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COVID-19

Resources

DHS

[https://dhs.iowa.gov/
childcare-covid-19](https://dhs.iowa.gov/childcare-covid-19)

HCCI

[www.idph.iowa.gov/hcci/
products](http://www.idph.iowa.gov/hcci/products)

CCR&R

[www.iowaccrr.org/
providers/links/
resources2020/](http://www.iowaccrr.org/providers/links/resources2020/)

CDC

[www.cdc.gov/
coronavirus/2019-ncov/
index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.

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www.earlychildhood.iowa.gov

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Setting Goals for a Healthy New Year!

Happy New Year!

Many of us at this time are kicking off the new year with resolutions or setting personal and/or professional goals. You may be trying to get better sleep, get organized, reduce stress or want to learn a new skill or hobby. If you are still thinking about what you would like to work on, a couple of goals to consider are eating healthier and becoming more active. Goals supporting healthier lifestyle habits can also be incorporated into your early childhood program to encourage children with eating healthier and becoming more active.

Promoting healthy behaviors in early childhood is also very important, so it's a win-win for both you and the children you care for! Community Health Consultant Erin Olson, shares "In the early care setting, children are developing taste preferences, learning gross motor skills and observing and modeling the behaviors of their caregivers. You and your staff are in a unique position to help foster healthy habits for years to come for the children and youth in your care. 5-2-1-0 Healthy Choices Counts! offers easy-to-remember guidelines and strategies to increase healthy eating and physical activity.

Visit our [website](#) to access resources and tools to help increase healthy eating and physical activity at your site." For more information on this program visit: <http://www.iowahealthieststate.com/resources/individuals/5210/>

One strategy that is commonly used is to use the acronym SMART when setting goals. SMART goals contain the following: Specific, Measurable, Attainable, Relevant and Timely (SMART). SMART goals helps to provide a good framework of what we want to accomplish.

Some other things to consider when setting a goal:

- Breaking down a goal to take smaller steps can help to accomplish bigger goals. Bigger goals can sometimes be challenging and complex and may need smaller goals to help achieve the larger goal.
- Be realistic about a goal for yourself or for your early childhood program. Setting too big of a goal or one that's not achievable can lead to getting discouraged and potentially disregarding the goal all together.
- Consider sharing your ECE program goals with staff and families that you serve and highlight progress that is being made to help achieve the outcome you have planned.
- Once a goal is achieved, whether personal or professional, be sure to celebrate your completed goals! It takes much effort, dedication and hard work to accomplish goals, so be proud of what is accomplished! Happy goal setting!

