



### Weighing In Early Childhood Working Group

July 25th, 1-2:30 p.m.

Kansas City Ks School District

#### **Welcome and Introduction of Attendees**

#### **Partner Spotlights**

- Greater Kansas City YMCA- Emily Gafferty, Natalie Updyke, Kristi Priddy, Let's Move Outside and Togetherhood programs

The Greater Kansas City YMCA has a city-wide program called [Let's Move Outside](#) that focuses on children and families learning new skills, engaging with others and developing dedication to the great outdoors through service projects, recreation and environmental education. The YMCA sponsors and connects people to opportunities for community services projects and other outdoor events. Families can participate "Build a Love for Nature" bingo and can return completed bingo cards for chances to win prizes. For details contact Emily Gaffery at [EmilyGaffery@KansasCityYMCA.org](mailto:EmilyGaffery@KansasCityYMCA.org). Follow their Facebook page for updates and events <https://www.facebook.com/LetsMoveOutsideKC/>

August 5<sup>th</sup> is the [Back to School Bash](#) at the Legends in Kansas City, Ks. co-sponsored by the YMCA, Let's Move Outside, United Way of Wyandotte County and KC Parent.com. The event will include a Fit-Tastic! theme and children and receive prizes for visiting all the different 12345 Fit-Tastic! areas/ There will be a clothing drive, Sporting KC player visit, free fitness classes by the YMCA and a free concert at 5:00 (Mr. Stinkyfeet).

Other YMCA programs include the Togetherhood/social responsibility program, which seeks to connect and engage community members in service projects. For example, groups have built community gardens, painted schools or volunteered at a Harvesters/YMCA Kids Café. Email [natalieupdyke@kansascityymca.org](mailto:natalieupdyke@kansascityymca.org) for details or to get involved. Another event for participation or volunteering is the [Rock Roll & Run 5K and Walk](#) on August 26<sup>th</sup> at Providence Medical Center Amphitheater.

The YMCA sponsors Kids Night Out, where members and non-members can bring their children to the YCMA to participate in crafts, games, dinner and other activities.

- **Mother and Child Health Coalition – Paul Cesare, Coalition Coordinator**

The [Mother and Child Health Coalition](#) has a number of different programs and coalitions within its umbrella. The Metro KC Breastfeeding Collaborative has researched habits of infants and first time mothers. The results of the survey showed that mothers were not told how important breastfeeding was prior to the birth of their babies. That led to an effort to educate providers. Also working to promote the Baby Friendly USA designation by World Health Organization. The only Baby Friendly hospital in the KC metro currently is Truman Medical Center. KU Med, Shawnee Mission Med Center and TMC-Lakewood are all becoming Baby Friendly and have met some of the criteria. In addition, MCHC provides a worksite lactation program, through HHS's Business Case for Breastfeeding. This can be applicable to childcare providers, as they can receive the designation and it aligns with efforts through the Kansas and Missouri Breastfeeding Friendly Child Care designations. Applications are available through MCHC. MCHC's **Immunization Coalition** has a fall quarterly meeting on Sept. 13 from 11:30-1:00 p.m. at the United Way. Details and registration available [here](#). The Immunization Coalition provides **Back to School Clinics** and immunization events in the KC metro area throughout August. MCHC also publishes a community resource guide every couple of years, with contact information and descriptions for a variety of health care, social service and emergency service programs in the Kansas City area.

### **Weighing In/Healthy Lifestyles Initiative Updates- Emily Meissen-Sebelius**

- i. **Discussion – Connection to Community Resources for Health and Wellness**
  - a. Created a resource page based on one used by Score One for Health, a program that provides school screening.
  - b. A draft version of a resource handout was shared. It would be targeted to families with young children. It is organized by physical activity and nutrition and is very brief in descriptions. The purpose is to only show the physical activity and nutrition resources, and meant to complement other resource guides like MCHC's that have comprehensive lists of a variety of social services.
  - c. The group discussed whether this was the right level of detail and the criteria for inclusion (such as geographic area, type of program, etc.)
  - d. At the next meeting, we will review criteria as a group and consider opportunities for alignment with other resources and for distribution.
- ii. **HLI in Early Care and Education Toolkit- *Now Available!***
  - a. Weighing In has been working in partnership with The Family Conservancy, ChildCare Aware and Healthy Way to Grow to survey childcare provider partners to learn more about what would be most helpful in terms of family education, policy implementation next steps and connection the the Fit-Tastic! message.

Last meeting Emily shared results of a brief survey. The following areas of need/utility were identified:

1. Newsletters or newsletter material; handouts for families
2. Handouts, materials posters, that support wellness policies; sample family letters about policies
3. List of 12345 Fit-Tastic! materials; sample wellness policies that fit with 12345 Fit-Tastic! message

With those results in mind, we have created a few new 12345 Fit-Tastic! resource, the Healthy In Early Childhood [toolkit](#) that provide more explanation about the different materials available, list of sample model wellness policies, and several new resources.

Go to <https://fittastic.org/partners/resources> and click on the [Healthy Lifestyles Initiative \(HLI\) in Early Childhood Toolkit](#) .

Let Emily know if you want electronic or hard copies of the toolkit. Weighing will have a limited number of hard copies and of other new resources (fruit and veggie brochures, activity dice, Fit-Tastic! materials) for working group members and the early care and education programs you serve. Contact Emily – [esebelius@cmh.edu](mailto:esebelius@cmh.edu) or 816-234-9249.

### **Structured Networking and Resource Sharing- Working Group**

- Jessi Kemper, Child Care Health Consultation Nurse Program Manager, is new in the position. Child Care Health Consultants can provide clock hours, technical assistance and do health promotion with children in early care and ed. Settings in Missouri.
- Lori Lanter and Andrea Manlove, Wyandotte County ChildCare Licensing, have their final family engagement night on Aug. 9<sup>th</sup>! Activities and themes have aligned with 12345 Fit-Tastic!
- Katrina Minter, The Family Conservancy, announced that they are recruiting providers in Missouri and Kansas for wellness programs. Amy Cochran is specifically looking for providers in Johnson or Wyandotte.

### **Next Meetings**

#### **Early Childhood Working Group:**

*4<sup>th</sup> Tuesdays; once/quarter from 1-2:30 p.m.*

**Oct. 24th. 1-2:30 p.m. Location TBD**

#### **Weighing In Quarterly Meetings:**

**Sept 21st, 9-11 a.m. Kauffman Conference Center**