



## POWER Plan for Empower

**Power Pause:** What are your reflections about Empower?

**Power Up Policy:** Do you have a written policy? Do you practice your policy?

Standard

Written Policy

Practice

**Standard 1:** Provide at least 60 minutes of daily physical activity, including adult-led and free-play. Limit screen time to three hours or less per week and no more than 60 minutes of sedentary activity at a time

**Standard 2:** Practice Sun Safety

**Standard 3:** Provide a breastfeeding-friendly environment

**Standard 4:** Determine whether the facility is eligible for USDA CACFP and participate if eligible

**Standard 5:** Limit serving fruit juice to no more than two times per week

**Standard 6:** Serve meals family-style and do not use food as a reward



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**Standard 7:** Provide monthly oral health education or implement a tooth brushing program

**Standard 8:** Ensure that staff members and child care providers receive three hours of training annually on Empower topics

**Standard 9:** Make ASHLine education materials available at all times

**Standard 10:** Maintain a smoke-free environment

**Power Plan:** To improve Empower policies and practices, I will make the following commitments:

<u>Action Commitments</u>	<u>Who else do you need to work with on this?</u>	<u>When will this be completed?</u>