

Prepping Your Child Care Program To Be 5210 Ready

- Hang 5210 posters throughout the facility and in each classroom.
- Dedicate one or more bulletin boards to promoting the 5210 program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Create a section of your program newsletter dedicated to 5210 and related topics.
- Decorate the classroom walls with age-appropriate educational posters promoting physical activity and healthy eating.
- Provide healthy snacks and beverages when serving food.
- Allow physical activity (inside or out) to be used as a reward.
- Encourage all program staff to role model 5210 behaviors.
- Provide trainings for staff to fully educate them on the 5210 program.
- Embed the 5210 message into lesson plans and the curriculum, especially in health and physical education themed lessons.
- Send parent handouts home to reinforce what children are learning in the classroom.
- Urge parents and caregivers to support the goals of the program by limiting the distribution of unhealthy high-fat, high-sugar foods and beverages. Ask us how and refer to your “Provide Healthy Choices” document in the next section.
- Develop collaborations with local community organizations, including recreation centers, doctors’ offices, and Partnerships. These collaborations can help your program promote the messaging outside of the program day and sometimes even provide funding opportunities.
- Trigger program-wide excitement about the program by planning a kickoff, during the program day, or at a special Parent’s night, with activities based on nutrition and physical activity.



Adapted from document in Let's Go 5210 Goes to School Toolkit

