

Child Care Providers: A Guide to 9-5-2-1-0 for Health!

What is 9-5-2-1-0 for Health? 9-5-2-1-0 for Health is an easy-to-remember formula to help you live a healthy lifestyle. The 9-5-2-1-0 for Health habits include:

- ✓ 9 hours of sleep per day
- ✓ .5 (half) your plate filled with fruits and vegetables every meal
- ✓ 2 hour limit on screen time per day
- ✓ 1 hour of physical activity per day
- ✓ 0 sugar-added beverages per day

What can you do to start using 9-5-2-1-0 for Health?

Here are 11 things child care providers can do to improve children's health and promote life-long healthy habits.

For All Day Care Providers		✓
1.	Provide only 100% juice, unflavored milk, and water as beverages for children	
2.	Make snack time an opportunity to eat a fresh fruit or vegetable not a processed food	
3.	Offer many opportunities throughout the day for physical activity through 'Activity Bursts', Integrated Yoga, and free-play time	
4.	Allow children to have quiet play time with non-electric toys and activities such as books, puzzles, board games, card games, building blocks, etc.	
5.	Provide a safe and engaging area for physical activity outside with climbing structures; hard surface for trikes, ball play, or hop-scotch; and other active play	
6.	Create structured time for naps that promotes good sleep habits throughout the day	
Families attending your care		
7.	Post (or provide) the 9-5-2-1-0 for Health! message so parents know that you will support their efforts to encourage healthy behaviors for children	
8.	Provide families with the menu of snacks (& lunch if provided) offered throughout the week	
9.	Set policy regarding foods brought into the childcare facility to eliminate sugar-added beverages and encourage fruit and vegetable consumption	
10.	Encourage good sleep habits so children arrive rested and healthy each day; keep parents informed of child's sleep and behavior during care to support healthy sleep habits at home	
11.	Talk to parents about healthy ways to celebrate (holidays and birthdays) at the childcare facility without food such as donating (and reading) a special book or decorating a T-shirt	

Find out more about 9-5-2-1-0 for Health at: www.ehhd.org/95210

This 9-5-2-1-0 for Health Campaign is a health promotion outreach effort of the ACHIEVE Initiative of the Eastern Highlands Health District in Connecticut.

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