



steps to  
grow on<sup>SM</sup>

**A fun fitness and nutrition program  
for children ages 3 to 5**



**Children's<sup>®</sup>**  
*Healthcare of Atlanta*

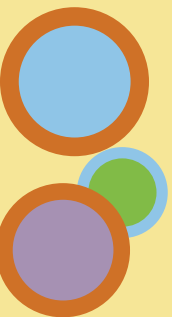


Developed by Children's Healthcare of Atlanta, Steps to Grow On is a free program that provides early childcare professionals with the tools and education they need to teach children ages 3 to 5 about nutrition and physical activity. The number of overweight children ages 2 to 5 has doubled during the past 30 years. With the number of children in early childcare increasing, there is a growing opportunity to educate them about nutrition and physical activity.

## **Why Steps to Grow On?**

One way to reverse the trend of poor health outcomes for children in Georgia is by increasing our focus on wellness and prevention early in children's lives. We know that:

- Early childhood development is influenced by characteristics of the child, family and social environment.
- Nutrition and fitness education in childcare settings can advance the health of young children and their families.
- The health of children who receive childcare, as well as that of siblings, parents and caregivers, may be positively affected by an organized, targeted fitness and nutrition education program.





## What is Steps to Grow On?

Each Steps to Grow On childcare center will receive a kit with everything instructors need to implement the program, including:

- Interactive curriculum that meets Georgia Early Learning Standards, as well as complimentary take-home materials for families
- Comprehensive programming that targets children ages 3 to 5 in a fun, energetic way
- Professional development for teachers that corresponds to healthy lifestyle topics, including nutrition and physical activity (Each training module offers continuing education credit approved by Bright from the Start: Georgia Department of Early Care and Learning.)
- A complete health education toolkit containing student lessons, classroom activities and parent newsletters that can be replicated for distribution and used in any early childhood development center
- Short-term and long-term evaluation of program design and behavioral impact

## How do I get Steps to Grow On for my center?

Visit [www.choa.org/earlychildhood](http://www.choa.org/earlychildhood) or call 404-785-6824.





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*As a not-for-profit organization, Children's Healthcare of Atlanta produces materials in-house using the most cost-efficient paper and printing techniques.*

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