

San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
May 23, 2017

Attendees: Andrea Rangel, Cecilia Morley, Heather Ransons, Jake McGough, Kathleen Merchant, Katy Schmitz, Ketty Swenson, Kim Elkins, Kim McDougal, Laura Jeanes, Lydia Delgado, Martha Solidar Vel Acosta, Nina Ghatan, Paula Sturm, Penny Adler, and Shana Wright.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> • Group completed introductions and approved the minutes. 	
2. Announcements	<ul style="list-style-type: none"> • Laura is getting married on Sunday and is also a new co-chair for the Early Childhood Domain workgroup. She will be taking over for Kristine Smith, who is also with NHA. • Free ECE Training 6/3 with Diane Craft on developing movement and physical fitness. See flyer for more details. • NHA is close to finishing a MOU with Sharp to partner on a mobile van that will travel to head start centers to fill gaps with well baby visits. They hope to kick of the project by July 1. • COI environmental change mini-grants are available; the application deadline is 6/30. 	<ul style="list-style-type: none"> • Shana send Nina flyer to send to workgroup
3. Research Update- Kathleen Merchant	<ul style="list-style-type: none"> • The information presented is based on research findings by Jane Heinig at UC Davis who has been studying baby behavior and is a continuation from our April meeting. • Six big changes for toddlers: grow more slowly, need to practice using their fingers, get better at remembering things, start to use scripts to predict things, “ask” their caregiver to help them learn, and need to practice their new motor skills. • Food refusal scares parents; slower growth leads to variable appetite. • Toddlers have a memory for preferred foods and triggers remind them that they like certain foods. • Babies prefer routines and patterns, and they rely on their parent’s facial expressions to tell them if food is good and safe to eat. • Do not label a child as a “picky eater” because it will follow them. • Parents sometimes rely on food to control certain behaviors and tend to focus on emotions, as opposed to opportunities for teaching. • It’s important for parents to pick up cues early on to deescalate situations. • Tantrums generally start around 18 months and some can be preventable (i.e. if child is tired or dealing with a stressful situation). • Larger tantrums are physiological and must run their course. Role of adult is to make sure child is safe and not at risk of hurting self or others. • Children cannot reason or rationalize things at this age. • Tantrums slow down when children are 3-4 years old. • Between ages 1-3 years old routines help calm babies. • Toddlers do not generally like changes to the script, so if you plan to 	

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	change something, make it a big change to the entire routine.	
4. Presentation REACH Project, Jake McGough,	<p>Early childhood:</p> <ul style="list-style-type: none"> • Developed Infant and Toddler Nutrition and Physical Activity Training for childcare providers. • Graduated 21 Wellness Champions in REACH catchment area. • Working with UCSD to survey parents (goal is 60 total by the end of 2018) to see if the wellness champion designation impacted their decision in selecting a childcare provider. <p>Schools:</p> <ul style="list-style-type: none"> • Developed a wellness committee of approximately 30 partners that revised the Chula Vista Elementary School District (CVESD) wellness policy, which included the addition of a staff wellness component. • The wellness committee used the WELLSAT tool to analyze the strength and comprehensiveness of the wellness policy. • The overall comprehensiveness score of the CVESD wellness policy was 70, while the average score in San Diego County is 55. • An early childhood education wellness policy sub-committee was formed which reviewed and recommended model preschool language and best practices to incorporate in the district wellness policy. • Preschool additions included: physical activity recommendations, screen time, parent education and staff professional development, nutrition recommendations, and celebrations. • Heather Cruz, with CVESD will submit the policy to the school board for adoption next school year. <p>Best practice recommendations include: forming a wellness policy committee with various representations, including a district level facilitator, and using the WELLSAT scorecard and tool.</p> <ul style="list-style-type: none"> • WELLSAT does not include preschool language, so this may be an area for future change. • Josh will be working to expand this pilot in a couple other communities. 	
5. Monthly Partner Highlight	<ul style="list-style-type: none"> • The workgroup agreed to dedicate 5-10 minutes on the agenda each month to highlight partner organizations. • Shana and Penny invite higher ed. contacts at Palomar and UCSD to present at July meeting. 	<ul style="list-style-type: none"> • Nina send reminder to partners to sign up for partner highlight • Shana & Penny invite contacts to present at July meeting
6. YMCA Updates	<ul style="list-style-type: none"> • Heather and Josh presented at the May Schools Domain meeting on preschool nutrition and physical activity and model preschool language for district wellness policies. • AAP recently updated juice recommendations to <u>no juice for children 0-12 months</u> and that eating whole fruit is the preferred method of intake. • Wellness champion referrals 198 referrals to 45 providers. 	<ul style="list-style-type: none"> • Send link to Heather and Josh's presentation
7. Next Meeting	<ul style="list-style-type: none"> • June 27, 2017 at 10:00 a.m. at YMCA CRS 	