

Be *fit* ...

RECHARGE

Your Energy



RECHARGE Self-Assessment

Your Name: _____ Date: _____

Director's Name & Title: _____

Child Care Facility Name: _____

Child Care Facility Mailing Address: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____



Directions for Completing Self-Assessment

This fitCare self-assessment is informed by best practices based on current evidence based research and early childhood guidelines.

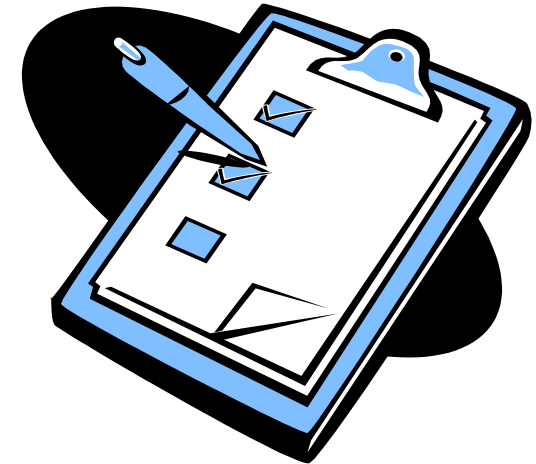
References:

1. Childhood Obesity Prevention." *Early Childhood Obesity Prevention*". Center for Disease Control and Prevention, Nemours, n.d. Web. Spring 2014.
2. Stepping Stones to Caring for our Children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition. (2013). American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education.
3. Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzuca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill.

Who should complete this self-assessment

This self-assessment is for caregivers that work with children in a childcare facility/setting.

After completing this assessment, caregivers will be able to determine a program's strengths and areas for improvement. This assessment provides caregivers with insight to make changes to enhance their caregiving practices and environments for the children in their care.



Other fitCare Self-Assessments available include:

1. MOOD Self-Assessment
2. FOOD Self-Assessment
3. MOVE Self-Assessment

Scoring Directions

Individual item scoring

- Check the column that best matches current practice.
- Mark NA if the item does not pertain to your work or role.
- Transfer the number relevant to your answer to the Score column.

Environment							
	1	2	3	4	NA	Comments/Why	Score
Children have easy access to a calm place to rest and relax:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		3

Answers in column 4 are best practice.

Space is provided to make comments or notes after each item listed under each section. These notes can help in determining successes or opportunities for improvement.

RECHARGE fit-Score

1. Add up all of the numbers in the score column and place the total number Section A.
2. Count how many items were actually scored and place the number in Section B.
3. Divide line A by line B. This is your RECHARGE fit-Score.
 - The highest possible score is 4.

What is your RECHARGE fit-Score?	
A. Total of all scored items	86
B. Number of scored items	30
RECHARGE Score = A/B	2.86

Review the items on your self-assessment

- What are you doing very well?
- What are some places you would like to improve on?

RECHARGE Policy

	1	2	3	4	NA	Comments/Why	Score
<p>A written policy on planned rest and relaxation for children is available and includes:</p> <ul style="list-style-type: none"> Planned rest and relaxation time Safe sleep practices for infants Sleep for toddlers and preschoolers Limitation on screen time Staff education on the importance of rest and relaxation for children Children's education on the importance of rest and relaxation and ways to rest and relax Parent/Guardian education on the importance of rest and relaxation for children 	<input type="checkbox"/> No written policy available or policy does not include these topics	<input type="checkbox"/> 1-2 topics	<input type="checkbox"/> 3-5 topics	<input type="checkbox"/> 6-7 topics	<input type="checkbox"/> NA		

* A written policy includes any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.

Rest routine

	1	2	3	4	NA	Comments/Why	Score
<p>Safe sleep practices for infants are followed by child care staff.</p> <ul style="list-style-type: none"> Infants do not share cribs Infants are placed on their backs to sleep Infant's cribs are kept free of toys, stuffed animals, blankets extra bedding and bumper pads; use only tight fitted sheets. Sleeping/napping room is kept at a temperature that is comfortable for a lightly clothed adult 	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>Sleeping times for infants is based on a child's individual sleep pattern and needs.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>Toddler and preschooler rest time is at the same time each day.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>Children sleep in the same place, same bed, cot, mat or crib each day.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>A quiet activity is planned for the children before rest time, such as reading.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>Children are not forced to go to sleep but encouraged to relax and rest if they are unable sleep.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
<p>If a child can't sleep, quiet time is offered to child.</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Environment

	1	2	3	4	NA	Comments/Why	Score
Children have easy access to a calm place to rest and relax.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
A quiet corner is available for children to self-select quiet time when needed.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Rest and relaxation areas are isolated from other play areas.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Children are provided ways to relax during the day. <ul style="list-style-type: none"> • Closing your eyes for 5 minutes • Taking long deep breaths • Read a book • Listen to quiet music • Stretching 	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> As needed	<input type="checkbox"/> As needed, planned into routines	<input type="checkbox"/> NA		
Child's nap environment is quiet and calm (soft music, individual cot or mat and children are helped to sleep).	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Screen time is used as a rest and relaxation activity.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Visual aids such as posters and pictures are displayed regarding sleep, rest and relaxation.	<input type="checkbox"/> Few or no visual aids are available	<input type="checkbox"/> Some visual aids available, but variety is limited	<input type="checkbox"/> Large variety of visual aids	<input type="checkbox"/> A large variety of visual aids with new items introduced often	<input type="checkbox"/> NA		

fit Connection

	1	2	3	4	NA	Comments/Why	Score
Rest times are planned into the daily schedule.	<input type="checkbox"/> Not planned	<input type="checkbox"/> Available, but not planned	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 1-2 times per day	<input type="checkbox"/> NA		
Relaxation times are planned into the daily schedule.	<input type="checkbox"/> Not planned	<input type="checkbox"/> Available, but not planned	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 1-2 times per day	<input type="checkbox"/> NA		

Staff Education

	1	2	3	4	NA	Comments/Why	Score
Staff education on children's need for sleep, rest and relaxation is incorporated into the annual staff training plan.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		
Caregiver education on rest and relaxation includes the following topics: <ul style="list-style-type: none"> • Infant safe sleep practices • The recommended amount of sleep required for children • The importance of children having moments to relax in their day • Ways to help children rest and relax • How sleep impacts child's mood, physical activity and eating habits • Ways to communicate with parents to promote children's sleep, rest and relaxation • Program's policy on napping, rest and relaxation for children 	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 topics	<input type="checkbox"/> 3-5 topics	<input type="checkbox"/> 6+ topics	<input type="checkbox"/> NA		
*Caregiver is provided educational print materials relevant to sleep, rest and relaxation for children.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		

* Print material can include brochures, tip sheets, links to trusted websites or professional journal articles.

Educate the Children

	1	2	3	4	NA	Comments/Why	Score
Daily lesson plans include times to teach the children about the importance of sleep, rest and relaxing in one's day.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Children are provided education on the importance of sleep, rest and relaxing in one's day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Learning centers are set up for children to learn about the importance of rest, sleep and relaxing in one's day. <i>*Dramatic play areas include doll and sleeping props, area with quiet music puzzle, yoga mats, etc.</i>	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Caregiver reads books about sleep, rest and relaxation to children.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Books and games about sleep, rest and relaxation are available for children.	<input type="checkbox"/> Few or no books are available	<input type="checkbox"/> Some books available, but variety is limited	<input type="checkbox"/> Large variety of books	<input type="checkbox"/> A large variety of books with new books introduced often	<input type="checkbox"/> NA		
Caregiver informally discusses the importance of rest, sleep and relaxing in one's day with children throughout the day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

Educate the Parents

	1	2	3	4	NA	Comments/Why	Score
*Education for parents is provided on sleep topics: <ul style="list-style-type: none"> • Infant "back to sleep" practices • Sleep guidelines for children based on their age • The importance of sleep for children (why sleep matters for young children) • How sleep impacts child's mood, physical activity and eating habits • How screen time disrupts sleep • Program's policy on napping. 	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 topics	<input type="checkbox"/> 3-4 topics	<input type="checkbox"/> 5-6 topics	<input type="checkbox"/> NA		
*Education for parents is provided on rest and relaxation topics: <ul style="list-style-type: none"> • The importance of rest and relaxation for children (why rest and relaxation matters for young children) • Alternative ways for children to rest/relax besides screen time • The connection between rest and relaxation and a child's emotional self-management • How rest and relaxation impact a child's mood, physical activity and eating habits • Program's rest/relaxation policy 	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 topics	<input type="checkbox"/> 3-4 topics	<input type="checkbox"/> 5 topics	<input type="checkbox"/> NA		
Posters and pictures about children's need for sleep, rest and relaxation are displayed for parents to see.	<input type="checkbox"/> None	<input type="checkbox"/> Few	<input type="checkbox"/> A variety	<input type="checkbox"/> A variety; changed often	<input type="checkbox"/> NA		

**Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.*

Role Modeling

	1	2	3	4	NA	Comments/Why	Score
Caregiver talks to children about how the caregiver gets rest in day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver participates in relaxing activities with children.	<input type="checkbox"/> Supervise only	<input type="checkbox"/> Supervise and verbally encourage physical activity	<input type="checkbox"/> Supervise and sometimes verbally encourage relaxing when joining in activity	<input type="checkbox"/> Supervise and often verbally encourage relaxing when joining in activity	<input type="checkbox"/> NA		

What is your RECHARGE fit-Score?

C. Total of all scored items	
D. Number of scored items	
RECHARGE Score = A/B	