

Nutrition Standards in Child Care

NAP-Q: Descriptives

Produced for: NSCCP Research Team

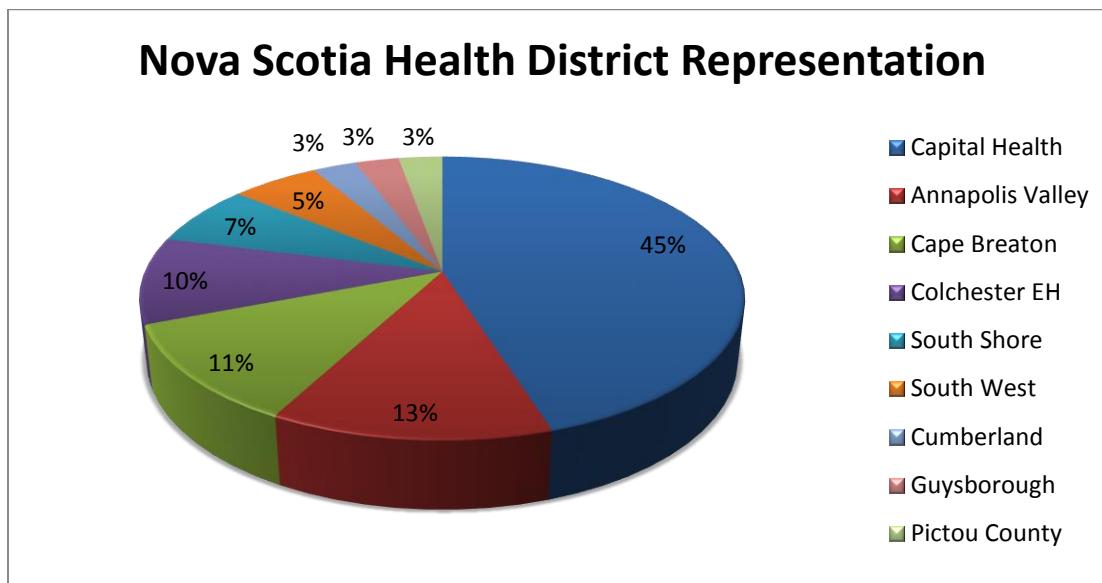


Table of Contents

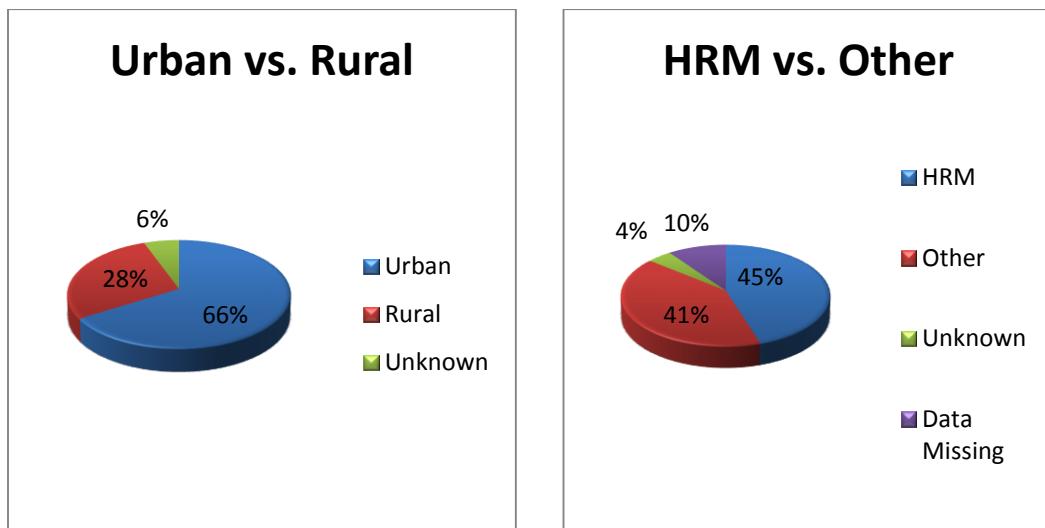
NAP-Q Sample Descriptives: (n=71).....	2
Section I: Nutrition Descriptives (n=71).....	5
N1: Background Information	5
N2: Meals and Snacks	7
N3: Supporting Healthy Eating.....	8
N5: Nutrition Education for Staff, Parents, and Children	10
N6: Supporting Breastfeeding.....	12
Qualitative Themes.....	14
Question 1: What supports/resources have helped you to implement the Standards?.....	14
Question 2: What were some of the challenges in implementing the Standards so far?.....	15
Question 3: Please indicate any additional supports you may require as you continue to implement the Standards:.....	16
Question 7: Any additional comments you wish to share regarding the Standards?	17
Question 4: Do you have breastfeeding practices and/or policies in place at your centre?.....	18
.....	18
Question 5: What were/are the most common barriers in child care centres to support breastfeeding?	19
Question 6: Please provide recommendation to enhance breastfeeding support in child care centres.	20
Section II: Physical Activity.....	21
PA1: Active Play and Inactive Time	21
PA2: Supporting Physical Activity	24
PA3: Play Environment.....	26
PA4: Physical Activity Education for Staff, Parents, and Children	27
PA5: Physical Activity Guidelines	29
Qualitative Themes	31
Question 2: Are there any changes you would like to see happen in your child care centre in regards to physical activity?	31
.....	31
Question 3: What does your centre do to support physical activity beyond the minimum requirements?.....	32
Question 4: Would you be interested in having physical activity guidelines in regulated child care centres?.....	33

NAP-Q Sample Descriptives: (n=71)

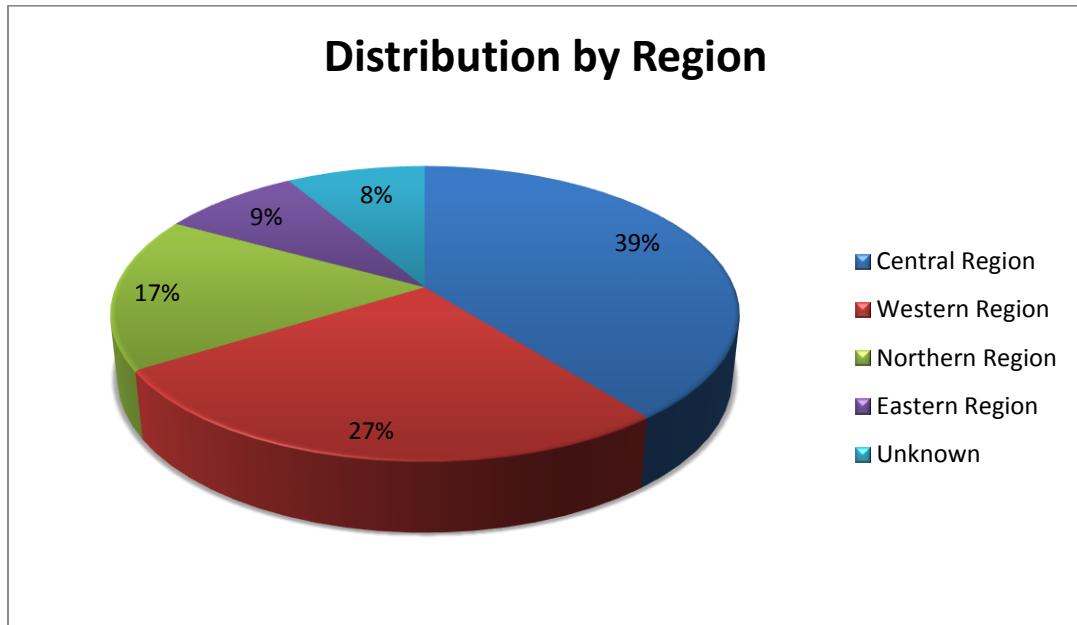
- 1) Distribution of Registered Child Care Centers by Health District



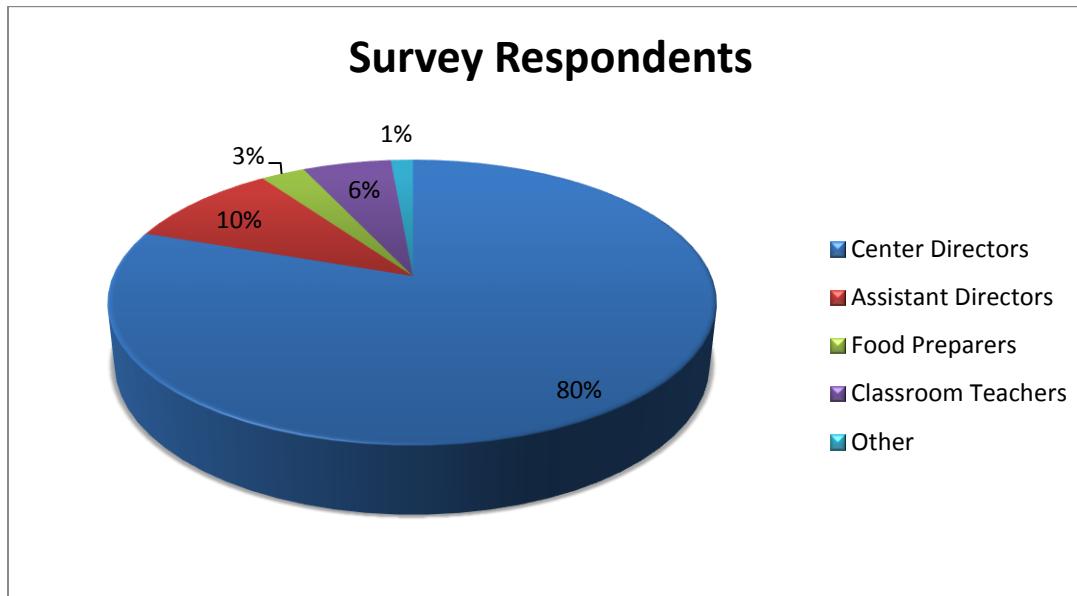
- 2) Proportion of Urban vs. Rural Registered Child Care Centres using Postal Code information
- 3) Proportion of HRM vs. other



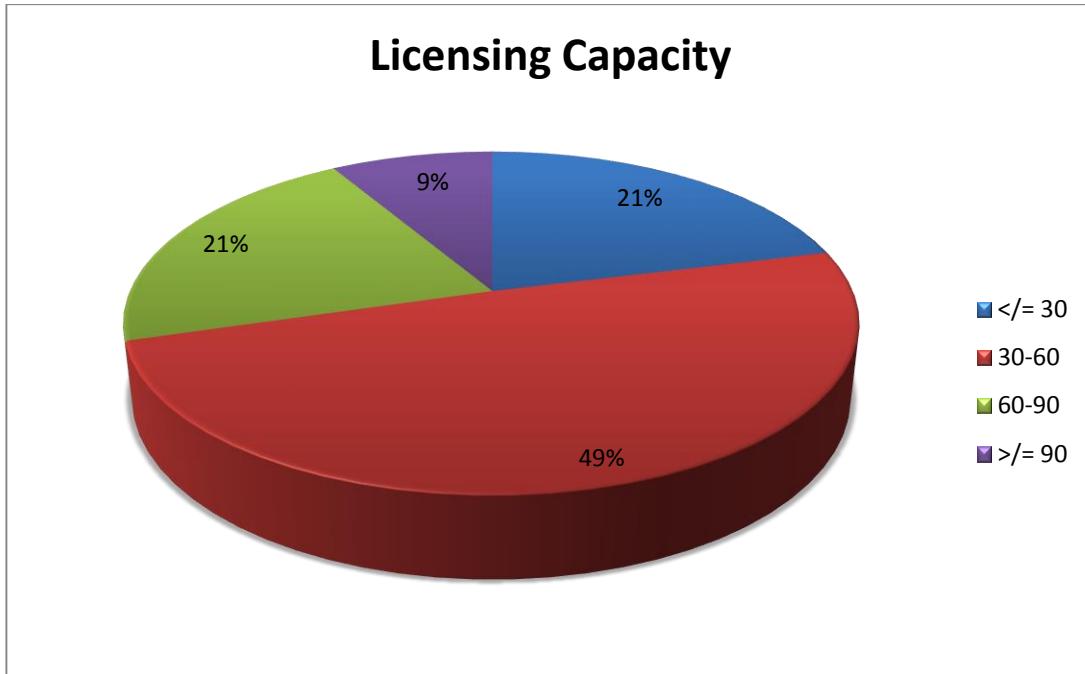
4) Distribution by Child Care Region within Nova Scotia



5) What position do you hold within the regulated child care program?



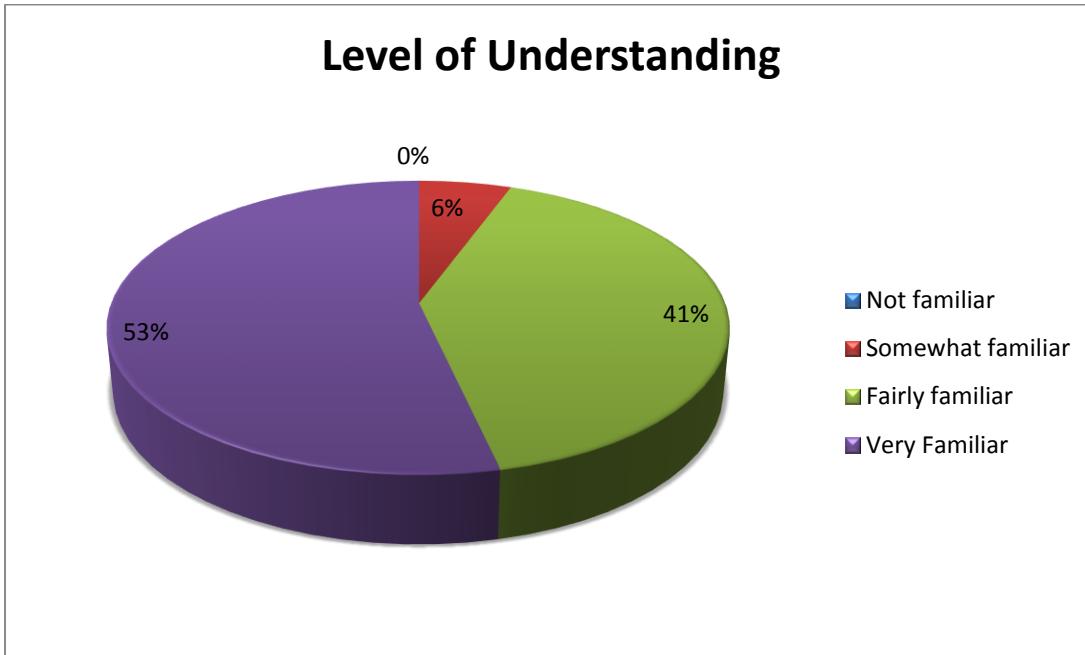
6) What is the licensing capacity of your regulated program?



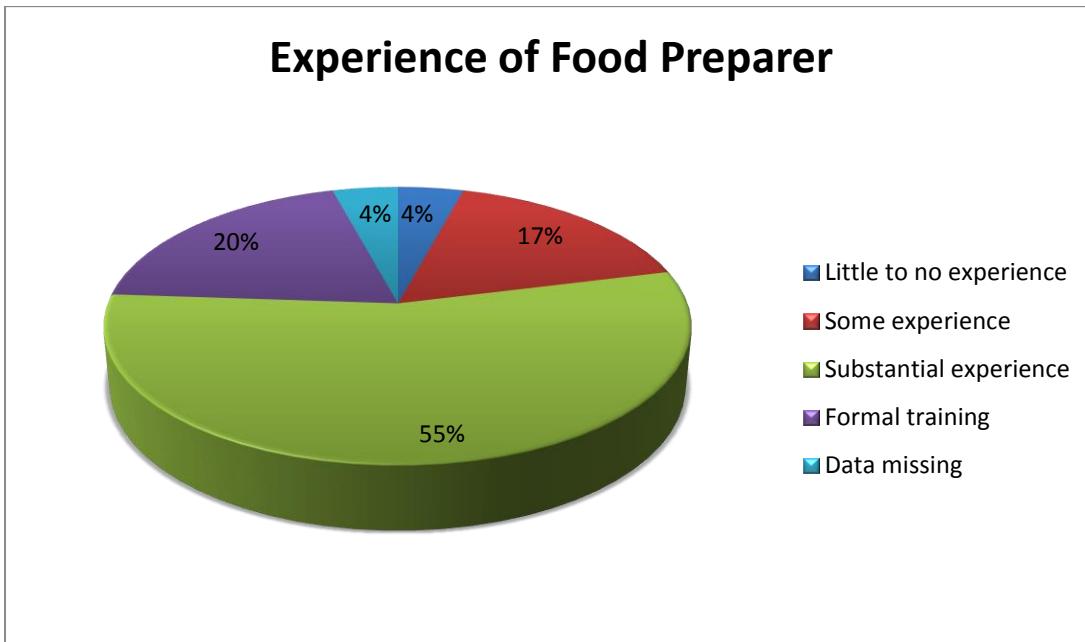
Section I: Nutrition Descriptives (n=71)

N1: Background Information

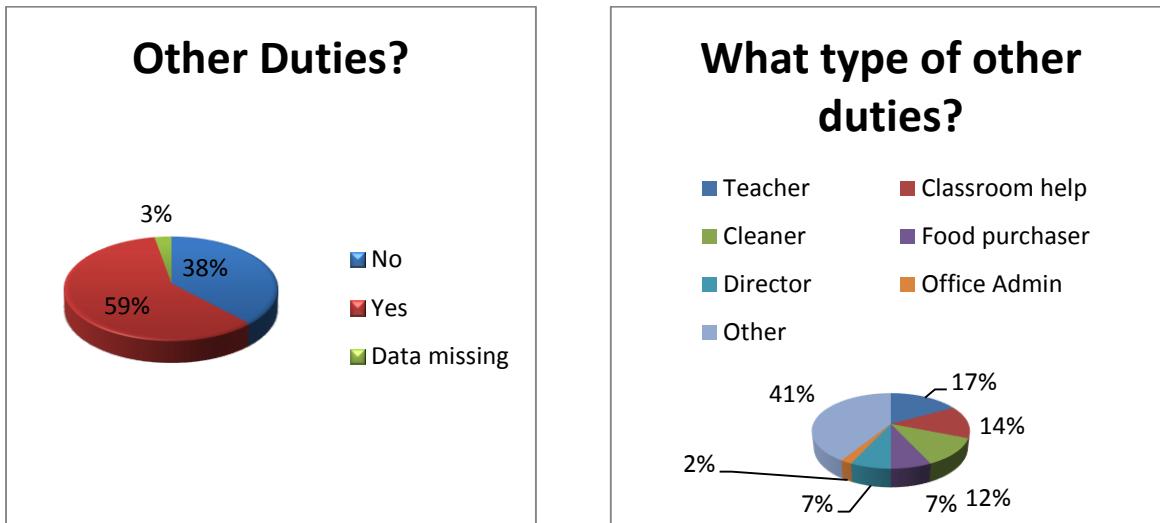
1) Please indicate your level of understanding of the Food and Nutrition Standards.



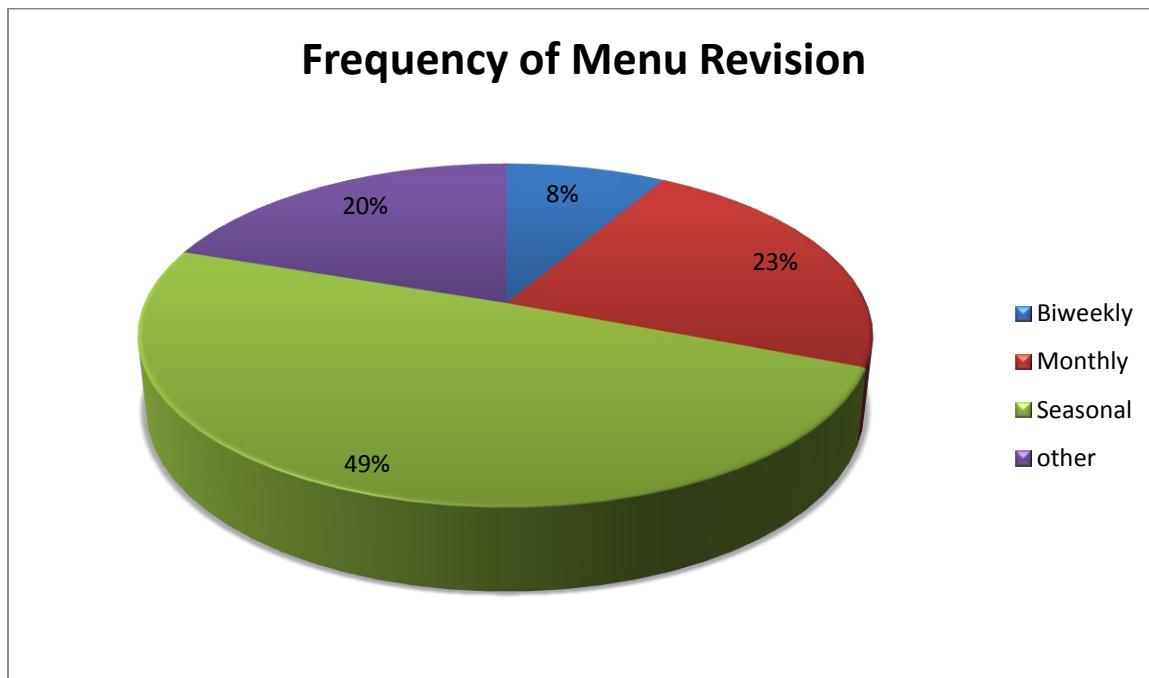
2) What is the experience of the person preparing meals?



3) Does the person preparing meals have other responsibilities?

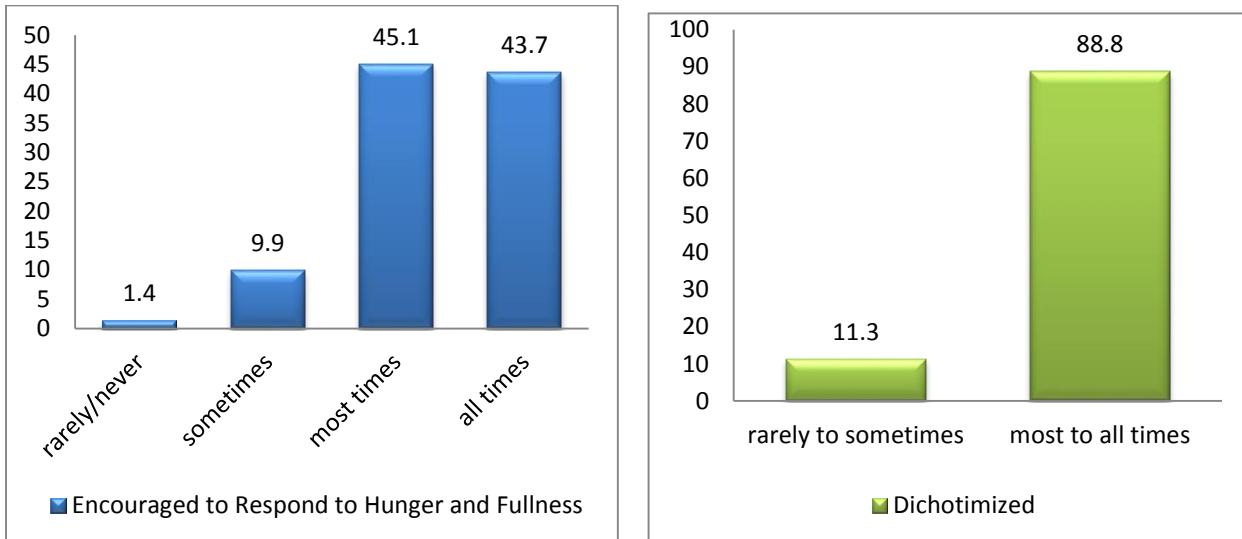


4) How often does your centre revise the menu?

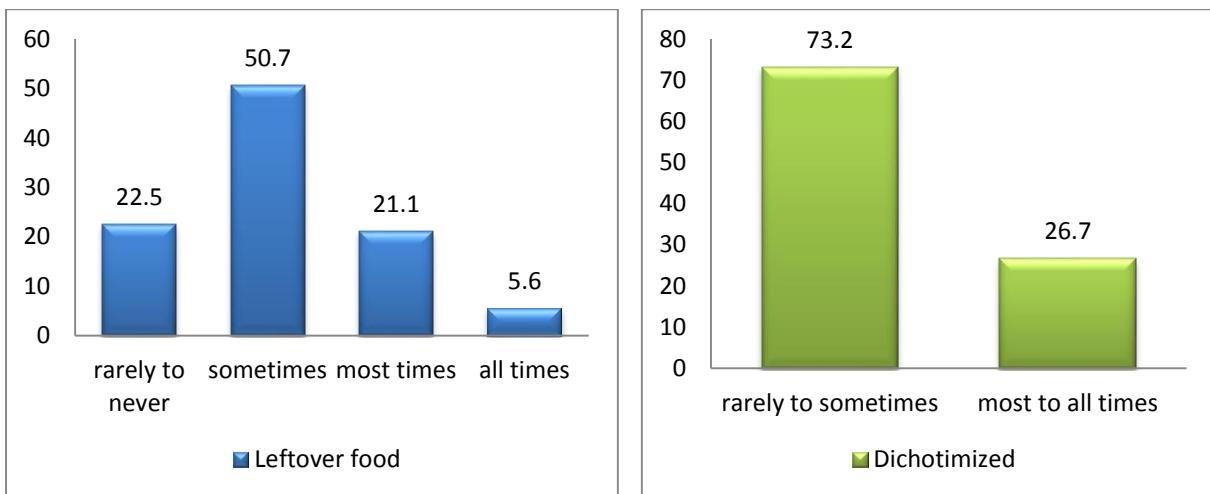


N2: Meals and Snacks

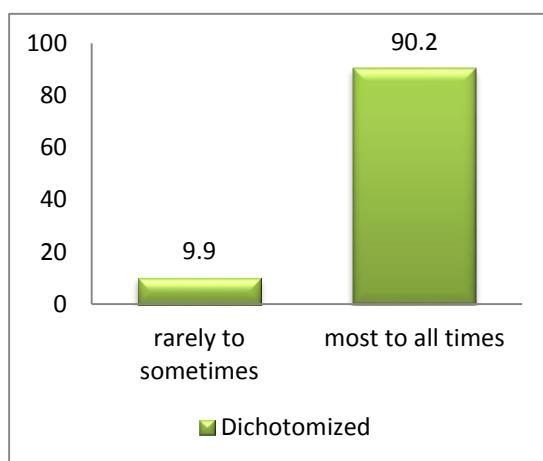
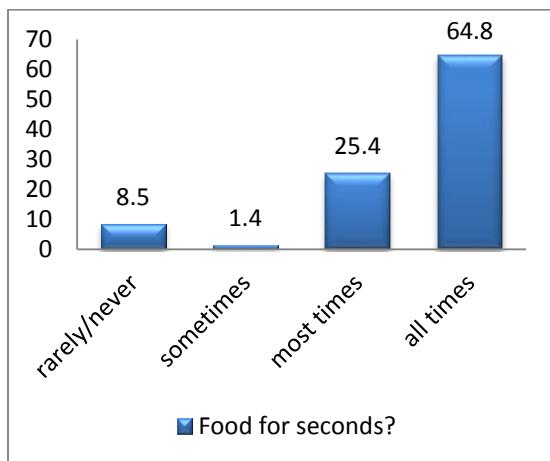
5) ECE/staff encourage children to respond to hunger and feelings of fullness



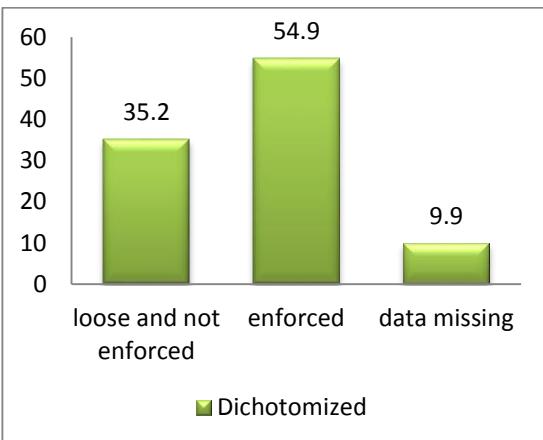
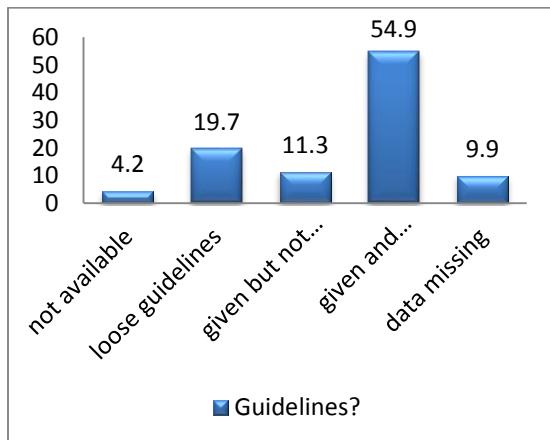
6) There is food leftover after all children have eaten.



7) There is enough food to offer seconds for children who wish to eat more.

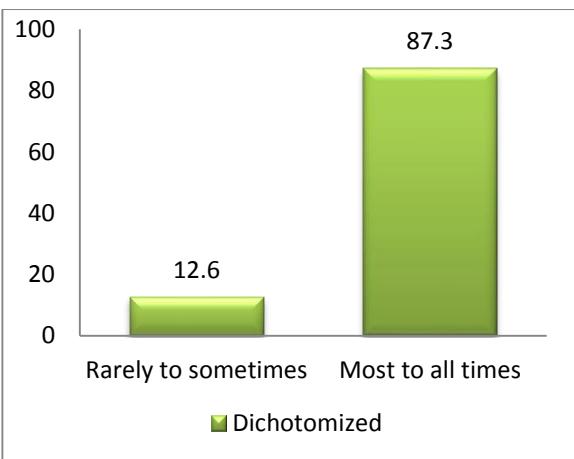
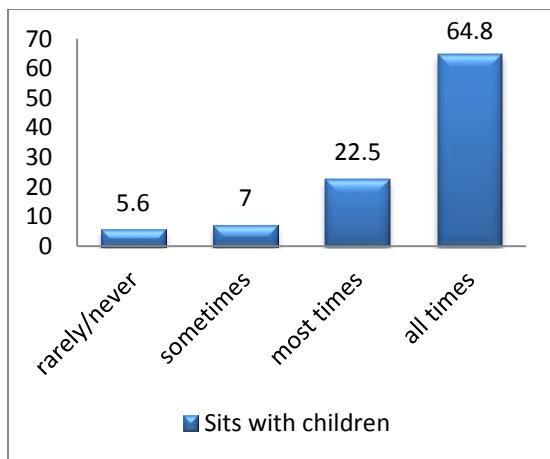


8) Centred based nutrition guidelines are provided to parents for foods that are brought in.

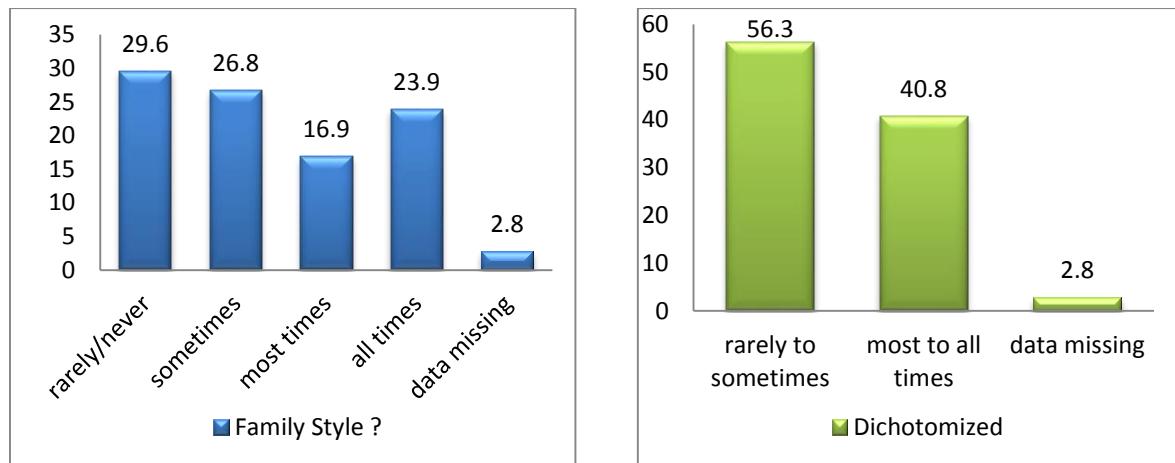


N3: Supporting Healthy Eating

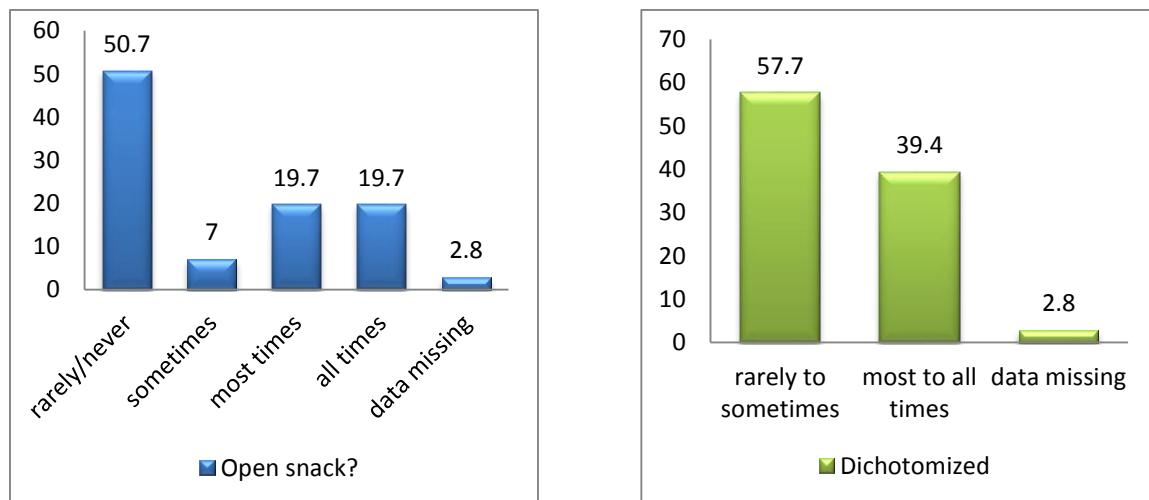
9) Children and ECE/staff sit down together for meals and snacks.



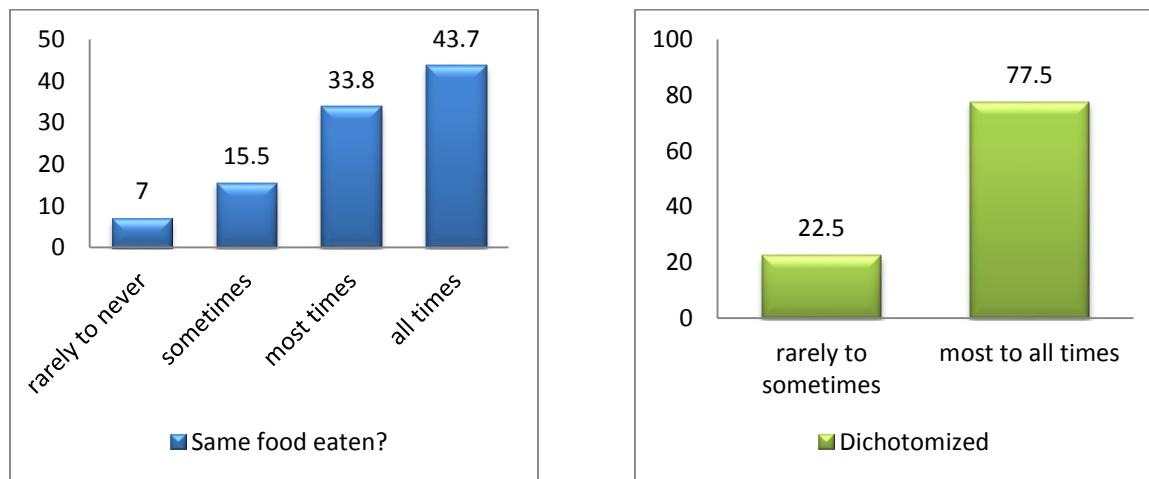
10) Meals are served family style (food is served in bowls on table and children serve themselves with limited help)



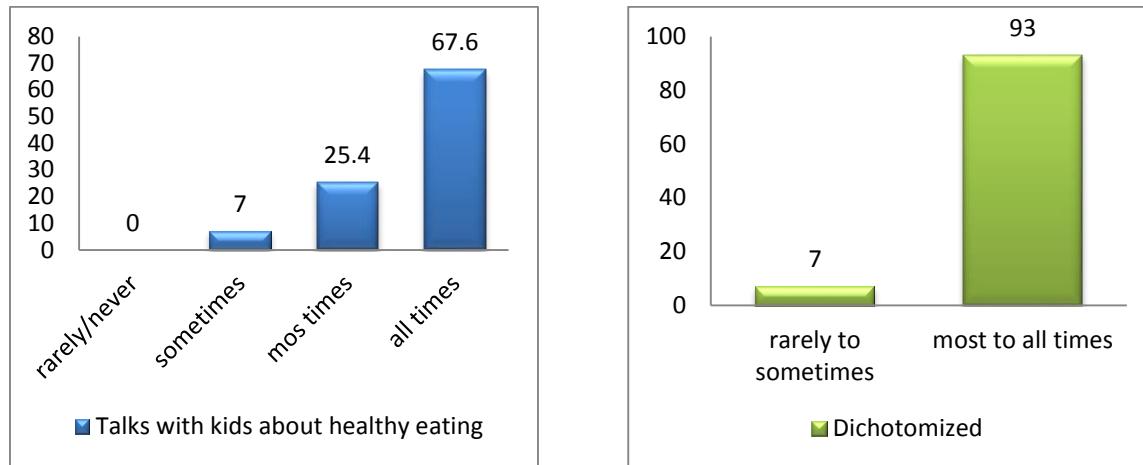
11) Snacks are offered as an open snack time.



12) ECE/staff consume the same food and drinks as the children.

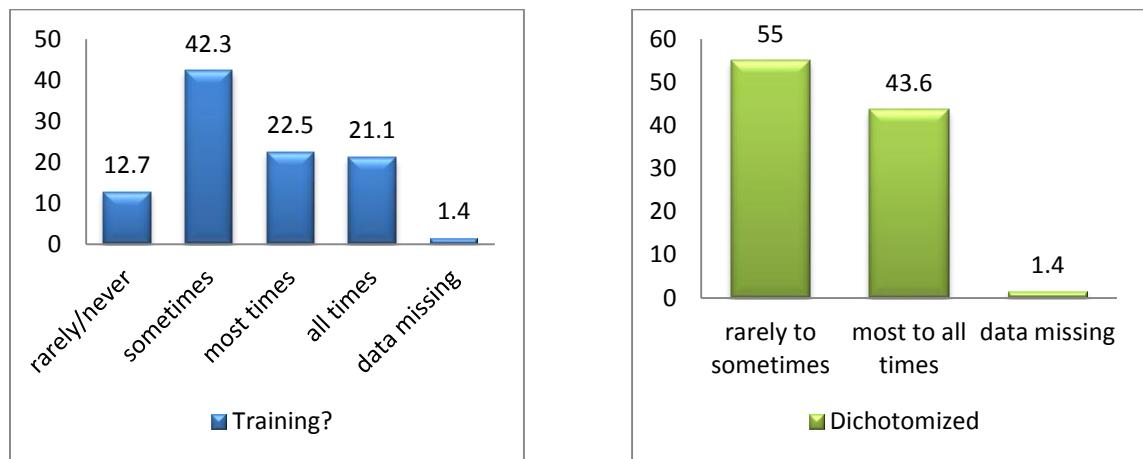


13) ECE/staff talk with children about healthy eating and encourage healthy foods.

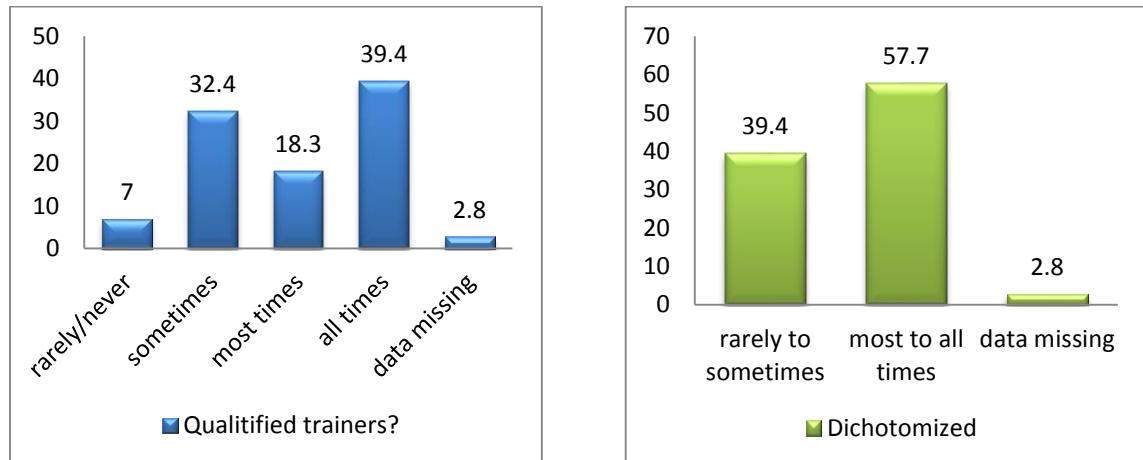


N5: Nutrition Education for Staff, Parents, and Children

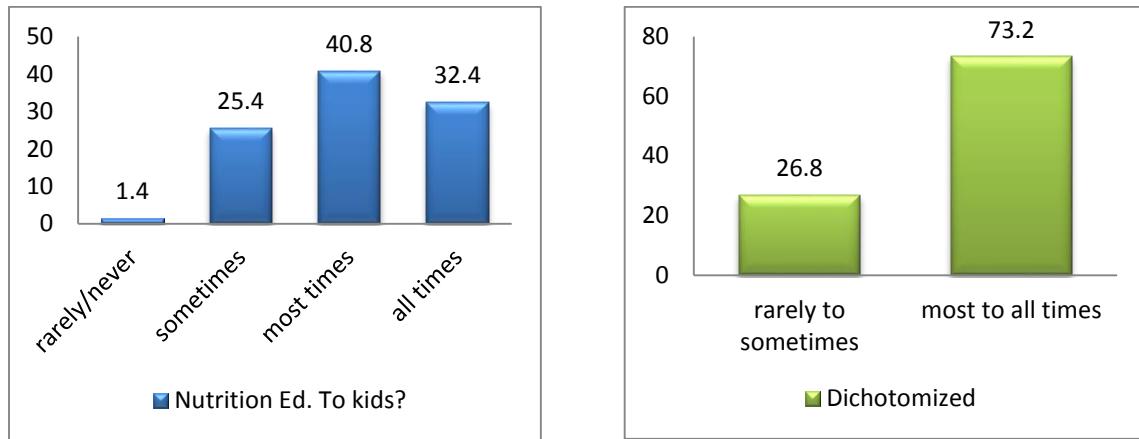
14) Nutrition training opportunities are provided to ECE/staff.



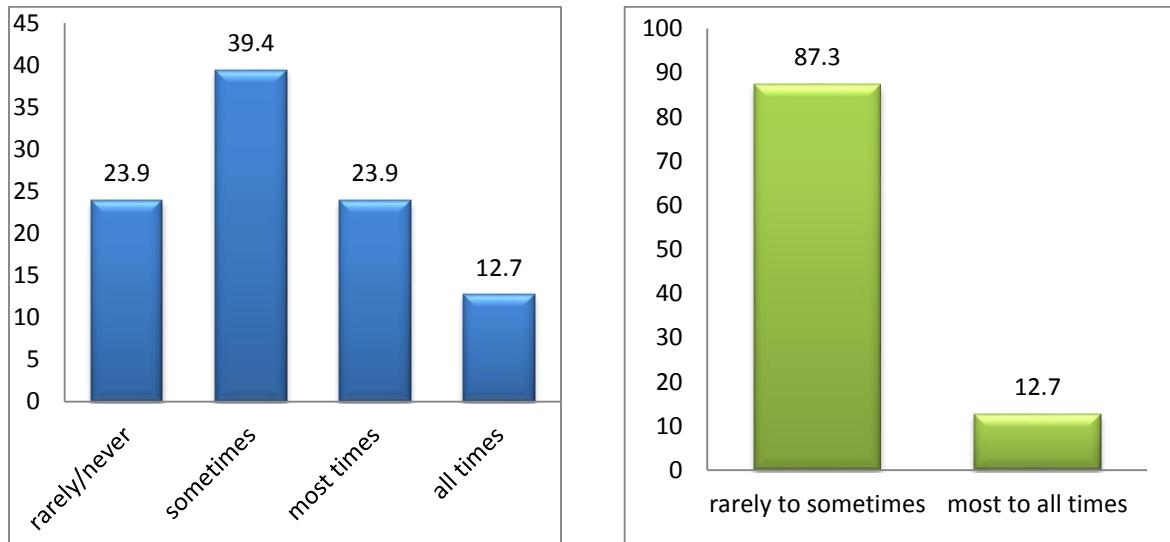
15) If nutrition training is provided, it is provided by qualified professionals (registered dietitians and public health nutritionists).



16) ECE/staff provide nutrition education to children.

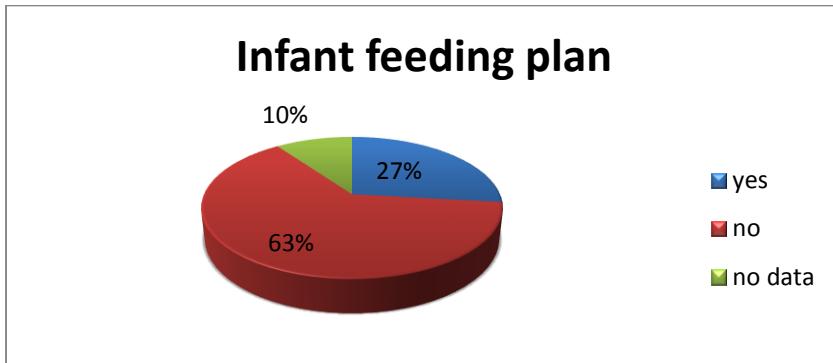


17) The centre provides education for parents about nutrition (i.e. take home materials, events, etc.)

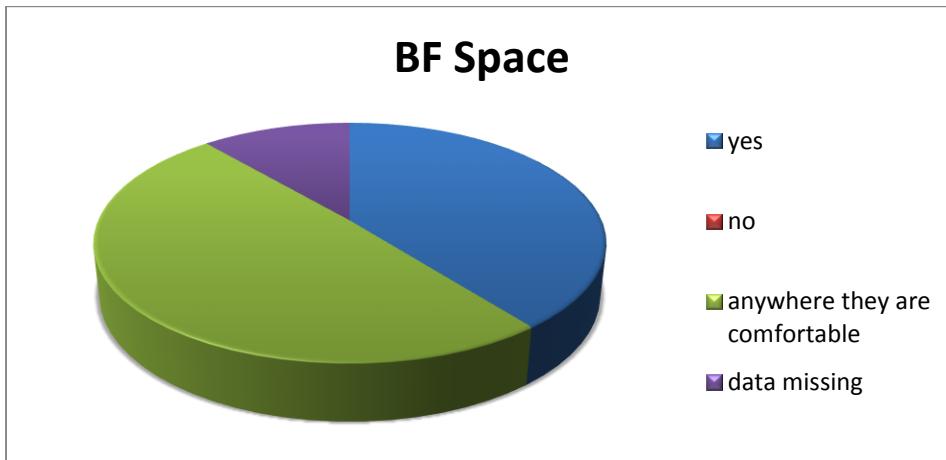


N6: Supporting Breastfeeding

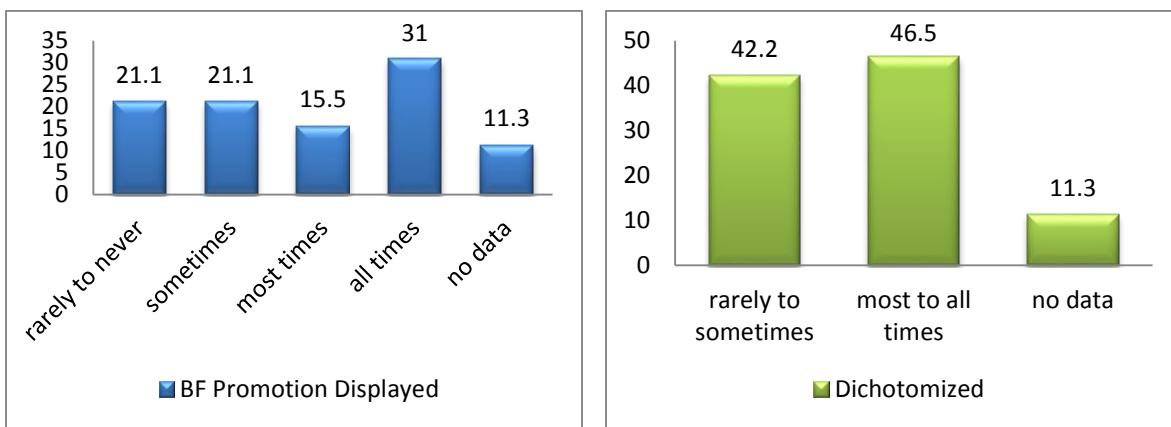
1) Infant feeding plan is used for infants/toddlers:



2) A designated space is available to breastfeeding mothers.



3) Breast feeding promotion information is displayed (i.e. posters, pictures, or books)



4) Breast feeding training is included in other training opportunities provided to EDE/Staff.



Qualitative Themes

Question 1: What supports/resources have helped you to implement the Standards?



- 1.) Written material/hard copy: (48)
 - Menu guidelines / binder / manual / standards, cookbooks/recipes , electronic Material, Canada's Food Guide to Healthy Eating, Handouts
- 2.) Supports set in place to directly support the implementation of the standards (30)
 - Department of Health and Community Services, Nutritionist/Dietitian, Consultant
- 3.) In person Education/training (21)
 - Workshops, staff training, parent education
- 4.) Pre-existing supports/resources (11)
 - Other centres, Industry, Common sense
- 5.) Monetary support (7)
 - Grants (5)
- 6.) Limited support given (7)

Question 2: What were some of the challenges in implementing the Standards so far?



- 1. Child care community acceptance challenges (36)**
 - Acceptance of children, acceptance of parents, acceptance of staff/centre
- 2. Challenges associated with cost (34)**
 - Cost in general, waste of food, cost of fresh produce
- 3. Child care community adherence challenges (30)**
 - Centre adherence, parent adherence, child adherence
- 4. Child care community comprehension challenges (16)**
 - Parent/child understanding, centre understanding
- 5. Challenges with feelings of over-regulated (14)**
 - Too many changes with no flexibility, take away teachers impact on moderation, other daily programs suffer due to regulations
- 6. No challenges (6)**
 - Even less expensive

Question 3: Please indicate any additional supports you may require as you continue to implement the Standards:



1. Access to Training and Information Sharing (23)

- Ongoing training/information sessions for all stakeholders, direct, specific or hands on support from nutritionist/standards expert, videos, online conferences

2. Menu Planning Support (17)

- Sample recipes and food choices that meet criteria, sample menus, snack ideas, fruit and vegetable alternatives

3. Financial Support (12)

- Financial support for food budget and classroom resources, financial support with increased equipment needs (dishwasher maintenance with increased use, increased amounts of dishes required)

4. Suggestions for revisions to the 'Standards' (12)

- Create a standardized list of foods that meet criteria, not having to do calculations to meet nutrient criteria, concessions to standards for special circumstances (i.e. Allergies), concessions for holiday treats, revision for more balance in standards, too rigid

Question 7: Any additional comments you wish to share regarding the Standards?

Comments Related To Challenges (20)

Challenges for Children (7)

- a. Doesn't teach children about moderation/balance/choice (5)
- b. Children scared cookies they baked would be taken away by director (1)
- c. Challenging with lots of picky eaters and children with "food issues" (1)

Challenges for Families (1)

- a. Parents feel standards are too strict (1)

Challenges for Childcare Providers (12)

- b. Too strict (7)
- c. Difficult to find foods that meet criteria, kids like and are inexpensive (1)
- d. Too much waste (1)
- e. Too much change (1)
- f. Too much label reading (1)
- g. Childcare should not be responsible for exposing children to healthy eating, i.e. Variety of fruits and vegetables (1)

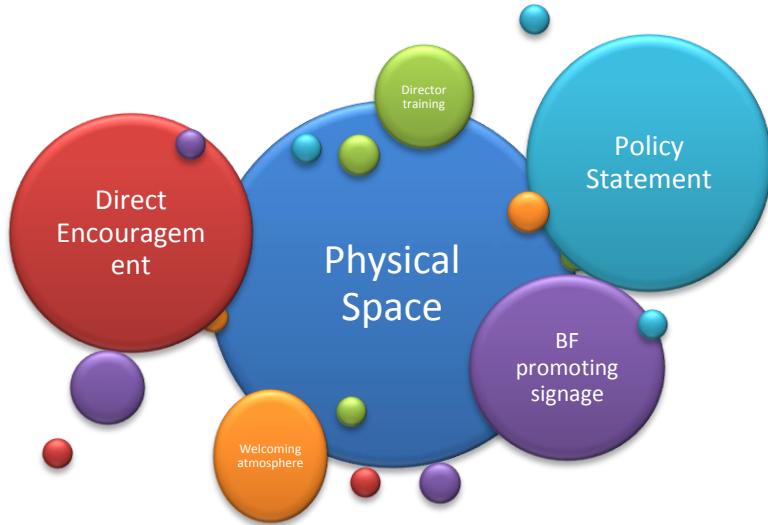
Suggested Areas to Improve (16)

- a. Treats should be allowed (6)
- b. Would like standards to reflect increased costs yet no additional funding to offset (4)
- c. Standards should acknowledge different needs of full day vs. part day program (2)
- d. Would like specific list of foods and recipes that meet standards (2)
- e. More flexibility for parent meetings and fundraisers (1)
- f. Compared to school standards, not fair to have different standards (1)

Supportive Comments (11)

- a. Happy with change to provide more healthy choices (9)
- b. Most parents have supported standards (1)
- c. Standards have encouraged parents to learn about healthy eating (1)
- d. Initially overwhelming, now just routine (1)
- e. Have guidelines they follow for parents bringing in foods from home that also meet standards (1)

Question 4: Do you have breastfeeding practices and/or policies in place at your centre?



1. Physical space is available for breastfeeding (50)

- Designated area , welcome in centre(no area specified), space provided upon request, wherever mom is comfortable, anywhere in centre

2. Direct encouragement of parents to BF (13)

3. Policy statement in manual (10)

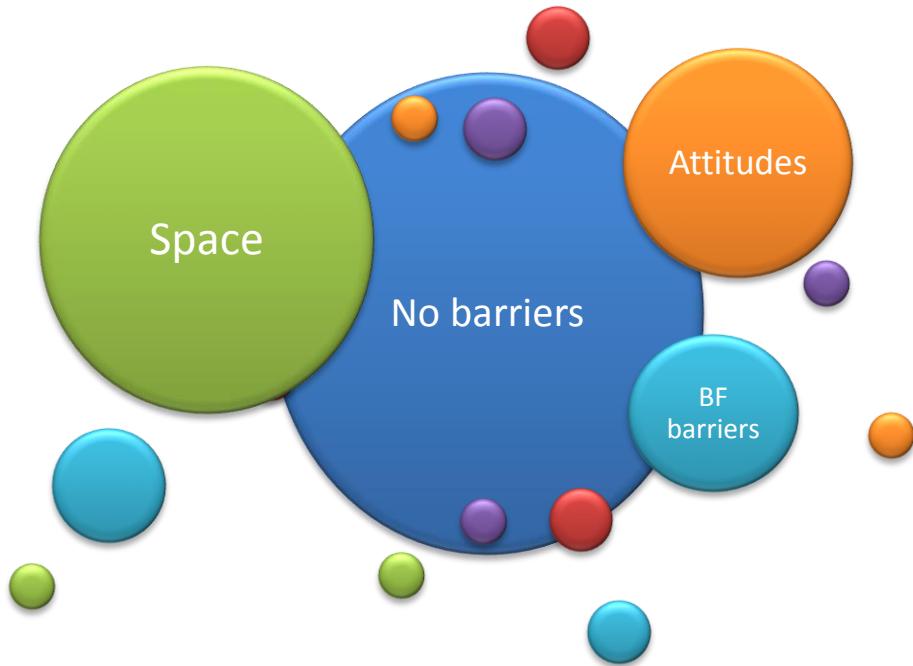
- Despite policy, BF not occurring (6)

4. Visible signage promoting BF in centre (9)

5. Centre welcomes breast milk in bottles (2)

6. Director attended workshop (1)

Question 5: What were/are the most common barriers in child care centres to support breastfeeding?



1. No barriers (32)

- No infants in centre

2. No appropriate space to meet everyone's needs (18)

- Lack of private/appropriate space, lack of funds to provide space

3. Attitudes/Acceptance (9)

- Other parents/children not familiar/uncomfortable with BF, comfort level of staff, limited training for staff, general Acceptance

4. Challenges with BF practices (3)

- Parents not staying to BF, mother's work prevents them from leaving job to breastfeed, challenges related to weaning (1)

Question 6: Please provide recommendation to enhance breastfeeding support in child care centres.

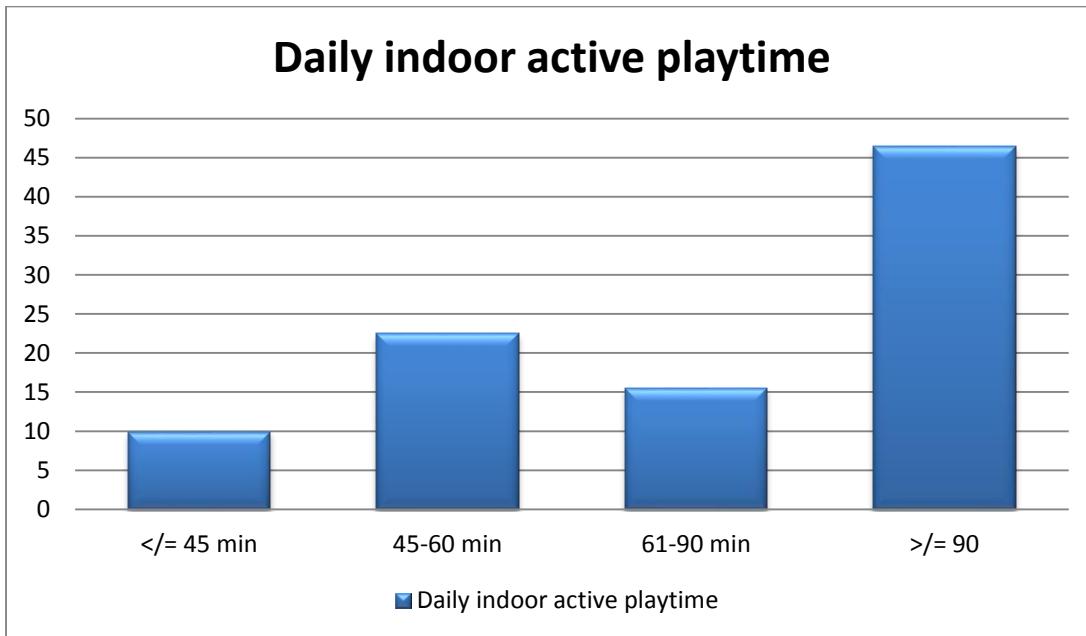


- 1. Educational material (12)**
 - For parents, children, and staff
- 2. Support directed specifically to space for BF mothers (7)**
 - Provide cozy, quiet space (7)
- 3. Promotional items (5)**
 - About BF in all child care centres, social Marketing of BF in the media, supports for centre to create supportive atmosphere

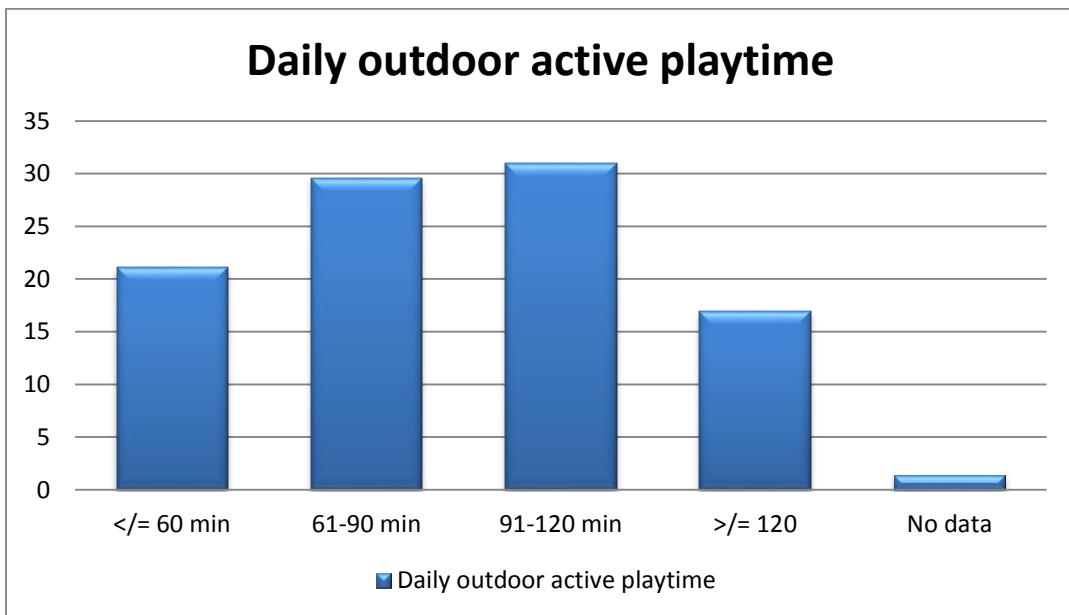
Section II: Physical Activity

PA1: Active Play and Inactive Time

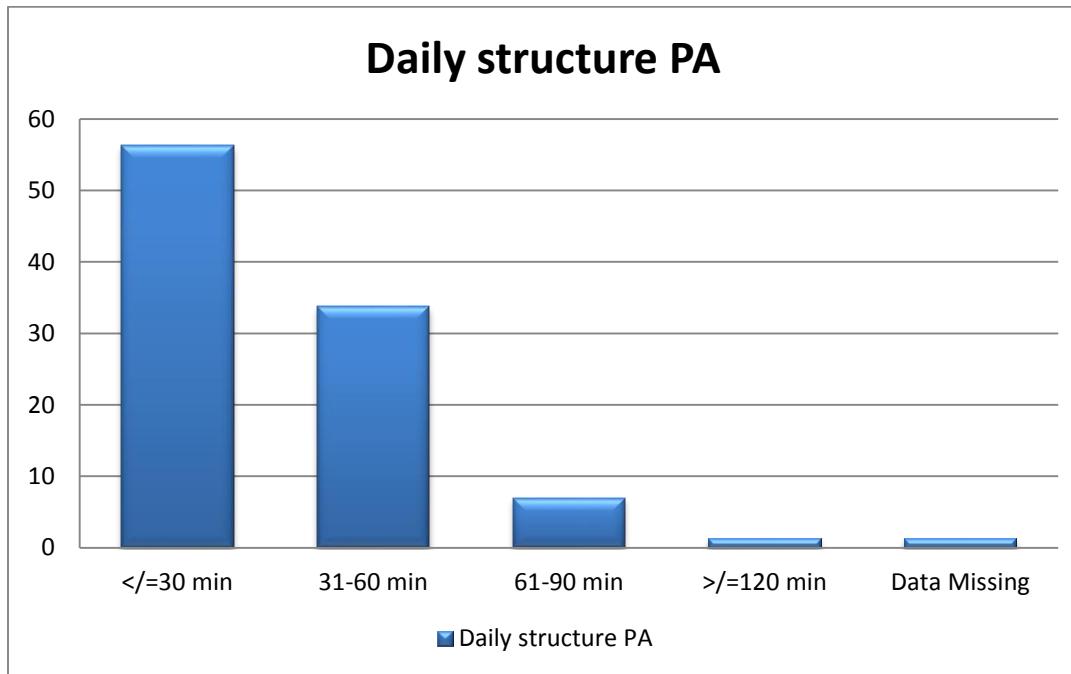
- 1) INDOOR active (free) play time is provided to children



- 2) OUTDOOR active (free) play is provided for all children



3) Structured (ECE/staff-led) physical activity is provided for all children

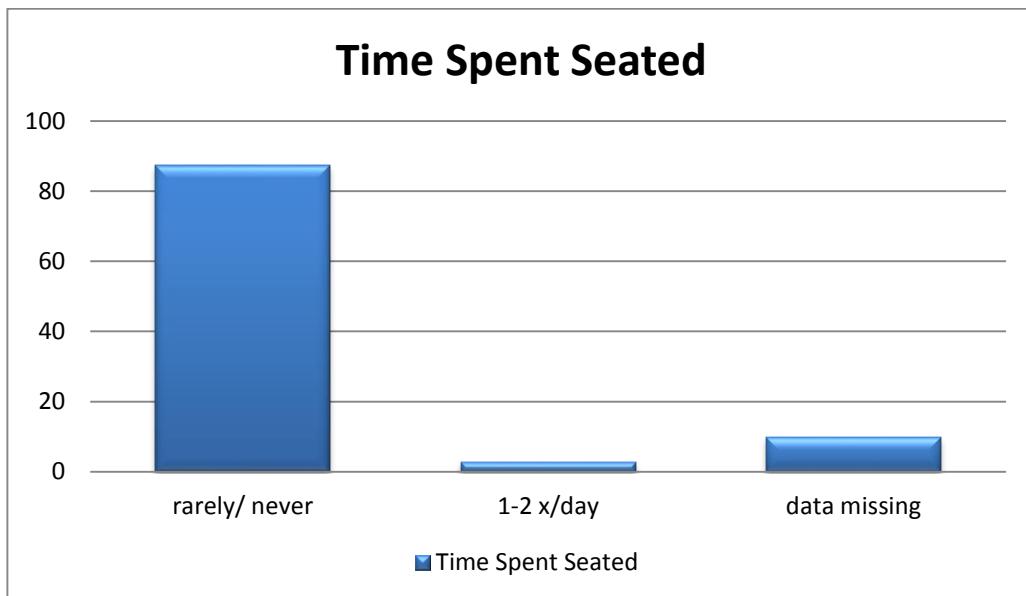


4) ECE/Staff restrict active play time for children who misbehave



5) Children are seated (excluding nap time) more than 60 minutes at a time

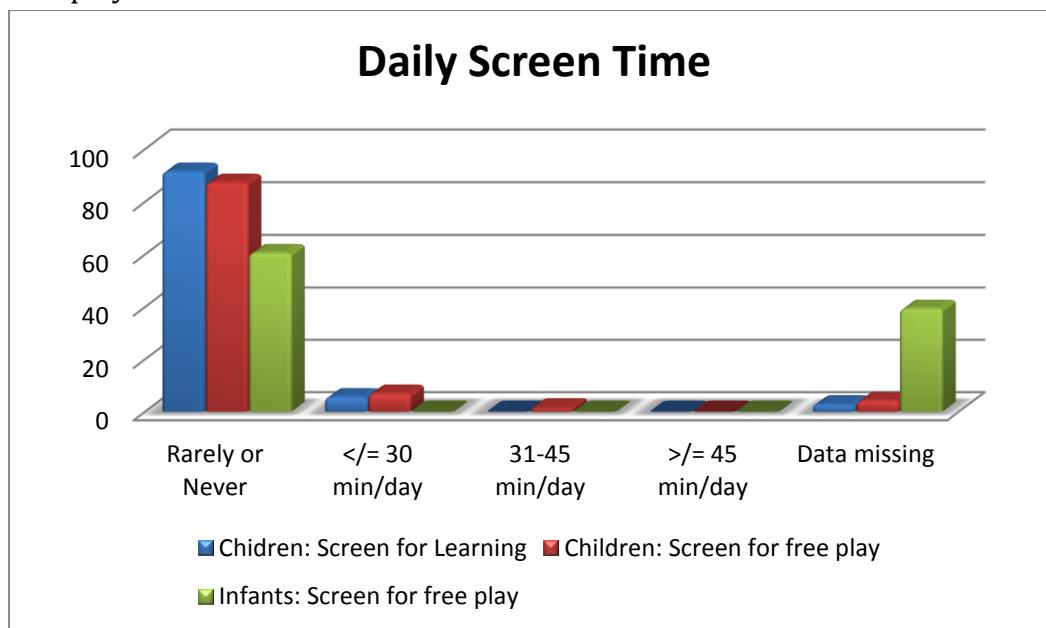
*Original version had 'more than 30 min'; therefore 6 survey responses lost to 'data missing' (8.5%)



6) Children are allowed to watch TV/videos, and play video games or use computer for facilitated learning

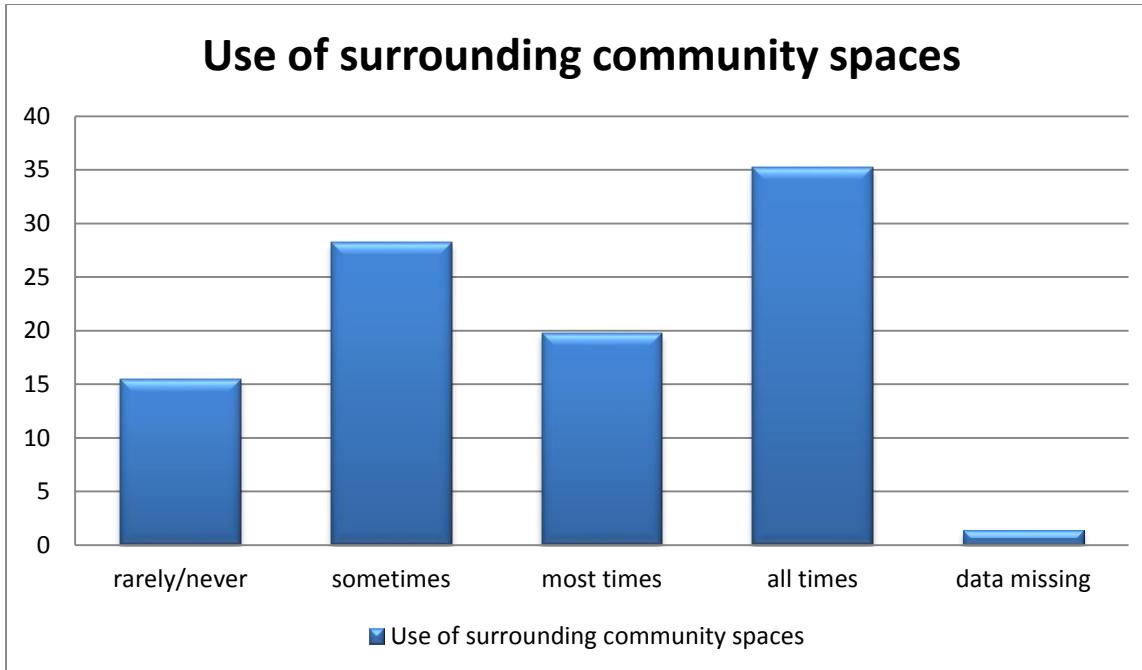
7) Children are allowed to watch TV/videos, and play video games or use computer for free play

8) Infants are allowed to watch TV/videos, and play video games or use computer for free play

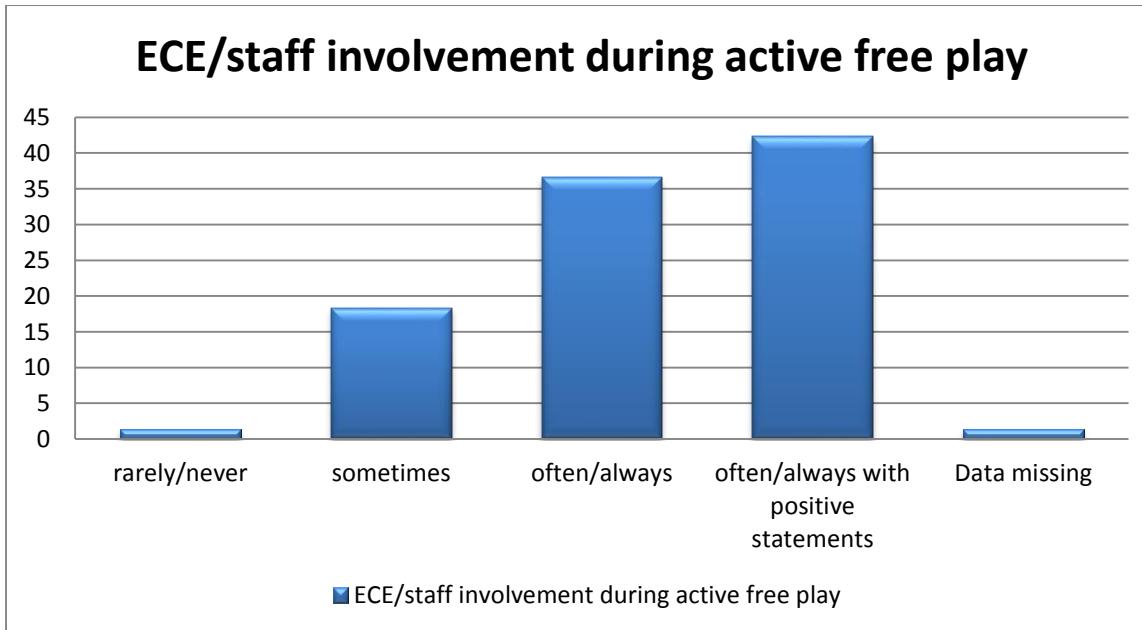


PA2: Supporting Physical Activity

9) ECE/Staff use surrounding community spaces/places (natural open spaces, parks, municipal playgrounds, recreation facilities)

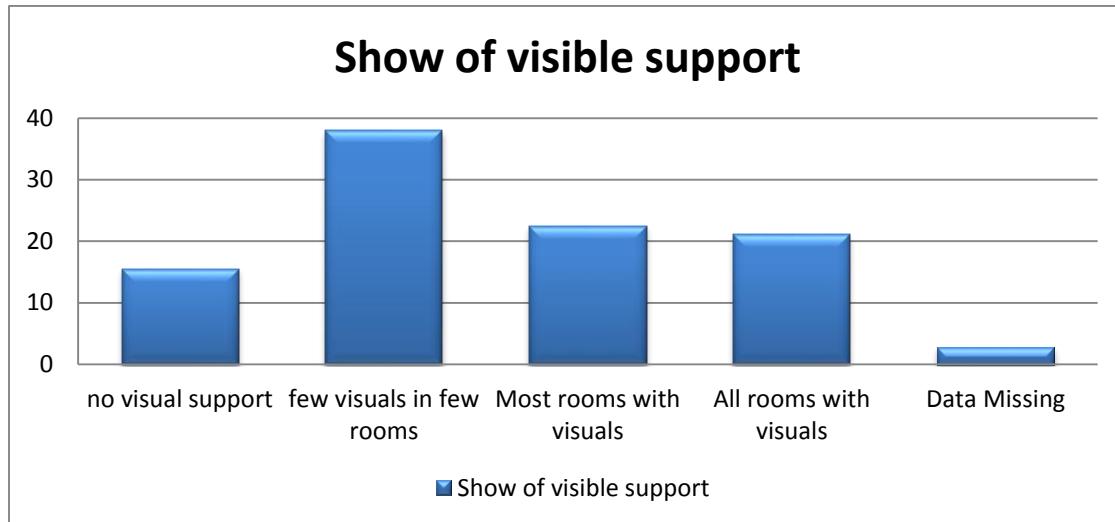


10) During active (free) play time, ECE/staff



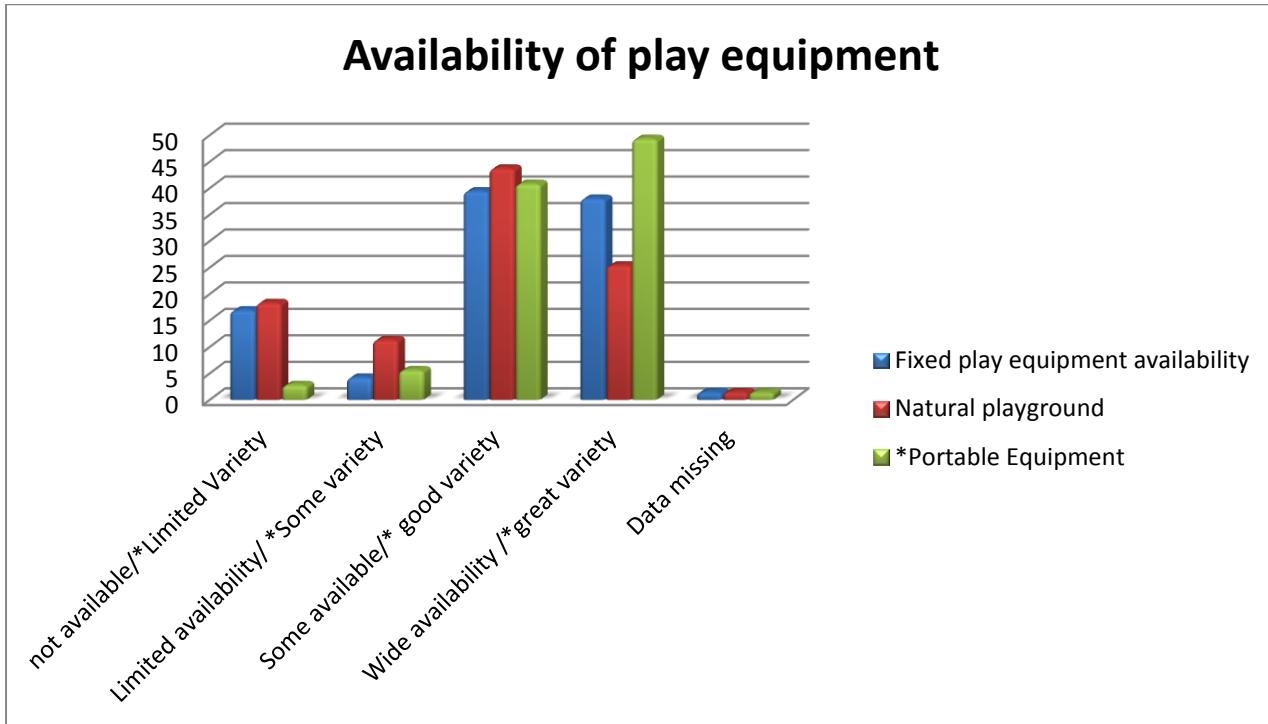
11) ECE/Staff show visible support for physical activity by

*visuals include posters, pictures, books

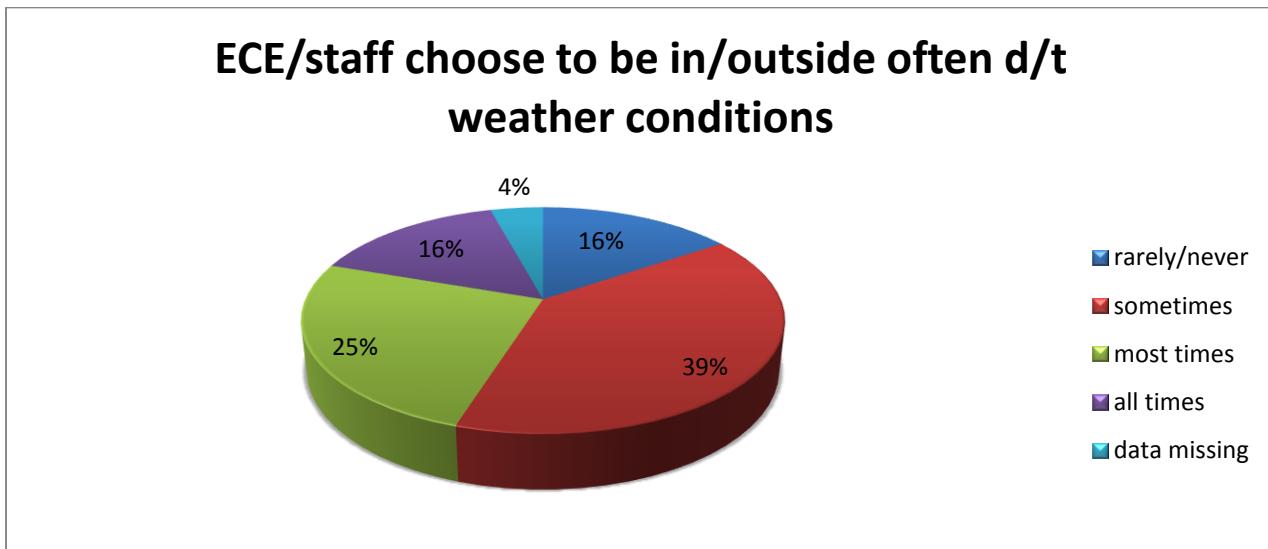


PA3: Play Environment

- 12) Fixed play equipment (swings, slides, climbing equipment, overhead ladders) is:
- 13) A natural playground (does not depend on manufactured equipment; use landscape and materials as both play setting and play materials) is:
- 14) Portable play equipment that stimulates a variety of gross motor skills (wheel toys, balls, tumbling mats) consists of:



- 15) ECE/Staff choose to be inside or outside more often because of weather conditions



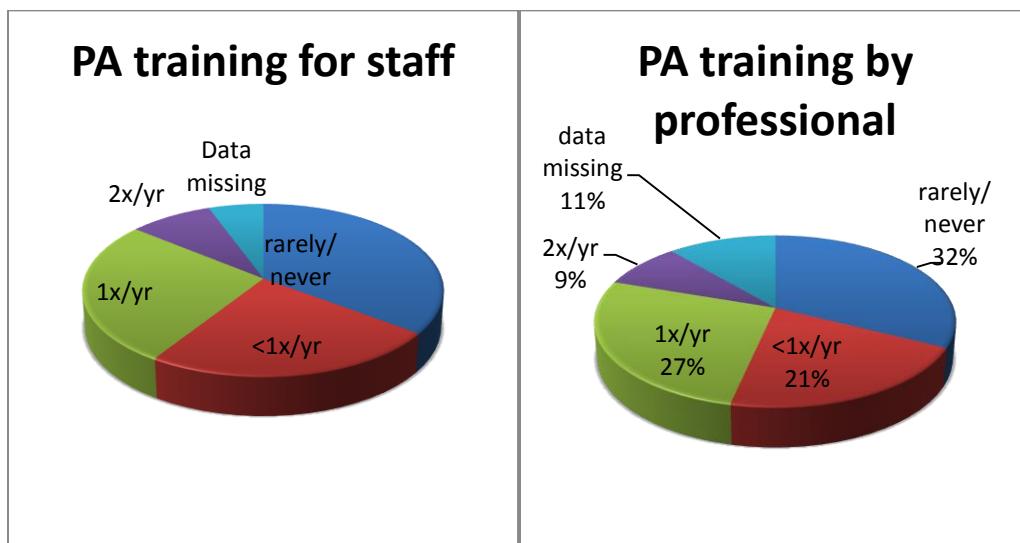
16) When weather is not suitable to go outdoors (temp below -25C without wind-chill or when wind-chill is -28C), indoor play space is available:



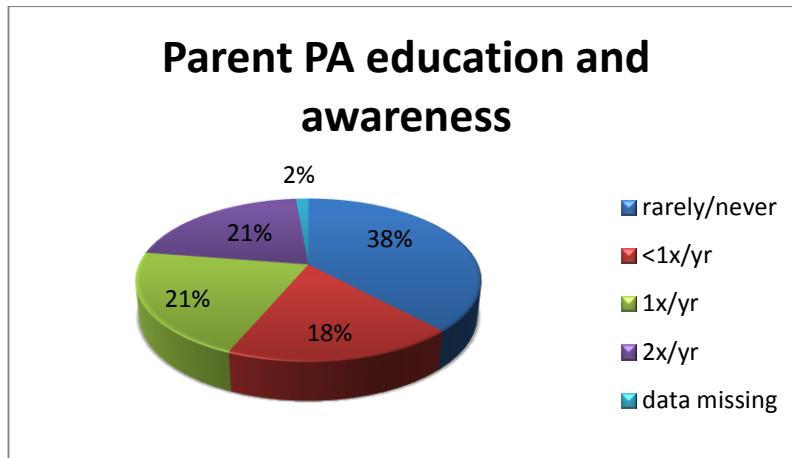
PA4: Physical Activity Education for Staff, Parents, and Children

17) Physical activity training opportunities are provided to ECE/staff

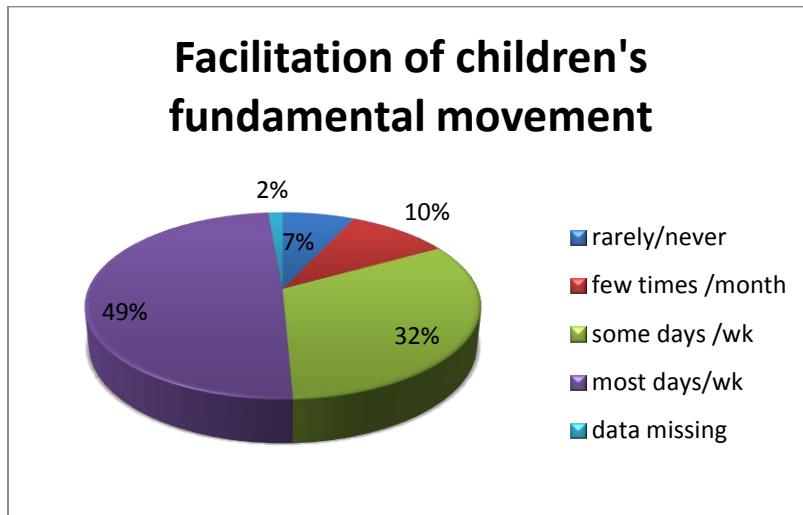
18) If physical activity training is provided, it is provided by qualified professionals (institute faculty, physical literacy instructor, resource centre educator, etc.)



19) The centre educates and increases awareness among parents about physical activity (i.e. Take-home materials, events)

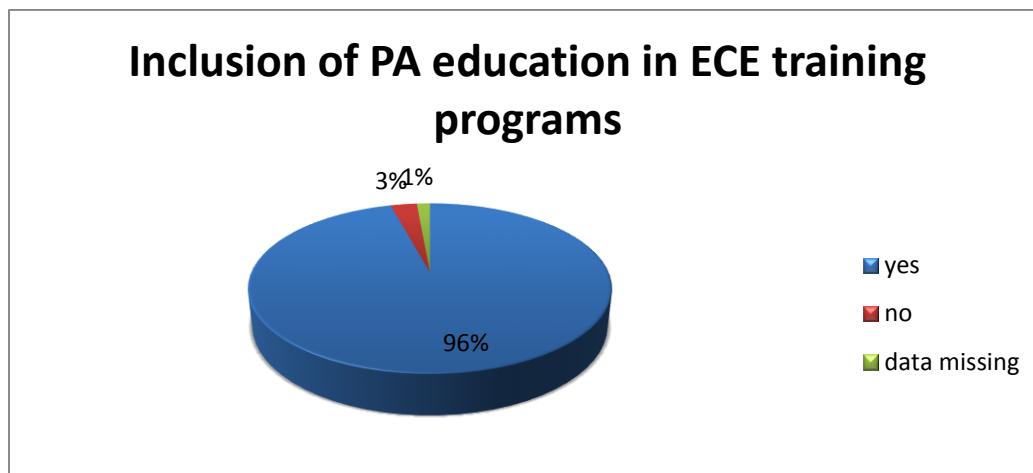


20) ECE/Staff facilitate the development of fundamental movement skills for children

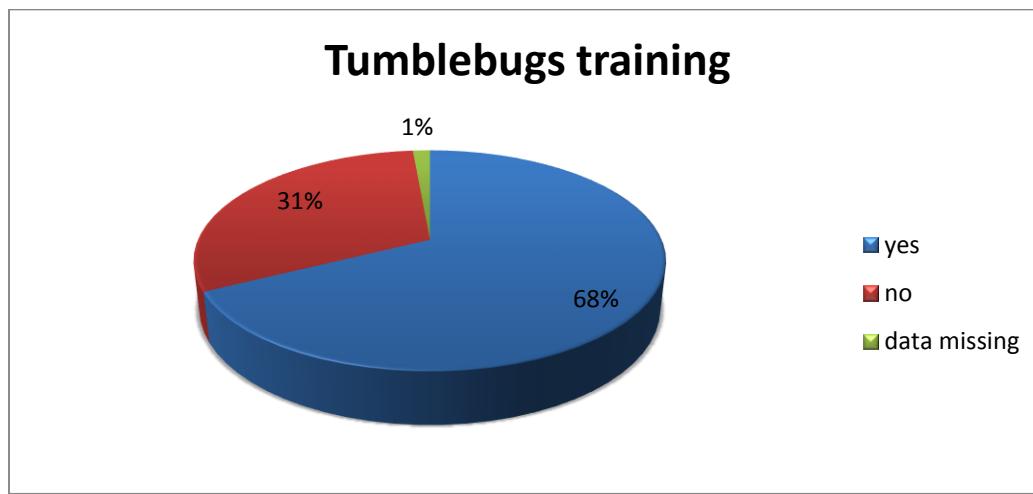


PA5: Physical Activity Guidelines

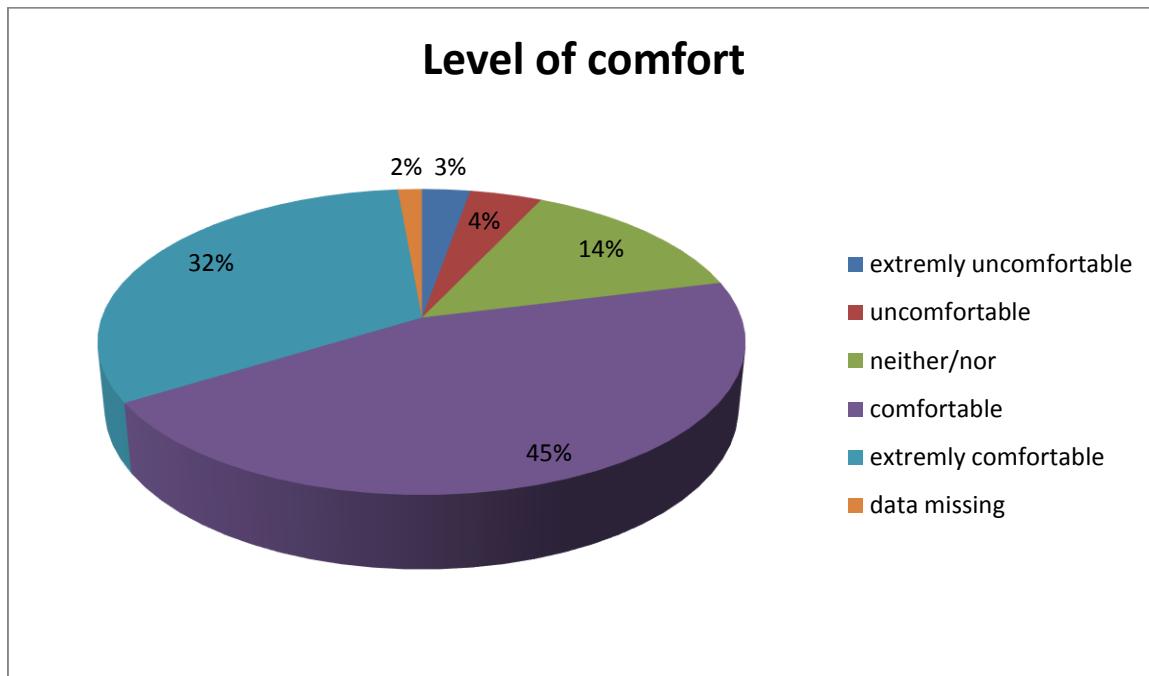
21) Do you believe that those who are training to become child care educators should have access to more education and resources (such as workshops, courses and books) regarding physical activity with children



22) ECE/staff are trained in the fundamental movement skills program, Tumblebugs?

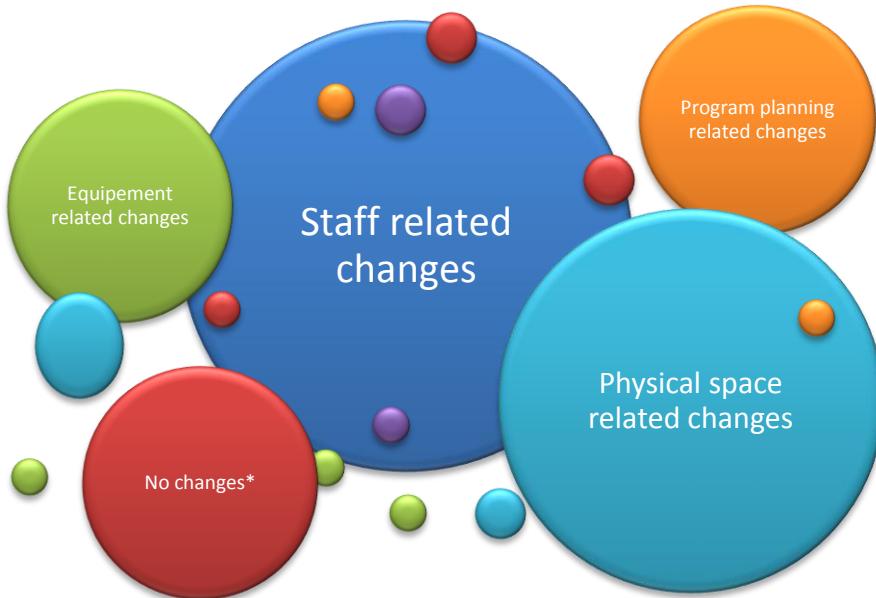


23) Rate on a scale of 1-5, your ECE and/or staff's level of comfort participating in physical activity with the children, such as running, jumping, skipping, and hopping?



Qualitative Themes

Question 2: Are there any changes you would like to see happen in your child care centre in regards to physical activity?



1. **ECE/Staff related changes (14)**
 - PA courses for staff, encourage staff to become more active in gross motor play, age of staff, to not let PA decision to go inside because staff are cold or hot
2. **Physical space related changes (12)**
 - Outdoor space, indoor Space
3. **Physical activity equipment related changes (9)**
 - Gross motor supplies, indoor activity resources, money for more equipment
4. **Program planning/regulation related changes (9)**
 - More planned winter activities, planned activity one day a week rather than freestyle, exercise class for ECE to teach children, younger classes to take advantage of seasons, fresh ideas, change daycare regulations so “free play time” could be spent outdoors (1)
5. **More participation/support from parents (1)**
 - ❖ This question also had a number of responses that did not provide suggested changes but rather the successes that were being experienced:
No suggested changes but current successes describe (9)

Question 3: What does your centre do to support physical activity beyond the minimum requirements?



1. Regular Activity Initiatives (50)

- Circle time has PA component, extended outside play, walks/outings, ensure it is fun and apart of regular programming

2. Changes to environment (23)

- Gross motor room/Gym/Basketball court , garden/natural playground/playground access to community spaces

3. Acquisition of specialized equipment (18)

- Indoor Equipment , sports equipment/outdoor toys

4. Additional activities added throughout the year (15)

- Swimming , skating, zumba instructor/ yoga instructor , outdoor excursions , dance parties , bike days, bowling

5. Encouraging attitudes towards PA maintained within CCC (7)

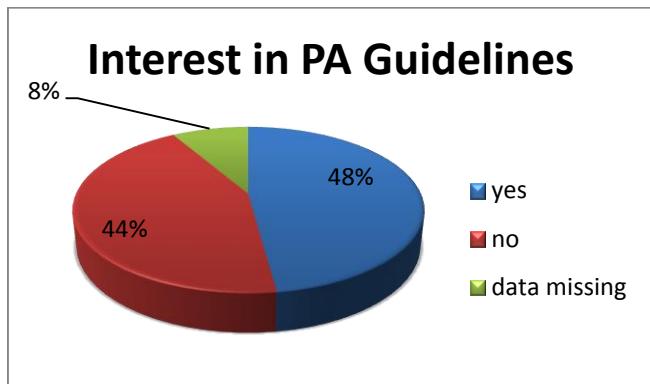
- If students want to play a game we allow them to play it, theme weeks around PA (1)

6. Workshops/ In-service/ Training (3)

- Sharing of ideas

7. Just minimum (2)

Question 4: Would you be interested in having physical activity guidelines in regulated child care centres?



Why 'yes'? (37)

1. **Would benefit teachers and profession (15)**
2. **No comment (10)**
3. **Belief that children need PA and parents need to understand the importance of PA (5)**
4. **Only if ECEs/Centres were allowed to be involved with development and implementation (3)**
5. **Yes, but start off with basic guidelines (2)**
6. **Supports needed; PD workshops, videos/cd's for training/ideas-what to do with a class of preschoolers (2)**



Why 'no'? (45)

1. **'We are too regulated as it is' (14)**
2. **It is not the Child Care Centre's responsibility to regulate (12)**
3. **No Comment (10)**
4. **Facility and Staffing Concerns (6)**
5. **Beliefs around PA and current regulations (3)**

Undecided

1. **No Comment (4)**
2. **Sometimes they are nice, but sometimes they are unhelpful (3)**