handbooks, staff manuals, and other documents) check all that apply:

- Providing space for mothers to breastfeed or express breast milk
- Providing refrigerator and/or freezer space to store expressed breast milk
- Professional development on breastfeeding
- Educational materials for families on breastfeeding
- Breastfeeding support for employees (i.e. allowing staff to breastfeed or express milk on their breaks)
- No written policy or policy does not include these topics

Child Care Wellness Policies and Practices Survey

Infant Feeding Practices

75. Please select one response per row:

	Yes	No	Don't Know	N/A
Infants are fed according to a feeding plan from a parent or physician	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breastfeeding is supported by the child care facility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No solid food is given before 6 months of age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infants are fed on demand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infants are fed by a consistent caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infants are held while feeding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infants cannot carry or sleep with a bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caregivers cannot feed more than 1 infant at a time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No cow's milk is given to children less than 12 months or age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole cow's milk is required for children 12 to 24 months of age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No solid food is fed in a bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

Survey Design Section

The remaining four questions are repeated from a previous section in this survey and have been included for survey design purposes.

76. Please check one response per row. Our program offers:

	3 times per MONTH or less	1-2 times per WEEK	3-4 times per WEEK	1 time per DAY or more	Never	N/A
DARK GREEN vegetables (e.g., spinach, broccoli):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DARK ORANGE, RED or DEEP YELLOW vegetables (e.g., carrots, peppers; NOT including corn)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

77. Please check one response per row. Our program offers:

	3 times per WEEK or more	2 times per WEEK	1 time per WEEK	Less than 1 time per WEEK or never	N/A
<u>fried or pre-fried potatoes</u> (including french fries, tater tots, and hash browns, that are pre-fried, sold frozen, and prepared in the oven:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>fried or pre-fried meats or fish</u> , including breaded and frozen chicken nuggets and fish sticks:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>high-fat meats</u> , including sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

78. Please choose one response per row:

	Rarely or never	Sometimes	Often	Always/ Every meal and snack time	N/A
Television or videos are on during meals or snack times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During meal and snack times, teachers and staff eat and drink the same foods and beverages as children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers and staff eat or drink outside foods or beverages in front of children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers role model eating healthy foods served at meal and snack times with enthusiasm (teacher shows how much they enjoy the food, perhaps saying, "Mmm, these peas taste yummy!")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

79. Please check one response per row:

	Rarely or never	Sometimes	Often	Always/ Every meal and snack time	N/A
Teachers praise children for trying new or less-preferred foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When children eat less than half of a meal or snack, teachers ask them if they are full before removing their plates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When children request seconds, teachers ask them if they are still hungry before serving more food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers require that children sit at the table until they clean their plates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use an authoritative feeding style (encourage children to eat healthy foods, while allowing children to make their own choices)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use children's preferred foods to encourage them to eat new or less-preferred foods (e.g., giving children a treat only if they eat their vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers use food to calm upset children or encourage appropriate behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During indoor and outdoor physically active playtime, teachers remind children to drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Child Care Wellness Policies and Practices Survey

Professional Activity Unit

Thank you for completing the Child Care Wellness Policies and Practices Survey! Please provide your name and email address to receive one professional activity unit (PAU). Your name and email address will solely be used to issue the PAU.

80. Contact Information:

Name

Email Address