



How Do I Qualify?

You can join the project if you....

- Have run a child care in your home for 6 months or more.
- Care for at least 1 child between the ages of 2 and 5.
- Serve the children eat at least one meal and snack.
- Can read and speak English or Spanish.
- Expect to be running a child care program in your home a year from now.
- Have a working phone (home or cell).



Healthy Start Research Group

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Healthy Start Comienzos Sanos



A Research Project to Help Home Childcare Providers





What is Healthy Start?

Healthy Start is a research project with family child care providers to help create healthy environments for the children in their care.

- All providers in the project will receive a free, 8 month training program.
- Half of the providers will be assigned to the nutrition and physical activity group.
- Half of the providers will be assigned to the reading readiness group.
- All providers will be given educational materials and a support coach to work with them.
- The study will last for 12 months in each home.

Why Should I Join?

You will get....

- Professional development credit (16 hours).
- A personal support coach to help you make positive changes in your child care.
- Educational videos and materials in English or Spanish.
- A set of active toys or books for your home.
- Monthly workshops with your support coach and other providers to offer support and problem solve challenges.
- Thank you gift cards and cash up to \$590.



What Will Happen if I Join?

Before the Study...

- First, a short telephone survey with a project staff member.
- Then staff will have a short visit with you, to explain the study and conduct a second survey.
- Next, a 2-day visit will be scheduled and done in your home. Some of the children will be measured.
- All data collected will be confidential.

During the Study...

- Your support coach will visit you one time and will then call you once a month.
- You will receive educational materials and videos each month on a topic you choose.
- You will be invited to monthly group meetings.

After the Study...

- Another set of surveys, home visits, and child measurements.