Ten Ways To **EMPOWER** Children To Live Healthy Lives

As child care providers, we want young children to develop healthy habits that will last a lifetime. The Empower Program provides child care facilities with clear strategies, called Empower Standards, to create healthy environments for all children. See how easy it is to incorporate the Empower Standards into your everyday routine.

- Provide at least 60 minutes of daily physical activity, including adult-led and free-play. Limit screen time to three hours or less per week and no more than 60 minutes of sedentary activity at a time.

- Maintain a smoke-free environment.

- Practice “sun safety.”

- Determine whether the facility is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.

- Ensure staff members and child care providers receive three hours of training annually on Empower topics.

- Limit serving fruit juice to no more than two times per week.

- Serve meals family-style and do not use food as a reward.

- Make Arizona Smokers’ Helpline (ASHLine) education materials available at all times.

- Provide a breastfeeding-friendly environment.

- Provide monthly oral health education or implement a toothbrushing program.

For more information please visit TheEmpowerPack.org