

#### Step 4: Complete fitCare Post Self-Assessment

After completion of the goal setting/action planning step and technical assistance, the participant will complete the fitCare Best Practice Post Self-Assessment relevant to the *fit* area the participant was working on (RECHARGE, MOOD, MOVE or FOOD).

Upon completion of the Post Self-Assessment, an Early Childhood Enrichment office staff member will review the Pre Self-assessment and Post Self-assessment to verify progress made in reaching the fitCare Best Practice goal set by the caregiver.

Upon successful completion of all 4 steps, a "fitCare Best Practice" certificate of completion will be awarded.

#### Want More Information?

Contact your local Early Childhood Enrichment office for more information on the fitCare Best Practice Program:

##### Region 1:

Early Childhood Connections  
2218 Jackson Blvd. Suite # 4  
Rapid City, SD 57702  
605-342-6464 or 888 999-7759  
Email: [ecconn@rushmore.com](mailto:ecconn@rushmore.com)  
Fax: 605-394-0153

##### Region 2:

Early Childhood Training Network  
124 E. Dakota Ave.  
Pierre SD 57501  
605-773-4755 or 866-206-8206  
Email: [earlychildhood2@hotmail.com](mailto:earlychildhood2@hotmail.com)  
Fax: 605-773-5557

##### Region 3:

CHILD Services  
110 6<sup>th</sup> Ave SE  
Aberdeen SD 57401  
605-262-8505 or 800-982-6404  
Email: [Childservices.Aberdeen@sanfordhealth.org](mailto:Childservices.Aberdeen@sanfordhealth.org)  
Fax: 605-262-8509

##### Region 4:

Family Resource Network  
SDSU, Box 2218  
Pugsley Center Room 201  
Brooking SD 57007  
605-688-5730 or 800-354-8238  
Email: [SDSU.FRN@sdstate.edu](mailto:SDSU.FRN@sdstate.edu)  
Fax: 605-688-6763

##### Region 5:

CHILD Services  
1115 W. 41<sup>st</sup> St  
Sioux Falls SD 57105  
605-333-0698 or 800-235-5923 ext. 4  
Email: [childsrv@sanfordhealth.org](mailto:childsrv@sanfordhealth.org)  
Fax: 605-334-9477

# fitCare

## Best Practice Program

Health habits start early

fitCare promotes healthy lifestyle habits  
of young children in child care settings



## What is the fitCare Best Practice Program?

The fitCare Best Practice Program was developed to help child caregivers (family child care, group family child care and center based child care) develop and maintain a healthy child care program environment. Research suggests that if children start learning healthy habits at a young age, these healthy habits will most likely follow them as they grow older.

The fitCare Best Practice Program provides participants with the education and support to identify best practice to support a child's development of healthy lifestyle habits within child care programs and to plan for program improvements where needed.

The fitCare Best Practice Program consists of:

1. fitCare Classes (4 classes)
2. fitCare Pre Self-Assessment
3. Individual fitCare Action Plan and Technical Assistance
4. fitCare Post Self-Assessment

**Cost:** \$0

### Licensing Hours Available

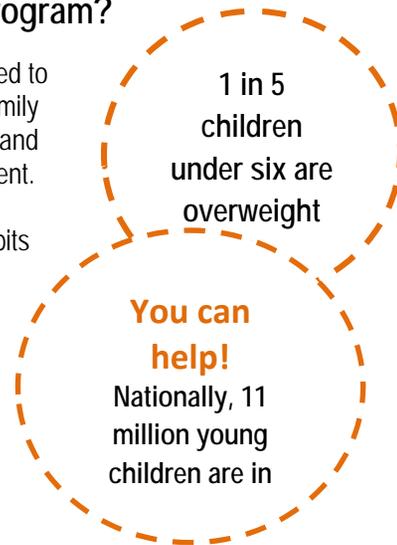
- **Classes**  
Classes offered meet state of South Dakota Child Care Licensing and Pathways requirements. Up to 8 hours of licensing credit available.
- **Technical Assistance**  
Technical Assistance hours qualify for state of South Dakota Child Care Licensing and Pathways requirements. Up to 8 hours of licensing credit available.

### CDA CEU's Available

- **Classes – 1 CDA CEU available**
  - Need to attend all four classes and complete all four fitCare Pre-Self Assessments (RECHARGE, MOOD, MOVE and FOOD)
- **Technical Assistance – up to 1 CDA CEU available**
  - Credit given based on sessions with Early Childhood Enrichment office staff member plus completion of Action Plan and fitCare Post Self-Assessment.

(10) 1 hour sessions = 1 CDA CEU

(5) 1 hour sessions = .5 CDA CEU



## Step 1: 8 Hours of fitCare Best Practice Instruction

The fitCare class series is comprised of 4 classes, 2 hours each.

The 4 fitCare Best Practice classes are:

1. Be *fit*... RECHARGE Your Energy
2. Motivate Your MOOD
3. Think Your FOOD
4. MOVE Your Body



## Step 2: Complete fitCare Pre Self-Assessment

The Pre Self-Assessment helps a caregiver create an action plan relevant to an item that may need improvement. If there are items marked "I do this very rarely", a caregiver may want to consider developing an action plan to assist in improving this area of practice.

There is a self-assessment for each *fit* factor (RECHARGE, MOOD, MOVE and FOOD). Each self-assessment has a scoring process to provide a means to measure one's best practice based on the best practice criteria listed in each self-assessment.

## Step 3: Action Plan and Technical Assistance

After completion of the Pre Self-assessment of the *fit* area one wants to improve on, a caregiver can develop an Action Plan relevant to the area in which there is a desire for improvement.

An Early Childhood Enrichment office staff member works with each caregiver in the fitCare Best Practice program by providing technical assistance consultation and coaching sessions to help the caregiver identify and attain success in reaching the identified goal. This technical assistance provides the caregiver with information as needed, suggestions to help the caregiver reach the set goal(s) and an opportunity to discuss questions and find answers. Technical assistance is provided through on-site visits and telephone calls. Resource support to reach one's goal is provided via telephone calls and e-mail.