


Resource Showcase		Webinar Series Dates <hr/> 3:00-4:00 PM E.T. 
1. Better Together Learning Collaboratives	February 7	
2. Wellness Workbook and Open-Source Learning Collaboratives	March 7	
3. Nourishing Healthy Eaters and Family Engagement Resources	April 4	

Recordings will be posted on HealthyKidsHealthyFuture.org



Better Together Learning Collaboratives

February 2023

Agenda

- Brief overview of the Better Together project
- Review Better Together Learning Collaboratives framework
- Share resources & materials
- Discuss implementation strategies
- Indiana implementation example
- Questions?



Better Together Overview (2019-2022)

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Where was Better Together implemented?



Arizona



Arkansas



Indiana

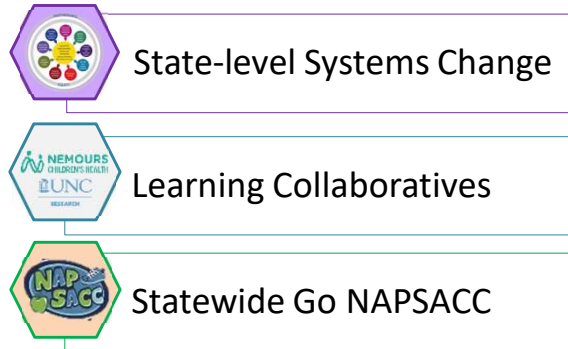


Mississippi



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The Three Components of Better Together



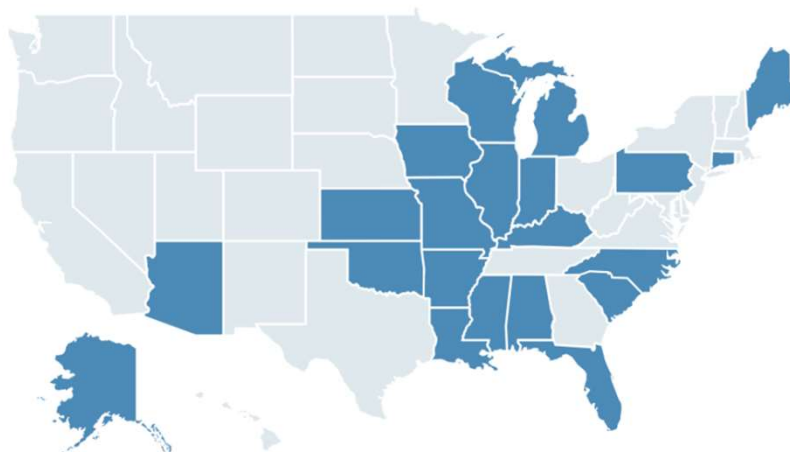
Go NAPSACC



PURPOSE

Support improvements to ECE environments that foster healthy eating, physical activity, and overall development in children

Go NAPSACC is currently utilized in 21 states



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Who is eligible to use the Better Together Learning Collaborative materials?

- Any state with an active Go NAPSACC license.
- The current cost of Go NAPSACC contract is \$30k/year for unlimited statewide use. Email gonapsacc@unc.edu for more information.
- The Better Together Learning Collaboratives are facilitated by certified Go NAPSACC consultants.

*Training and certification of consultants is free with a Go NAPSACC contract.

NOTE: The March 7 webinar will cover an Open-Source Learning Collaborative model that does not include Go NAPSACC and can be used by any state.

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What are the Better Together Learning Collaboratives?

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Better Together Learning Collaboratives



Learning Collaboratives

(to promote ECE program changes to support healthy development)

- Integrates the Go NAPSACC quality improvement process and tools into updated Nemours Children's ECE Learning Collaboratives.
- Materials adaptable for virtual or in-person delivery.

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Learning Collaborative Framework

Community of learners

- Networking
- Sharing resources
- Exploring research
- Equitable support



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Learning Collaborative Core Components

Learning Sessions	<ul style="list-style-type: none"> • Interactive, educational and participatory sessions led by a Go NAPSACC consultant(s) • Held at regular intervals over 3-4 months • Focused on continuous improvement through the Go NAPSACC 5-step Improvement Process
Action Periods	<ul style="list-style-type: none"> • Go NAPSACC self-assessment of current practices to find strengths and areas for improvement • Leadership Team guides education and action planning for entire ECE program staff to lead to implementation of new healthy habits
Technical Assistance	<ul style="list-style-type: none"> • Consultant(s) work with small groups of ECE providers during sessions AND between sessions via phone, virtual meetings, email and/or in-person visits • Consultant(s) support program change through reminders, motivation, strategies, resources and links to community resources
Celebrating Successes & Outcomes	<ul style="list-style-type: none"> • Completion of Go NAPSACC 5-step Improvement Process • Change in child care programs!

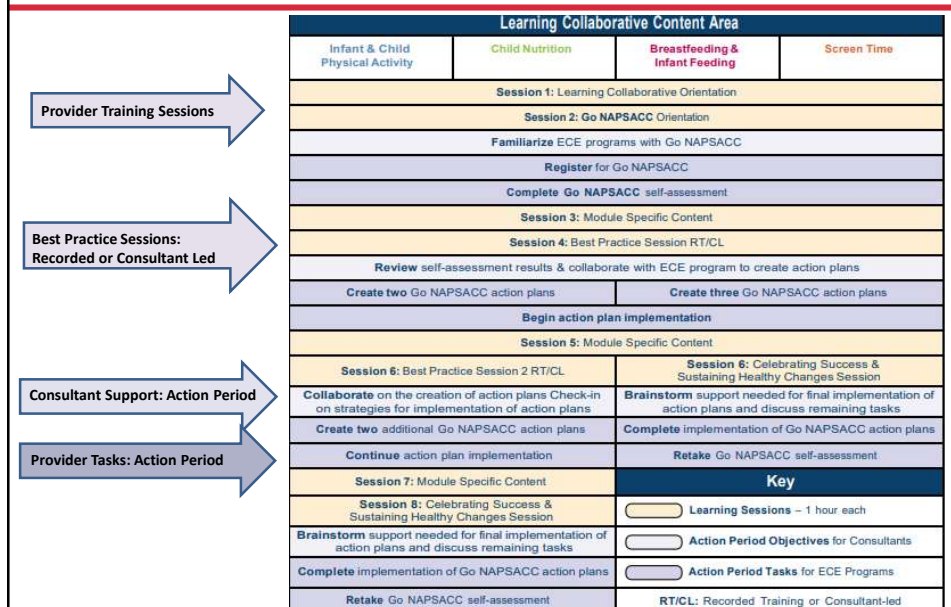
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Learning Collaborative Modules

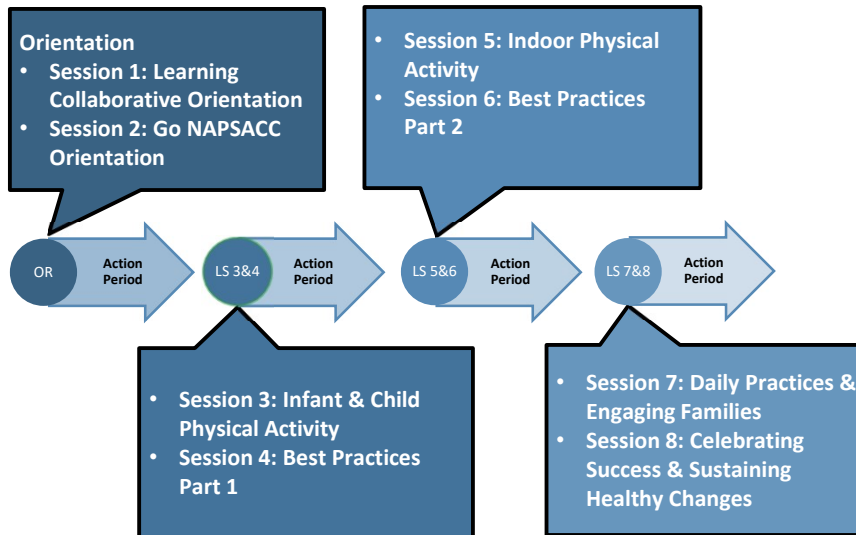
Physical Activity: Fostering healthy physical activity habits in infants, toddlers, and preschoolers by: <ul style="list-style-type: none"> Increasing the amount of indoor and outdoor play and physical activity Promoting daily Child and Adult-led play 	Child Nutrition: Supporting healthy eating habits in children by: <ul style="list-style-type: none"> Serving healthy foods and beverages Increasing use of recommended feeding practices 	Breastfeeding & Infant Feeding: Focus on the nutritional needs of infants by: <ul style="list-style-type: none"> Supporting breastfeeding and breastfeeding families Using responsive feeding techniques for all infants Addressing nutritional needs of older infants 	Screen Time: Reduce screen time in ECE settings by: <ul style="list-style-type: none"> Using screen time sparingly and only for educational purposes. Engaging in more active, interactive, and developmentally enriching practices
All Modules include: <ul style="list-style-type: none"> Nutrition and physical activity resources for children, staff, and families Guidance for adding new practices in ECE program policies Tools to support continued growth and learning 			

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Structure



Example: Physical Activity Learning Collaborative



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Go NAPSACC's Core Components

5-STEP IMPROVEMENT PROCESS



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Resources & Materials

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Resources & Materials

■ Implementation Toolkit



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Resources & Materials

■ Resource Guides



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Resources & Materials

■ PowerPoints with Notes

Key Learnings Handout



Orientation Key Learnings

1. As a child care provider, we play an important role in helping children grow up healthy! Children attending child care full-time eat around 10 (out of 21) meals a week while at an ECE program, and most of their physical activity takes place in the time they spend at their ECE program. We have such a powerful influence on children at this impressionable age. The food preferences and physical skills they develop now will have a lasting impact on their eating and physical activity habits later in life.
2. We will commit to making healthy changes in our ECE program. Our Leadership Team will attend Learning Sessions and bring the knowledge and materials back to share with our program. We will use an online tool, Go NAPSACC, as part of our participation in Better Together. Throughout the process, the Leadership Team will continue to gain staff input and participation in our work to make healthy changes.
3. Go NAPSACC will be used to support changes in our ECE program through self-assessments, action planning, and additional resources. Go NAPSACC's best practices are based upon standards, research literature, and expert opinions.
4. Healthy eating and physical activity best practices support not only health and physical development, but also all aspects of child development.
5. Teaching healthy habits does not only happen during mealtimes or scheduled physical activity, but also within other daily activities - talking about healthy habits while reading books, adding movement activities into circle and center time, and modeling eating nutritious foods at mealtimes. Children want to do what we do - we have a chance to practice healthy habits for ourselves as children watch and copy - creating healthier futures for them.

Additional resources to share with our ECE program staff:

1. Making Health Easier: Healthy Changes Start in Preschool (Video link): Search "Making Health Easier: Healthy Changes Start in Preschool" and "CDC" on YouTube.
2. Go NAPSACC Video (Video link): Search for "Go NAPSACC How To Video 5 Steps" on YouTube.

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After the Go NAPSACC Orientation you will find a time to share information from the Orientation with ECE program staff.

- In your Resource Guide, you will find a handout with key learnings from today. Sharing copies of this handout is a quick and easy way to keep staff up-to-date about the Learning Collaborative activities. Consultants can email the Key Learnings handout which may make it easier for them to share with their staff and view video links.
- We strongly recommend that you also arrange time to meet with staff.

Consultants can find the Key Learnings handout in the Resource Guide. The Resource Guide and all Key Learnings handouts can be found on the Better Together Basecamp page.

Resources & Materials

Recorded Trainings **Fruits**

Go NAPSACC Best Practices

- Fruit (not including juice) is offered 2 times per week
- Half-day program or more
- Fruit that is fresh or canned in its own juice is offered every time fruit is served.

At the end of the audio on this slide, pause the recorded training and turn to the "What differences do you see between these two types of canned fruit" handout in the Resource Guide. Look at the nutrition labels for pineapple chunks. What differences do you notice in the two labels? Look at the ingredients and nutritional content. (You can download the Resource Guide by clicking on the notebook icon.)

added sugar



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How to Access the Resources

Implementation Toolkit

Learning Collaborative Materials and Resources

The Better Together Learning Collaborative facilitation and support materials are found on the Better Together Learning Collaboratives Basecamp page. Registered users of the Basecamp page can access this page with this [link](#). To log back into Basecamp, go to <https://basecamp.com> and click "Customer Login".

To be added to the Better Together Learning Collaboratives Basecamp page, please email BetterTogether@wv.gov, and you will be sent an email within 2 business days inviting you to join the page. Alternatively, you can download each module's materials using links found below.

Infant and Child Physical Activity	Child Nutrition	Breastfeeding and Infant Feeding	Screen Time
Physical Activity PowerPoint	Child Nutrition PowerPoint	Breastfeeding & Infant Feeding PowerPoint	Screen Time PowerPoint
Resource Guide	Resource Guide	Resource Guide	Resource Guide
Physical Activity Best Practices Part 1 Recorded Training	Child Nutrition Best Practices Part 1 Recorded Training	Breastfeeding & Infant Feeding Best Practices Recorded Training	Screen Time Best Practices Recorded Training
Physical Activity Best Practices Part 2 Recorded Training	Child Nutrition Best Practices Part 2 Recorded Training		

Additional Resources

- [Resource Guide with all Content Areas](#)
- [Learning Collaborative Curriculum](#)
- [Potential Funding Sources](#)
- [Infant Feeding Roles and Responsibilities](#)
- [Infant Feeding Roles and Responsibilities](#)
- [Implementation Plan Template](#)
- [Program Monitoring and Evaluation: Go NAPSACC Reports and Tools](#)
- [Sample ECE Program Recruitment Materials](#)
- [Better Together Logo](#)
- [Sample Interest Form and Enrollment Questionnaire](#)
- [Sample Participant Agreement](#)
- [Letter Checklist](#)
- [Facilitating Adult Learning](#)
- [Tips for Successful TA Visits](#)

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How to Access the Resources

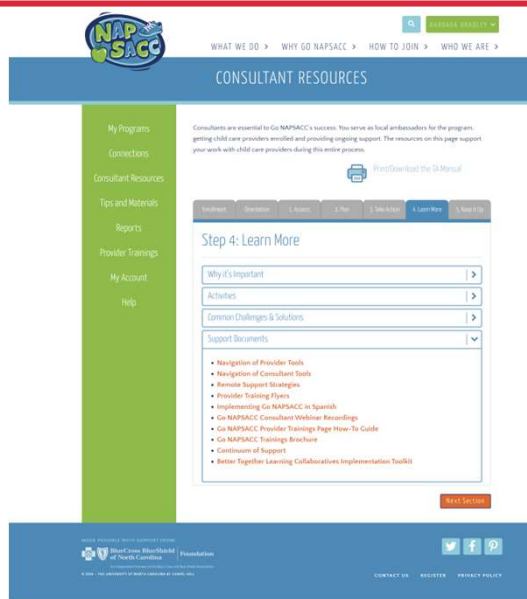
■ Basecamp Page



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How to Access the Resources

■ Go NAPSACC Consultant Account



Planning & Implementation Considerations

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Planning

In your planning, you will need to first decide:

Will the Learning Sessions be conducted in-person, virtually, or a mixture of both?

What modules will be included?
A single module area or a combination of modules?

Who will deliver the Learning Collaborative?

The designated consultants facilitate the Learning Sessions and provide TA during the Action Periods.



How long will the Learning Sessions last?
All content is divided into one-hour segments for flexibility. You can combine the segments to create longer sessions and/or extend them by including more icebreakers, networking, and meals.

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Implementation

Learning Collaboratives Implementation Checklist	
<input type="checkbox"/>	Determine the Learning Session dates and secure training venues.
<input type="checkbox"/>	Recruit and enroll ECE programs.
<input type="checkbox"/>	Confirm participation with ECE programs. Share the details of the Learning Session. (time; place and parking for in-person; time and link for virtual).
<input type="checkbox"/>	Source and distribute Learning Session materials and supplemental supplies.
<input type="checkbox"/>	Facilitate Train-the-Trainer sessions.
<input type="checkbox"/>	Prepare for facilitation.
<input type="checkbox"/>	Deliver TA during Action Periods.
<input type="checkbox"/>	Monitor and evaluate program change.
<input type="checkbox"/>	Provide incentives.
<input type="checkbox"/>	Complete final evaluation.
<input type="checkbox"/>	Report findings to stakeholders and funders.

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Better Together State Experience

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Example: Mississippi Implementation



- ECE programs take a baseline self-assessment.
- MSDH conducts a one-day training with goal setting.
- As they work their Action Plans against the selected goals, ECE programs receive technical assistant support from state health educators.
- ECE programs take a follow-up self-assessment.

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Example: Indiana Implementation



- SPARK has hired 5 Mental Health and Wellness Coaches who will facilitate the content in a collaborative format.
- Better Together aligns perfectly with the "wellness" component of the SPARK initiative of mental health and wellness.
- 10-12 programs for each collaborative with 1-2 coaches facilitating and providing TA.
- Sessions will take place virtually, but we are interested in providing TA onsite.
- Participating programs will also be able to collaborate with each other in between live sessions via Groups. We can create private groups and invite people to join to encourage engagement with each other.
- Groups is also where we will ask them to upload photos or videos of changes they make as they work through their GNS action plans.
- Participants will also receive Professional Development Training credit for time spent participating in the live sessions.

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Program Impact – Norita in Indiana



<https://youtu.be/ND4Y9IOEHx8>

Program Impact – Words of Participants

"I'm updating my written policies on infant and child nutrition. I believe this will help build a stronger relationship and help better educate parents."

Rising Stars Day Care,
Arizona



"We included more physical activity time both indoor & outdoor. This also includes more adult-led activities...The children are happ[ier]. Conflicts & challenging behavior have been reduced!"

Little Dreamers Childcare
Center, Inc., Mississippi

"Family dining. It's amazing to see the children being so independent and careful. They also try new foods because they can pick what they want."

Straightway Preschool
Academy, Arkansas

"Being more mindful about 'intentional' adult led activity and giving cues about being full or done at meals. Childhood obesity is such a real issue and giving the children tools to use while they're young is so important."

Muddy Feet Early Learning, Indiana

Better Together Outcomes

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Program impact over two years in four states

Wave 1: September 2020– May 2021; Wave 2: September 2021 – May 2022

21,504

Children served by
the participating ECE
programs

422

ECE programs
in low-income
communities

1,078

ECE
Professionals
trained

Characteristics of Participating Programs:

Program Type:

- Center-based: 62%
- Family Child Care Home: 15%
- Head Start: 14%
- School-based: 9%

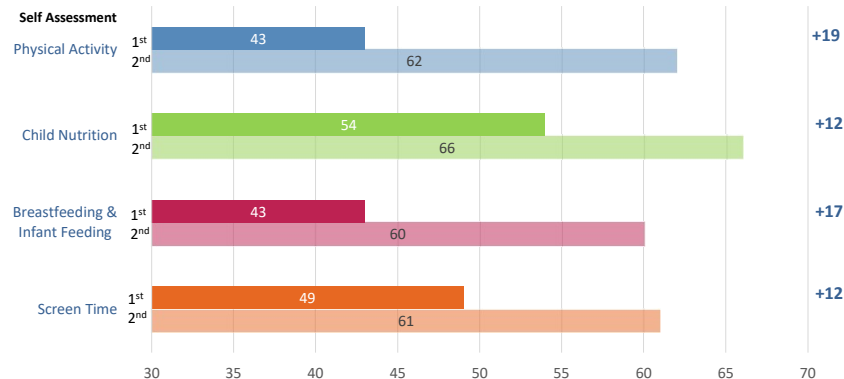
Participate in CACFP: 72%

Average years in operation: 18

Program Impact

- 1st self-assessment was completed prior to the module's Learning Sessions.
- 2nd self-assessment was completed after Action Plan implementation.
- Numbers on the far right indicate the change in percent of Go NAPSACC Best Practices achieved.

Percent of Go NAPSACC Best Practices Achieved



Feedback Survey



Questions?

Caliste Chong

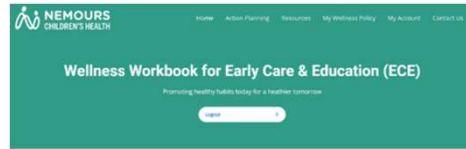
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Wellness Workbook & Open-Source Learning Collaboratives



Next Webinar

March 7
3:00 PM E.T.



Thank
you!

