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The 5-2-1-0 Toolkit: Resources to support Healthy Behaviors

Objectives:

- Describe the 5-2-1-0 healthy behaviors
- Review the toolkit resources for family engagement and classroom use
- Design an action plan using at least one resource

Review the following four quotes:

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1. It is easier to build strong children than to repair broken men.”--Frederick Douglass
2. “Don't eat anything your great-grandmother wouldn't recognize as food.”--Michael Pollan
3. “When the joy goes out of eating, nutrition suffers.”--Ellyn Satter
4. “Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.”--Thomas Jefferson

Select one quote and reflect on how this motivates you or what it makes you think about.

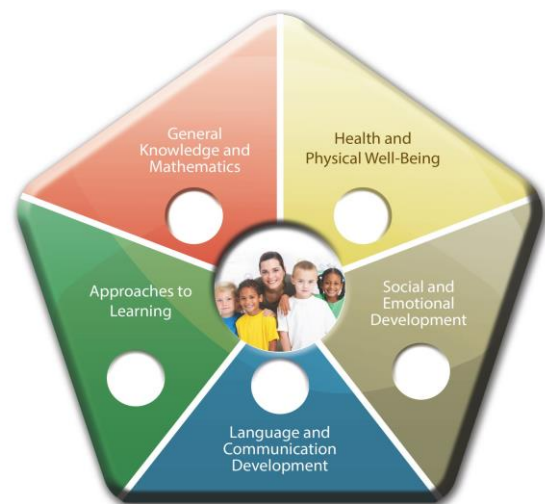
Why do you think it is important to help children establish healthy behaviors?

List 2 social or environmental changes that you feel have contributed to the obesity epidemic? Slide 10 and 11

- 1.
- 2.

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www.kidsnow.ky.gov





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List one food that you know is healthy for you that you are reluctant to eat or won't eat?

Were you exposed to this food as a young child?

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1. Circle the behavior does your program has the most success implementing?

5-2-1-0

How does your program succeed at this?

2. Circle the behavior is the most challenging for your program or which do you notice that could be improved?

5-2-1-0

Why is this behavior a challenge for your program?

3. Thinking about your personal life, circle the behavior is the easiest for you to practice?

5-2-1-0

How are you successful at this behavior?

4. Thinking about your personal life, circle the behavior is the most challenging for you?

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What makes this behavior a challenge for you?



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Fruit & Veggie Tracker

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Children should eat **FIVE OR MORE** fruits and vegetables every day.

Child's Name: _____
 Challenge Dates: _____

Use this log to check off each serving of fruits and vegetables your child eats every day. If it's more than 5, keep up the good work! If it's less than 5, check out our tips for how to increase the fruits and vegetables your child eats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VEG							
VEG							
VEG							
VEG							
VEG							

How many fruits & vegetables did your child have this week? _____
 What made it hard to get all 5 servings each day? _____

Feed the Family Five or More

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Everyone, including adults, should eat at least 5 servings of fruits and vegetables a day. However a serving size for a child is much smaller—it will fit into the palm of their hand!

Food for Thought

- Try the three-bite rule: Offer new fruits and veggies different ways and try at least 3 bites each time.
- Many fruits and veggies taste great with a low-fat dip or dressing.
- Make a fruit smoothie with low-fat yogurt.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods to mushy ones—try them fresh or slightly steamed.
- Take 10-15 minutes to sit down together for family meal time.
- Be a role model: Try to have fruits and veggies at every meal and eat them as snacks.
- Always try to choose whole fruits over juice.

Adapted from materials developed by Let's Go! www.letsgo.org

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Repeater-Eater Log

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: _____

It can take a minimum of 10-12 exposures before our taste buds accept a new food! So keep trying, get creative with recipes and have some fun exploring new foods. Use this log to check off each time your child tries a fruit or vegetable. Check out our tips for how to increase the fruits and vegetables your child eats, even if they are a pickier eater!

FOOD	1	2	3	4	5	6	7	8	9	10

Helping Kids Try New Foods

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

- Let your child choose new foods.** Kids are more open to trying new foods when they feel they have a choice. When shopping, let your child select a new food from two or three choices.
- Be a good role model by eating new foods with your child.** Your child learns how to eat new foods by watching you. Try to eat at least one bite of foods that are new to your child.
- Help your child learn about new foods.** Talk about the color, shape, smell and texture of the new food. It's OK if your child plays with new foods because it is their way of learning!
- Avoid forcing your child to eat.** Kids like new foods LESS if they are forced on them. They also like new foods LESS when they are given bribes or rewards for eating them, so avoid "clean plate" or "just one bite" rules.
- Make food fun!** Create shapes in foods with cookie cutters, serve a snack with foods all of one color, or arrange foods on a plate in the shape of a face or animal.
- Try not to hide veggies.** When children don't know they're eating vegetables, they're not learning healthy eating habits. Instead try talking to your children about the veggies in the recipe or have them help cook it!

New foods today for good health tomorrow!



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Strategies to support children in consuming more fruits and vegetables:

- Role model
- Have a taste testing
- Incorporate fruits and vegetables into learning environments
 - Children’s Books
 - Dramatic Play
 - Sensory Activities
- Offer fruits or vegetables at every snack
- Include gardening activities in your curriculum

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5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Screen Time Log

Children over age 2 should get no more than **TWO HOURS** of screen time a day.

Child's Name: _____

Challenge Dates: _____

Use this log to fill in the number of hours your child spends in front of a screen each day. If it's less than 2 hours, keep up the good work! If it's 2 hours or more, check out our tips to reduce your family's screen time!

	TV or Movies	Video Games	Smartphones or Tablets	Computer	Total Hours Each Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

How much screen time did your child have this week? _____

What is the source of most of your child's screen time? _____

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Tips for Limiting Screen Time

Why is it so important to limit screen time?

Too much screen time promotes an inactive lifestyle and has been linked to overweight and obese children.

More than 2 hours of screen time has been linked to lower reading scores and attention problems.

Watching TV is associated with more snacking.

TV and other electronic media can get in the way of exploring, playing and interacting with others and does not provide the same type of brain stimulation children need.

How can you help limit your family's screen time?

- Keep TVs, computers, tablets and video games out of your child's room.
- Set limits and basic rules to know how much screen time your child is getting.
- Be a role model with your own TV viewing habits.
- Make a list of fun activities to do instead of being in front of a screen: play outside, listen and dance to music, write a letter or story, plant a flower or vegetable garden, read a book.

Adapted from materials developed by Let's Go! www.letsgo.org

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Physical Activity best practices

Infants	Toddlers	Preschoolers
Supervised tummy time at least 4 times daily, increasing time as tolerated	60-90 minutes per day with opportunities for breathless play.	120 minutes or more of physical activity daily.
Outdoor time 2-3 times a day as tolerated	Structure/adult led activities that encourage participation.	Indoor and outdoor gross motor activities.
Minimal time in containers such as swings, bouncy seats etc.	Indoor and outdoor gross motor activities.	Supervision to encourage participation in developmentally appropriate activities and skills.



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Kentucky 5210 free materials can be ordered or downloaded at <http://chfs.ky.gov/5210>

Next Steps for Early Education Professionals:

Visit <https://healthykidshealthyfuture.org/> and complete the Let's Move Child Care Checklist. Sign up for online resources and to receive information on grants to support your work in healthy best practices.

Next Steps for Community Agencies and Partners:

Visit <https://healthykidshealthyfuture.org/> and explore strategies to work with families

Other Resources

Phone apps and websites

5- 5- A Day app, USDA supertracker website <https://www.supertracker.usda.gov/> and choose my plate resources <http://www.choosemyplate.gov/>

2- Smart phone use time manager

1-My fitness tracker

0-Water your body, Waterlogged, Water Tracker



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Action Planning

Strategies	Tools	People	Timeline
<i>Think about families, staff, children, your environment, your program policies that a would be impacted by your goal</i>	<i>Are there any tools in the toolkit to support your goals?</i>	<i>Who will carry out your strategies?</i>	<i>When will you begin and how frequently will you do this?</i>