



SAVE THE DATE

More than Child's Play – Physical Activity in Early Learning Settings

Tuesday, September 29th, 2015

9 am – 12 pm in Greater Seatac area*

Hosted by the Childhood Obesity Prevention Coalition's Statewide Early Learning Workgroup and Washington State Department of Health, with support from the Centers for Disease Control and Prevention.

***MORE DETAILS COMING SOON | Questions now? Please contact: bridget.igoe@doh.wa.gov**

What's happening?

More than Child's Play – Physical Activity in Early Learning Settings is a forum aimed at fostering collaboration to enhance children's physical activity in early learning settings through shared learning, facilitated discussion and action planning.

[Diane Craft](#), PhD, State University of New York at Cortland will facilitate the meeting. Dr. Craft is a nationally renowned expert in early childhood physical activity with a specialty in creating activities and environments accessible to all children.

Dr. Craft and other keynote speakers will facilitate a conversation to address the following questions:

- What does local and state data tell us about how much physical activity our young children get?
- Why is there so much emphasis on children's physical activity in early learning settings?
- How can organizations help (or hinder) children's physical activity in early learning settings?
- What are the challenges and perceived barriers to providing more physical activity in early learning settings? What can we do about them?
- What models are used in other states to build the capacity of early learning settings to provide quality physical activity to children? What might work best for Washington?

Who should attend?

We are looking for a diverse group of early learning leaders and stakeholders, with an interest in collaborating to help our young children have the healthiest early learning settings possible, to attend this high-level, statewide forum.

Representatives from state and local health, education, social and civic service agencies; tribes; community-based, faith-based, and philanthropic organizations; universities; businesses; state policy-focused organizations; and civic and social networks who can make a difference are invited to join in this dialogue.

Why have this forum?

Washington has a significant focus on improving child health. Creating early learning environments where children eat well and have plenty of opportunities to be physically active is a major goal of the Governor's [Healthiest Next Generation Initiative](#). However, a 2013 [statewide survey](#) showed that licensed childcare providers are not providing ample time for toddlers and preschoolers to be physically active. This is concerning. Physical activity promotes social, mental, and physical development, keeps children's bodies and brains healthy, and prepares children to enter kindergarten ready to learn.

The capacity to increase children's physical activity does not sit with early learning providers alone. All child-serving organizations or institutions have a role to play—even if physical activity is not their primary focus.

Active Play in Early Learning Settings – More than Child’s Play Stakeholders Meeting Evaluation

Sixteen people completed the meeting evaluation.

1. Circle the number that best reflects your interest in this topic before the meeting.

Extremely Interested 1 2 3 4 5 Not Interested
Average level of interest before the meeting: 1.7

2. Circle the number that best reflects your interest in this topic after the meeting.

Extremely Interested 1 2 3 4 5 Not Interested
Average level of interest after the meeting: 1.2

3. Did today’s meeting meet your expectations? Yes No If no please explain:

Yes = 13; No = 0; Did not answer = 3

Comments:

- *Hoped for more conversation time, but intro info was very helpful*
 - *I appreciate the time to talk and share in a large group. Also- love more PA!! Bring on the panty hose!*
 - *Wish we had more time to talk with other folks in the room*
 - *Dr. Diane Craft's work, and the research included, can be a rallying point for change in Washington.*
 - *I really had no expectations today*
-
-
-

4. Overall, how relevant was the meeting content to your organization?

Extremely Relevant 1 2 3 4 5 Not Relevant At All
Average level of relevance: 1.3

5. Were there topics that should have been covered and presented but were not?

No Yes If yes please explain.

Yes = 2; No = 8; Did not answer = 6

Comments:

- *Great for time allocated*
- *How to communicate the data in a simple way and put it into practice*
- *All great*
- *Maybe an early learning 101- or a pre-session that would provide an overview for those not so immersed in early learning*
- *More on the academic/PA skills overlaps and mutual possibilities, with examples*
- *Not at this time*

6. Please share any other feedback, comments, or suggestions:

Comments:

- *We identified the barrier of how to get PD [professional development] to providers who may have time and travel restrictions*
- *We came up with some action steps!*
- *Nice job! Well organized. Encourage more PA or opportunities to engage in small groups. I enjoyed the "next steps" discussion.*
- *Be very clear what you want all students to know and be able to do*
- *Loved the panty hose activity. Great information.*
- *Would have been great to have the handouts or offer to send following the event*
- *I'd like to get Dr. Craft talking with DEL Director Ross Hunter*
- *Would be great to connect this to nutrition in early childhood as well*
- *Slides were a bit blurry- I wish we had a copy of Diane's presentation or hopefully it will be provided via e-mail*
- *Need a regularly scheduled opportunity to continue to enhance coordination at state and local levels*
- *Loved the opportunity for the after meeting*

7. Would you like to be contacted regarding future stakeholder discussions about nutrition and physical activity in early learning settings? Yes No

8. Optional (Necessary if you answered Yes to #7):

Name & Organization: _____



SAVE THE DATE

Active Play! Preschool Physical Activity Train-the-Trainers Workshop

Wednesday, September 30th, 2015

9 am – 4 pm in Greater SeaTac area*

Hosted by the Childhood Obesity Prevention Coalition's Statewide Early Learning Workgroup and Washington State Department of Health, with support from the Centers for Disease Control and Prevention.

***MORE DETAILS COMING SOON** | Questions now? Please contact: bridget.igoe@doh.wa.gov

Who should attend?

This FREE [Train-the Trainers workshop with Diane Craft](#), PhD is designed for coaches, educators, licensors, trainers, and professional development providers who design and/or deliver trainings and technical assistance in early learning settings. [Dr. Craft](#) is a nationally renowned expert in early childhood physical activity with a specialty in creating activities and environments accessible to all children.

Workshop description

Coaches, educators, licensors, trainers, and professional development providers who work in early learning settings could play a vital role in supporting childcare providers to increase physical activity opportunities for our youngest children. Even if children's physical activity is a subject you normally do not address in your day-to-day work, this workshop is a prime opportunity to get interdisciplinary training on an important topic related to child health and school readiness. Dr. Craft's enthusiastic presentation style provides for plenty of interesting and fun hands-on, practical experiences for participants.

In this workshop, participants will:

- Learn how to provide high-quality technical assistance on fun, inclusive, developmentally appropriate physical activities that use inexpensive equipment, small spaces, and work well in home-based and center-based childcare and preschool settings.
- View short video clips of children 18 months to five years old in childcare settings enjoying moderate to vigorous physical activities in order to illustrate strategies, promising practices, and innovative ideas for physical activity for all ages and abilities.
- Discuss and learn about the importance of physical activity to the physical, emotional and cognitive development of young children.
- Learn how to incorporate technical assistance on physical activity into existing curricula and assessments.

Why physical activity, why now?

Washington has significant focus on improving child health. Creating early learning environments where children eat well and have plenty of opportunities to be physically active is a major goal of the Governor's [Healthiest Next Generation Initiative](#). However, a 2013 [statewide survey](#) showed that licensed childcare providers are not providing ample time for toddlers and preschoolers to be physically active. Physical activity is important because it promotes social, mental, and physical development, keeps children's bodies and brains healthy, and prepares children to enter kindergarten ready to learn.

CDC 1305 ECE TOT Physical Activity Workshop • Presented by Diane H. Craft, Ph.D.

Attended the Workshop = 78

Completed the Evaluation = 53

Please check the appropriate boxes in the following categories:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Strongly Disagree
Rating:	1	2	3	4	5	Average
The Presentation						
Main points/objectives were clear	1			8	44	4.77
Well organized/sequenced logically	1			8	44	4.77
Well paced/kept my interest	1		1	5	46	4.79
Easy to understand	1		1	5	46	4.79
Objectives were met	1		1	4	47	4.81
Information learned will help me in my job	1		1	4	47	4.81
Overall this was an excellent workshop	1			5	47	4.83
The Speaker						
Knowledgeable about the topic	1			1	51	4.91
Well prepared for the presentation	1			1	51	4.91
Encouraged participation/meaningful discussion	1			3	49	4.87
Answered questions respectfully and effectively	1			2	51	4.98

In this workshop, what was most helpful?

- *Research base, hands on, sharing experiences/resources*
- *Overall developmental areas*
- *Practical strategies and tips to use in the classroom; Ideas for training childcare staff; Good job covering all ages/abilities*
- *Hands on activities; Would add discussion topics about why/how – thought provoking. You have covered what. Help connect providers with why/how.*
- *All the examples & active play*
- *Playing the games*
- *Great ideas; liked audience suggestions/reminder how to tie it with class*
- *Ideas for play; helpful videos*
- *All of the examples and opportunities to try the games*
- *Learning and doing*
- *Learning different games and how to vary them for different skill sets*
- *Videos and physical participation*
- *The visuals (i.e. acting out or watching clips) of the games being played*
- *Activity ideas with simple materials found @ home*
- *PowerPoint presentation helps to visualize the activity*
- *Actual activity ideas, video clips*
- *The video clips of children playing the games. This allowed us to see the variety of active play without spending time doing them all. Did enjoy playing some of the games.*
- *Learning the different transitions that I can pass along to on-site staff.*
- *Video examples as well as hands on activities.*
- *Great presenter! Great information, connection, and easily implemented.*
- *Activities, progression from easy to hard.*
- *Ideas about games for further use in my classroom.*
- *I like how she modeled the activities, and that we were all able to participate.*
- *The ideas and being able to do the activities was fun and kept us involved. Thanks for lunch!*
- *How to transition activities – in & out of vigorous activity.*
- *Games/activity ideas*
- *Activities and videos*
- *The activities were great ideas and were tied in with the purposes for the class.*
- *Demonstrations!*
- *Hands on activities; loud speaker!*
- *I learned a lot of new physical activities to use with my children.*
- *Workshop was great. Loved the games.*
- *The videos and hands on activities kept it interesting and easier to understand.*
- *The examples and how to make use of what you might have.*
- *Mix of theory, demonstration, video, and practice.*
- *I learned how to make kids physically active and the importance of PA.*
- *This was by far the most helpful class I've been to in years. It really answer many challenges that an in-home provider has.*
- *Everything! All the games, information and actually being a part of the activities.*
- *Yes, eye opening.*
- *Having the PowerPoint, videos and hands-on activities.*
- *Tying physical activity and school readiness and over all health.*
- *Participative activities.*
- *All of the ideas to help us with kids.*
- *Activities that were mentioned were awesome.*
- *Hands on 😊*
- *Demonstrated simple in-expensive ways to incorporate more physical activities into the classroom. These are things I can do today-which is awesome 😊*
- *Activity breaks kept things lively; language to bring activity up*
- *Wonderful presentation! Very enjoyable!*

In this workshop, what was least helpful?

- *It was great*
- *N/A (n=9)*
- *It was all good.*
- *Some of the jargon*
- *I would have liked a guide to follow to put a training together to present to staff. I fee like I'm leaving with great info but not sure where to begin when putting together a training.*
- *Can't think of any*
- *Would be helpful to have a resource sheet and links to websites and materials.*
- *Yes.*
- *Lack of handouts or materials.*
- *I learn how to do exercise for less expensive.*
- *Would have loved to have training or mat/book available at training*
- *None.*
- *More time to discuss how to put a training together on this topic would be helpful.*
- *I thought it was all really helpful.*
- *The slideshow/powerpoint slides weren't up long enough to copy the info*
- *Doing some activities practically*
- *Strengthening*
- *It would have been nice to have a list of all her recommendations, people and resources*
- *Lunch time short*

What else could CDC do to help you with ECE physical activity

- *Funds supports and support policy/research*
- *I would have liked a copy of the PowerPoint and presentation and a list of activity ideas that I can reference with peers and co-workers.*
- *Offer more training.*
- *More trainings (n=2)*
- *More opportunities for training.*
- *Send out more resources*
- *Offer more classes like this one*
- *Funds for purchasing PA materials.*
- *Provide resources or topics continually to help keep this at the forefront of people's minds.*
- *An online handbook.*
- *Super.*
- *Funding for implementation!*
- *Resource book*
- *Sometimes financially is expensive to purchase equipment. I would like to learn more inexpensive workout.*
- *Keep coming up with more opportunities*
- *More emphasis and ideas for combine cognitive/educational development and physical activity*
- *All was great.*
- *A great website with activities separated by age and objective (i.e. motor skill or object control desired to be taught)*
- *On-site staff trainings.*
- *On-site trainings*
- *Trainings, trainings, trainings.*
- *Toolkits.*
- *More free workshops!*
- *Email blast and webinars we could take on demand about other classes.*
- *Websites with how to do's step by step*

- Provide links to presentation and material. Free videos you tube?
- Doesn't apply – not in a center
- ?

Please list three things you will do as a result of this training:

- (1) Work with childcare providers/CBO's → provide technical assistance
- (1) I will be encouraging these ideas with my children to benefit my grandchildren. (2) I will be making these ideas as technical assistance to the centers I see that may need it. (3) I will be sharing with my peers.
- (1) Do future trainings incorporating ideas. (2) Implement concepts with my grandchildren.
- (1) Buy materials. (2) Play the games. (3) More mindful of activity.
- (1) Implement physical activity into family gatherings. (2) Share ideas with providers. (3) Ideas for toddlers' activities. (4) "Privacy in a crowd."
- (1) Comment with staff on active play. (2) Work on structured activities with staff. (3) Find ways to incorporate cognitive ideas.
- (1) Try these games. (2) Tell others about these games. (3) Look into how we can spread these resources.
- (1) Bring it to my teachers. (2) Help facilitate in the classroom. (3) Add these activities with my own preschoolers.
- (1) Incorporate games at work (researcher with preschool focus)
- (1) Share info with providers that have children with behavior challenges. (2) Offer a training on this.
- (1) Implement games. (2) Increase active play time in free play setting.
- (1) Train staff. (2) Support staff in providing info for parents. (3) Support staff in increasing physical activity in the classroom and for families.
- (1) More guided activities
- (1) Share activities with providers. (2) Play activities with my own kids. (3) Share info with coworkers.
- (1) Consider doing more trainings for EL teachers and staff. (2) Consider facilitating more activities. (3) During policy council meetings (HS) consider doing more PA during parent nights.
- (1) Pass along resources. (2) Create trainings for our Association. (3) Create better/more instructive structure /free play policies.
- (1) Share web resources. (2) Share activities. (3) Research physical activities and gender.
- (1) Gather materials to share with staff. (2) Engage discussion about doing this at staff and parent meetings. (3) Provide training.
- (1) Buy book. (2) Shop for materials. (3) Teach classes.
- (1) Incorporate all.
- (1) Train others
- (1) Share the information. (2) Gather resources/materials.
- (1) Handwashing transition. (2) Circle
- (1) Doing more physical activities during recess. (2) No elimination games. (3) More clean-up activities.
- (1) Create a training for childcare providers. (2) Look up books for ideas. (3) Find materials to build play items.
- (1) Use more transitions. (2) More inclusive activities.
- (1) Share the games with teachers at my center. (2) Be more mindful of not eliminating. (3) Encourage teachers to incorporate 20 min of PA in their dat.
- (1) Advise my providers of the activities. (2) Ask them to implement. (3) Visit the website.
- (1) Ideas for infant toddler teachers. (2) Training with a little theory, a lot of activities for ECE teachers and time for them to discuss ways to overcome obstacles to physical activity.
- (1) Physical activities. (2) Advocacy. (3) Family night (physical)
- (1) Physical activities. (2) Advocacy. (3) Family fun nights.
- (1) Encourage my children through PA. (2) Think of ways to utilize PA n my activities with my children. (3) Encourage and coach my providers to use more PA using their days.
- (1) Create lists of affordable materials for HCCPs to have in homes – balloons, nylons, etc. (2) Use what I learned to make a workshop for East African childcare providers. (3) Look up activities/resources online.
- (1) Offer TA for PA in home settings. (2) Share ideas with family and friends how to actively participate. (3) Incorporate these ideas/activities into office trainings with peers.
- (1) Reach out to my local folks and offer a training. (2) Buy workbook.
- (1) Clean the floor. (2) Swat the fly. (3) Panty hose balloon
- (1) Go to the dollar store. (2) Order the book/CD. (3) Create the games and download songs!
- (1) Explaining. (2) Reg → Prog. (3) Groups – no elimination game
- (1) We will make a training to inform providers about the importance and how fun physical activity really can be

- *(1) Talk about why PA is important in school and academics. (2) Use PA to calm and focus children. (3) Help kids feel good today.*
- *(1) Share with staff. (2) Share with providers. (3) Implement with own children.*
- *(1) Implement active play. (2) Involve parents. (3) Involve all ages.*
- *(1) Activities, (2) Listening strategies. 3) Everything.*
- *(1) Pass this on. (2) Recommend this training. (3) Purchase books*
- *(1) Incorporate safe kicking/throwing opportunities, so skill can be achieved without children being hurt – or threat of. (2) Set up environments where objectives are further apart in distance, so more walking/running/etc. is involved. (3) The practice of setting up “an end” to the activity through music. This training was extremely valuable! Thank you!*
- *(1) Pass on simple ideas @family resource fairs. (2) Contact local daycare centers and offer resources/more information. (3) Incorporate messages/ideas into our Ready, Set, Go! 5210 monthly newsletter*
- *(1) Incorporate these PA into my group. (2) Boast about this training to others. (3) Start a parent night*

To better understand your needs as a trainer, please describe your most insurmountable challenges in working with providers:

- *PA not included in licensing*
- *Helping them [centers] to understand the importance of active play and transitions!*
- *N/A (n=6)*
- *Helping them understand the importance of physical activity for all ages and the connections between physical activities and cognitive development.*
- *Connecting staff to new ideas*
- *Not wanting to offend parents – parent communication.*
- *Being willing to follow through.*
- *Time.*
- *Getting them to understand value of outdoor play and that it is not a health risk.*
- *Lack of time of EL teachers to learn how to do things differently.*
- *Staffing.*
- *Time to spend with them. Resources to give them.*
- *Time and money*
- *Getting to the training*
- *Competitive kids. Kids who don't want to participate.*
- *Time for them to fit everything in. Resources.*
- *Provider motivation to participate with kids activity*
- *None.*
- *Still new to training – no super insurmountable challenges.*
- *Clear communications across many cultures.*
- *Breaking through the barrier that this type of work will benefit the provider as well as benefit the children.*
- *Their lack of wanting to physically engage with children.*
- *Providers want to do things their own way but coming to things like this will help them understand why we need to change.*
- *Legal*

Are you seeking any additional materials to help facilitate your training? If so, what materials do you seek?

- *Supplies*
- *State above*
- *Training materials.*
- *No (n=4)*
- *The book.*
- *Training template (n=2)*
- *Resources for game instructions, instructions/dimensions for items created for games.*
- *Handbook with activities. What was the green balance beam*
- *Training template and resources with that.*

- *Please send me the list of movement songs and CDs listed in the PowerPoint, as well as any others used in the training. Thanks!*
- *N/A (n=4)*
- *Books/music/props which I will find online*
- *Yes I will order the book/CD! Thank you!*
- *Not sure. But will purchase books.*