



Enrichment Activities

Session 7: Talk, Play, Read, Write and Sing

Please pick one of the activities to complete before attending Session 8. Many of these activities are tied to ChildNet Certification, so reference the ChildNet Certification Checklist for Session 7 under the Certification tab in your Participant Manual for further guidance.

- ✓ Connect with a CACFP sponsor to discuss the benefits and processes involved in joining.
- ✓ Assess current menus for infants, toddlers and preschoolers. Utilizing recommended USDA infant and child meal patterns, adjust menus accordingly.
- ✓ Assess current child care routine and curriculum. Identify one area where nutrition activities can be integrated and create a plan to implement it.
- ✓ Review current safe sleep policy and reducing strangulation policies. Modify them include recommended key components.
- ✓ Assess current child care routine and curriculum. Identify one area where physical activity, including the use of small and large motor skills, can be integrated. Create a plan to implement it.
- ✓ Think of an ethical dilemma that occurred regarding a child's napping routine. Note how NAEYC Code of Ethics -Responsibilities to Children can help with the approach