

Small Steps: Eat Play Sleep Materials Toolkit

Small Steps: Eat Play Sleep was created by the Shape Up Under 5 Committee to help all children in Somerville reach kindergarten at a healthy weight.

Shape Up Under 5 was a community-based obesity prevention project in Somerville, Massachusetts that brought together early childhood professionals and leaders from different sectors to prevent obesity and encourage healthy growth in children from birth through age 5.

Together, the Shape Up Under 5 Committee created a poster, brochures, series of videos, activity sheets, and a 1-page informational handout for use with parents and families, caregivers, and childcare providers. To help make it usable for you, we've also put together a list of talking points that you can use with your colleagues and staff, to explain the materials and help them to spread the messages, too.

We hope that you'll be able to use some of what's included in our Small Steps toolkit to help families in your community take their own small steps towards healthy bodies and healthy minds. All the materials are hosted electronically, and can be requested by emailing ShapeUpUnder5@tufts.edu.

Poster

TO HANG up in waiting rooms, childcare centers, family daycares, offices, stores: anywhere people will see it! The poster presents 4 important behaviors for healthy growth: eating well, playing together, sleeping more, and limiting screen time.

Available in: English, Spanish, Portuguese, Haitian Creole



Talking points

TO HELP you start a conversation about eat, play, and sleep habits with parents and caregivers of young children.

Available in: English

Here are some conversation starters for the birth-9 month brochure:

- Talk about your child's first experience using a spoon
- How does your child show you they're hungry?
- What is your child's favorite vegetable?

- To make tummy time more fun, do you ever lie down with your baby face down on your tummy?
- What do you remember about stories you heard when you were little? What stories might you tell to your child?
- If you have a swing or seat that your child sits in, how often do they sit in it? Can you think of times they might get out and move on their own?

- How does your child sleep? Do they usually go to bed and take naps at the same time, or do sleep and nap time vary?
- What are some ways you calm your child before they fall asleep? Do they sleep with a pacifier?
- Think about whether your schedule ever causes you to wake your child up to feed them?
- What is the room like around your child, for naps and at night?

WHAT ARE YOUR Small Steps TO HEALTHY BODIES HEALTHY MINDS?

EYE FOR EYE (KIND) A TEST

- All families can take small steps to healthy bodies and healthy minds!
- What screens do you have in your home? A TV, tablet, smartphone, or computer?
- Do you have limits on screen use for your children, or for yourself?
- Children learn by watching you, so it can be helpful to limit your own screen time when you are together. Think what you might have as a family media plan, to keep track of how much you're watching.
- Bedtime should be a screen-free time, because it will help your child sleep more easily.

Placemat/activity sheets

TO SHARE with young children, parents, and caregivers, so they can play together.

Available in: English

Eat well. Ages 2-3

CIRCLE THE YELLOW FRUITS □ BOX THE RED FRUITS

DRAW YOUR FAVORITE FRUIT!

COLOR IT!

PLAY TOGETHER ages 4-5

Tic Tac Toe

Color Key: 1- Brown, 2- Blue, 3- Red

Start!

Eat well. Ages 4-5

TIC TAC TOE

MATCH THE FRUIT TO ITS COLOR

FOLLOW THE STEPS TO DRAW AN APPLE!

PLAY TOGETHER ages 2-3

Design your racer ball!

Color!

Small Steps: Eat Play Sleep Training Video

TO SHOW childcare providers, and others who work regularly with children and families. This 6-minute long video highlights some of the important steps you can take to help children learn healthy habits starting from birth. It goes more in detail with advice for how children of different ages can eat well, play together, sleep more, and limit time in front of screens.

Available in: English, Spanish

Small Steps: Eat Play Sleep Introductory Video

TO SHOW parents and caregivers. This 3-minute long video is a fun and easy way to introduce parents and caregivers to the 4 main messages in the Small Steps campaign: eating well, playing together, sleeping more, and limiting time in front of screens. It has a light and empowering tone, to show that everyone can take find their own small steps to help promote healthy growth for young children, and to create a healthy family.

Available in: English, Spanish

Shape Up Under 5 Committee Introductory Video

TO SHOW peers and colleagues who work in childcare, healthcare, government, public schools, WIC, or home visiting. This 3-minute long video introduces the Shape Up Under 5 Committee, and explains how the Committee grew out of an existing culture of health in Somerville. It also promotes the multi-sector and collaborative nature of the Committee, and describes how everyone can play a role in impacting health for young children.

Available in: English

