

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
April 25, 2017**

Attendees: Andrea Rangel, Cecilia Evans-Hernandez, Cecilia Morley, Dan Fesperman, Debal Acquaro, Eric Del Rio, Heather Ransons, Jamie Moody, Josh Bariuan, Judith Hays-Lavala, Kathleen Merchant, Ketty Swenson, Lori Guitierrez, Nina Ghatan, Ryuji Ota, and Shelby Gomez.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> Group completed introductions and approved the minute. 	
2. Announcements	<ul style="list-style-type: none"> Jake is out sick and is unable to present today. At the First 5 Commission of San Diego County meeting yesterday, the commission approved the fiscal year 19-20 budget, which supports First 5 First Steps and the Jason Cushman Food Bank. San Diego County School Garden Collaborative convenes representatives from schools, master gardeners, and community members quarterly to talk about gardening and to share resources. The next meeting is August 17 from 2-4pm. Jamie will send more details soon. San Diego Food System Alliance is launching a save the food campaign to prevent food waste. There will be a media blitz this summer and fall. Healthy Kids Day is 4/29 in Lemon Grove. Festivities include healthy food and physical activity opportunities, see the flyer for more details. 5/2 COI and Arboreta Group will be hosting a policy forum on lobbying vs advocacy and what nonprofits can do. The event will also highlight national and local successes. 	<ul style="list-style-type: none"> Ask Jake to present at May meeting. Jamie send details on the School Garden Collaborative to Nina to send to workgroup.
3. Ice Breaker	<ul style="list-style-type: none"> Partners completed an ice breaker activity where each person wrote down a question to ask someone. Partners then went around the room asking each other questions and then trading the written question slips with each other. 	
4. Research Update- Kathleen Merchant	<ul style="list-style-type: none"> Baby behavior curriculum teaches parents to understand baby and toddler cues. Examples of caregiver beliefs include a child must eat and food is love. Caregivers sometimes have unrealistic expectations of infant and toddler behavior. At times the goal of getting a child to eat becomes more important than what they eat and sometimes parents use food to reinforce certain behaviors. Child actions can sometime be misunderstood. Pointing at something might mean that the child wants you to tell them about it, rather than feeding them. If people believe there is a solution, they use problem management. If they don't believe there is a solution, they use emotional regulation. 	<ul style="list-style-type: none"> Kathleen continue part two of this research update at the May meeting.
5. Guest Speakers	<ul style="list-style-type: none"> Identify a higher education contact with early child development and invite them to talk about their class and curriculum. 	<ul style="list-style-type: none"> Nina invite Danny with US Games to present again.

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	<ul style="list-style-type: none"> • Identify professional development opportunities for family childcare homes to incorporate physical activity curricula and the tools/ technical assistance to support them. • Danny Radd with US Games was invited to present at the April meeting, but canceled last minute due to illness. Nina can try to reschedule. • Diane Craft will be hosting a training in San Diego in September; there will be a SPARKE training in June. • Jamie sits on a national early childhood research committee that hosts monthly calls. This month the presentations were on race bias and socioeconomic status at childcare. One of the findings was that African American youth had the highest expulsions. 	<ul style="list-style-type: none"> • Jamie and Kathleen coordinate research updates for future meetings.
<p>6. YMCA Updates</p>	<ul style="list-style-type: none"> • Heather has been hosting a lot of parent workshops, with participation of over 500 parents. • They have been able to provide families with supplies like MyPlates, and child-size milk pitchers and tongs to practice family style meals. • From September 1-June 30, they have worked with over 600 staff. • Wellness champion numbers will be provided next month. • They are currently working with 15 providers and are gearing up for the July training. 	
<p>7. Next Meeting</p>	<ul style="list-style-type: none"> • May 23, 2017 at 10:00 a.m. at Neighborhood House Association 	