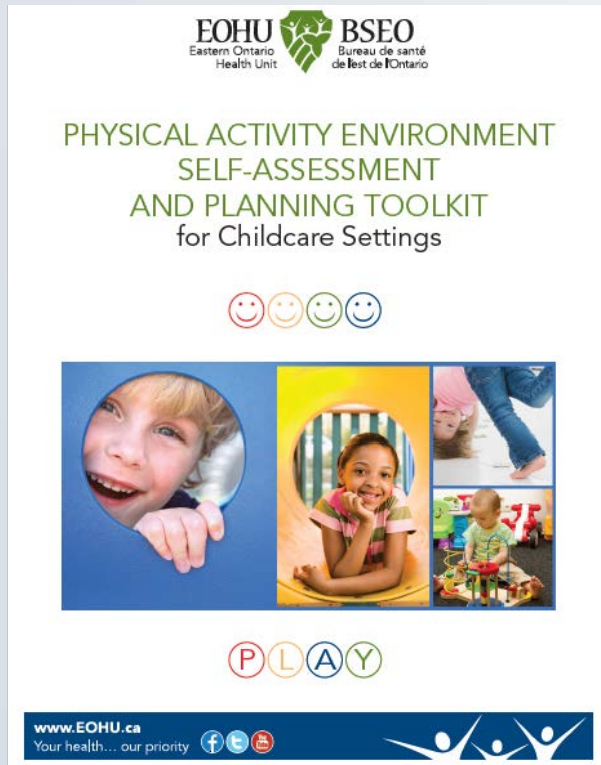


EOHU Toolkit

Part 4



Toolkit for Childcare settings



- The Eastern Ontario Health Unit has developed the Physical Activity Environment Self-Assessment & Planning Toolkit – “the Toolkit”.



Purpose & Scope

The Toolkit is...

an intervention that aims to improve the physical activity environment, policies and practices of childcare settings.



Is the Toolkit for you?

The Toolkit is intended for:

- Childcare settings who have demonstrated an interest in improving the physical activity environment, policies or practices; or
- Childcare settings who are not meeting the minimum requirements for physical activity and sedentary behaviour.



Toolkit Overview

- Section 1: Assessment Survey
- Section 2: Action Planning Guide
- Section 3: Glossary
- Appendix: Best Practice Recommendations
- Resources



Where to find the Toolkit

- Visit our website at www.eohu.ca
- Click [here](#) to access the video and download the Toolkit.



Session Check-in



Learning Activity

Part 5



Learning Activity

- Using your own setting as an example:
 - select one area of assessment;
 - Complete section 1 – assessment survey for the area selected;
 - Complete section 2 – Action Planning Guide for your selected area of assessment.
- Use the printed sheets provided at your table.



Considerations

- Budget (or lack thereof)
- Access to support
- Your own physical activity behaviours
- Small steps count
- Others?

