



# EMPOWER

## 10 Ways to Empower Children to Live Healthy Lives

- ★ **Standard 1:** Provide age- and developmentally-appropriate time for physical activity. Limit screen time and sedentary time.
- ★ **Standard 2:** Practice “sun safety.”
- ★ **Standard 3:** Provide a breastfeeding-friendly environment.
- ★ **Standard 4:** Participate in food programs and promote food resources that feed children and their families, as eligible and appropriate.
- ★ **Standard 5:** Limit serving fruit juice to no more than two times per week.
- ★ **Standard 6:** Implement all aspects of family-style meals at meals and snacks whenever possible and developmentally appropriate. Do not use food as punishment or reward.
- ★ **Standard 7:** Provide monthly opportunities to increase awareness about oral health.
- ★ **Standard 8:** Ensure that staff receive three hours of training annually on Empower topics.
- ★ **Standard 9:** Maintain a tobacco- and nicotine-free environment, including prohibiting vaping products, and make tobacco quit resources available to staff.
- ★ **Standard 10:** Provide an environment that supports the social and emotional development of children, families, and staff.

Empower child care facilities will develop and implement a written policy for each standard that meets the needs of all children served.

Policies should be effective no later than July 1, 2023.

Visit us at [theempowerpack.org](http://theempowerpack.org)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES