



First Years in the First State:

Improving Nutrition & Physical Activity Quality in Delaware Child Care

INSTRUCTORS' GUIDE



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Introduction

The Instructors' Guide is intended to help you train child care providers on the Delaware CACFP/*Delacare* Rules for nutrition and physical activity, which are contained in the *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care* toolkit. Materials in this guide include:

- Nine modules covering Delaware CACFP/*Delacare* Rules for nutrition, physical activity and screen time, as well as practical tips and tools for implementation in the child care center or home
- Trainer instructions and talking points for each module
- PowerPoint presentations for each module (on CD)
- Activity sheets for each module
- Tips for leading a training
- Frequently asked questions
- Sample training agendas and checklists
- Training evaluation

The *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care* toolkit was created to assist child care providers in providing the best possible care for Delaware's children, specifically through providing high-quality nutrition and developmentally-appropriate physical activity. Giving training participants the toolkit during training is encouraged, but not required.

The *First Years in the First State* series includes:

- I. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Administrators' Guide*
- II. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Menu Planning Guide*
- III. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Shopping Cheat Sheet*
- IV. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Instructors' Guide*
- V. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Foods that Meet Delaware CACFP/*Delacare* Rules*
- VI. *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Partnering with Families*

For more information about this guide or series, please contact:

**Delaware Department of Education
Community Nutrition Programs**

401 Federal Street, Suite 2
Dover, DE 19901

**(302) 735-4060 or nutritionguidelines@doe.k12.de.us
www.doe.k12.de.us**

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Prepared By

Nemours Health & Prevention Services
for the Delaware Department of Education

Authors

- Michelle Boyle, MS, CHES
- Gina Celano, MS
- Kate Dupont Phillips, MPH, CHES, PAPHS
- Stefanie Van Stan, MS, CHES
- Jenna Wiercinski, BS

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