



Compliance Officer Name _____

Today's Date (mm/dd/yyyy) _____

Facility Name _____

Facility ID number _____

Serves infants (6 weeks to 12 months) yes no

Serves toddlers (1 and 2-year-olds) yes no

Serves preschoolers (3 to 5-year-olds) yes no

Serves school age (5 to 12-year-olds) yes no

Provides half-day service only (6 hours or less of operations) yes no

Self-assessment completed by

Name _____ Position _____

Facility email _____



The Arizona Department of Health Services (ADHS) would like information about your implementation of the Empower program. This information will be used to help us better support Empower facilities throughout Arizona. Additional information and resources can be found at azdhs.gov/empower.

Think about the typical operations in your program over the last 30 days and answer the questions below
Remember: all standards and components apply to all programs unless otherwise indicated!

Written Policies and Family Education									
Please circle Y (Yes) if you are following that practice, N (No) if not, or U (Unknown) if you are uncertain if the practice is in place for each component:									
10 Standards	Does your program have a written policy?			Has your program's written policy been updated since 7-1-23?			Does your program provide family education?		
Physical Activity/Screen Time/Sedentary Time	Y	N	U	Y	N	U	Y	N	U
Sun Safety	Y	N	U	Y	N	U	Y	N	U
Breastfeeding-friendly Environment	Y	N	U	Y	N	U	Y	N	U
Food Programs and Food Resources	Y	N	U	Y	N	U	Y	N	U
Fruit Juice	Y	N	U	Y	N	U	Y	N	U
Family-style Meals	Y	N	U	Y	N	U	Y	N	U
Oral Health	Y	N	U	Y	N	U	Y	N	U
Staff Training	Y	N	U	Y	N	U			
Tobacco/Nicotine-free	Y	N	U	Y	N	U	Y	N	U
Social-Emotional Development	Y	N	U	Y	N	U	Y	N	U

Standard 1: Physical Activity/Screen Time/Sedentary Time				
Provide age- and developmentally-appropriate time for physical activity. Limit screen time and sedentary time.				
Circle the description below that best matches your practice for each age group served. Bold options are based on full days. Half-day options are approximations.				
Tummy time for infants (6 weeks to 12 months) with supervision and when safe and appropriate. <input type="checkbox"/> Check this box if no infants are served. Do not mark any answer.	1 time per day or less (Half day: 3 times per week or less)	2 times per day (Half day: 4 times per week)	3 times per day (Half day: 1 time per day)	4 times per day or more (Half day: 2 times per day or more)
Daily physical activity for toddlers (1 and 2-year-olds). <input type="checkbox"/> Check this box if no toddlers are served. Do not mark any answer.	Less than 60 min (Half day: less than 15 min)	60-74 min (Half day: 15-29 min)	75-89 min (Half day: 30-44 min)	90 min or more (Half day: 45 min or more)
Daily physical activity for preschoolers (3 to 5-year-olds). <input type="checkbox"/> Check this box if no preschoolers are served. Do not mark any answer.	Less than 60 min (Half day: less than 30 min)	60-89 min (Half day: 30-44 min)	90-119 min (Half day: 45-59 min)	120 min or more (Half day: 60 min or more)
Daily physical activity for school-age children (5 to 12-year-olds). <input type="checkbox"/> Check this box if no school-aged children are served. Do not mark any answer.	Less than 20 min (Half day: less than 10 min)	20-39 min Half day: 10-19 min)	40-59 min (Half day: 20-29 min)	60 min or more (Half day: 30 min or more)

Standard 1: Physical Activity/Screen Time/Sedentary Time

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time

Often - Practiced **most** (at least 50% but less than 90%) of the time

Sometimes - Practiced **some** (Less than 50% but more than 0%) of the time

Never - Practiced **none** (0%) of the time

Provides a combination of daily indoor and outdoor physical activity for all children, including infants, if they are enrolled.	Always	Often	Sometimes	Never
Provides physical activity that includes both adult-led activities and free play. Applies to all children 2 years and older. <input type="checkbox"/> Check this box if your program only serves infants and children under 2 years of age. Do not mark any answer.	Always	Often	Sometimes	Never
Provides both moderate (i.e. walking) and vigorous (i.e. running) physical activity. Applies to all children 2 years and older. <input type="checkbox"/> Check this box if your program only serves infants and children under 2 years of age. Do not mark any answer.	Always	Often	Sometimes	Never
Limits screen time to 30 minutes or less per week with certain exceptions (see website). <input type="checkbox"/> Check this box if your program only serves infants and children under 2 years of age. Do not mark any answer.	Always	Often	Sometimes	Never
Prohibits screen time for children under two years old, if enrolled. <input type="checkbox"/> Check this box if your program only serves children 2 years and above. Do not mark any answer.	Always	Often	Sometimes	Never
Limits time children are expected to remain seated for no more than 15 minutes at a time, with certain exceptions for school-age children (see website), not including nap time, if applicable, and meal time.	Always	Often	Sometimes	Never
Does not use physical activity or screen time as a reward or punishment for all children, including infants, if enrolled.	Always	Often	Sometimes	Never
Please provide any additional comments regarding the implementation of the physical activity standard here (Optional):				

Standard 2: Sun Safety

Practice "sun safety."

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time

Often - Practiced **most** (at least 50% but less than 90%) of the time

Sometimes - Practiced **some** (Less than 50% but more than 0%) of the time

Never - Practiced **none** (0%) of the time

Encourages the use of sunscreen before going outside as per label and age recommendations.	Always	Often	Sometimes	Never
Encourages use of SPF 30 lip balm as per label and age recommendations.	Always	Often	Sometimes	Never
Encourages wearing hats or caps that shade the face.	Always	Often	Sometimes	Never
Encourages wearing sunglasses with UV protection.	Always	Often	Sometimes	Never
Encourages clothing that covers skin adequately when playing or working outdoors.	Always	Often	Sometimes	Never
Seeks shade when playing outdoors.	Always	Often	Sometimes	Never
Is mindful of the sun's ray intensity (UV Index) when planning outdoor activity.	Always	Often	Sometimes	Never
Limits sun exposure during peak hours (10 am to 4 pm).	Always	Often	Sometimes	Never
Please provide any additional comments regarding the implementation of the sun safety standard here (Optional):				

Standard 3: Breastfeeding-friendly Environment
Provide a breastfeeding-friendly environment.

Please circle **Yes** if you are following that practice, **No** if not, or **Unknown** if you are uncertain if the practice is in place for each component:

Provides privacy for families or staff to breastfeed or express milk.	Yes	No	Unknown
Provides access to a comfortable chair for breastfeeding or pumping.	Yes	No	Unknown
Provides access to electrical outlets for breast pumps.	Yes	No	Unknown
Provides access to a handwashing sink.	Yes	No	Unknown
Makes space available in the refrigerator or freezer to store breast milk as per storage and feeding guidelines.	Yes	No	Unknown
Uses a written feeding plan to support families of any child receiving breast milk. <input type="checkbox"/> Check this box if you only serve children older than 2 years of age. Do not mark any answer.	Yes	No	Unknown
Displays breastfeeding promotional materials such as posters.	Yes	No	Unknown

Please provide any additional comments regarding the implementation of the breastfeeding-friendly environment standard here (Optional):

Standard 4: Food Resources and Programs

Participate in food programs and promote food resources that feed children and their families, as eligible and appropriate.

Please circle **Yes** if you are following that practice, **No** if not, or **Unknown** if you are uncertain if the practice is in place for each component:

Participates in food programs (for example Child and Adult Care Food Program, National School Lunch Program, At Risk afterschool meals) to provide meals and snacks to children when eligible and beneficial.	Yes	No	Unknown
Staff is knowledgeable about food resources and shares information with families as appropriate (WIC, SNAP, food banks, mobile markets, summer feeding programs, etc.).	Yes	No	Unknown

Please provide any additional comments regarding the implementation of the food resources and programs standard here (Optional):

Standard 5: Fruit Juice
Limit serving fruit juice to no more than two times per week.

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time

Often - Practiced **most** (at least 50% but less than 90%) of the time

Sometimes - Practiced **some** (Less than 50% but more than 0%) of the time

Never - Practiced **none** (0%) of the time

Does your facility serve fruit juice to children? Check one. Yes No

Provides water throughout the day.	Always	Often	Sometimes	Never
Provides water as the first choice for thirst.	Always	Often	Sometimes	Never
Water is offered both inside and outside and where children can reach it.	Always	Often	Sometimes	Never
Limits serving fruit juice to twice a week or less for children one-year and older. <input type="checkbox"/> Check this box if no fruit juice is served. Do not mark any answer. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Limits serving to 4-8 ounces of fruit juice per day, depending on age. <input type="checkbox"/> Check this box if no fruit juice is served. Do not mark any answer. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Serves only 100% pasteurized fruit juice with no added sugar. <input type="checkbox"/> Check this box if no fruit juice is served. Do not mark any answer. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Serves fruit juice only at snack times. Juice should not be served when milk is being served. <input type="checkbox"/> Check this box if no fruit juice is served. Do not mark any answer. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never

Please provide any additional comments regarding the implementation of the fruit juice standard here (Optional):

Standard 6: Family-style meals

**Implement all aspects of family-style meals at meals and snacks whenever possible and developmentally appropriate.
Does not use food as punishment or reward.**

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time

Often - Practiced most (at least 50% but less than 90%) of the time

Sometimes - Practiced some (Less than 50% but more than 0%) of the time

Never - Practiced none (0%) of the time

Food is served from a serving container on the table where children are seated. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Children serve themselves, independently or with the help of a staff member. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Children pass serving containers from person to person. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Requires staff to sit, participate, and interact with children during meals and snacks. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
When possible, staff members eat the same facility-provided food and beverages as the children during meals and snacks. If no food is provided by the facility, staff eat their own food from home, serving as a model. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Allows children to choose what and how much to eat. <input type="checkbox"/> Check this box if you only serve infants. Do not mark any answer.	Always	Often	Sometimes	Never
Uses child-sized serving utensils for children under age 5. <input type="checkbox"/> Check this box if you only serve school-aged children (5 to 12-year-olds). Do not mark any answer.	Always	Often	Sometimes	Never
Does not use food as a punishment or reward.	Always	Often	Sometimes	Never
Please provide any additional comments regarding the implementation of the family-style meals standard here (Optional):				

Standard 7: Oral Health**Provide monthly opportunities to increase awareness about oral health.**

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time**Often** - Practiced most (at least 50% but less than 90%) of the time**Sometimes** - Practiced some (Less than 50% but more than 0%) of the time**Never** - Practiced none (0%) of the time

Beverages other than water are limited to snack and meal times	Always	Often	Sometimes	Never
Does not put children to sleep with a bottle or sippy cup. <input type="checkbox"/> Check this box if you only serve preschool and school-aged children (3 years and older) in the program. Do not mark any answer.	Always	Often	Sometimes	Never
Offers planned monthly discussion/education with children on recommended topics and/or implements a daily tooth brushing program. Examples may include tooth decay, beverages, hygiene habits, and going to the dentist.	Yes	No	Unknown	
Please provide any additional comments regarding the implementation of the oral health standard here (Optional):				

Standard 8: Staff Training**Ensure that staff receive three hours of training annually on Empower topics.**Please circle **Yes** if you are following that practice, **No** if not, or **Unknown** if you are uncertain if the practice is in place for each component:

Staff receive three hours of training on Empower topics annually.	Yes	No	Unknown
Requires program directors to provide training or resources on all Empower topics to staff throughout the year.	Yes	No	Unknown
All staff are given an opportunity to enroll in the Arizona Early Childhood Workforce Registry.	Yes	No	Unknown
Please provide any additional comments regarding the implementation of the staff training standard here (Optional):			

Standard 9: Tobacco/Nicotine-free**Maintain a tobacco- and nicotine-free environment, including prohibiting vaping products, and make tobacco quit resources available to staff.**Please circle **Yes** if you are following that practice, **No** if not, or **Unknown** if you are uncertain if the practice is in place for each component:

Provides information on the dangers of second and third-hand smoke to families and staff annually.	Yes	No	Unknown
Provides referrals to staff to quit tobacco resources (ASHLine or others).	Yes	No	Unknown
Posts tobacco/nicotine-free signage at all entrances to the facility.	Yes	No	Unknown
Please provide any additional comments regarding the implementation of the tobacco/nicotine-free standard here (Optional):			

Standard 10: Social-Emotional Development

Provide an environment that supports the social and emotional development of children, families, and staff.

For each of the listed components below, circle how frequently each was practiced using the rating definitions below:

Always - Practiced all (90% or more) of the time

Often - Practiced most (at least 50% but less than 90%) of the time

Sometimes - Practiced some (Less than 50% but more than 0%) of the time

Never - Practiced none (0%) of the time

Staff are given the opportunity to complete recommended courses on social-emotional development.	Always	Often	Sometimes	Never
The staff builds meaningful relationships with children, families, and co-workers.	Always	Often	Sometimes	Never
There is regular communication between staff and families.	Always	Often	Sometimes	Never
The physical environment is designed around children's interests and abilities.	Always	Often	Sometimes	Never
Daily schedule balances individual, small group, and large group experiences.	Always	Often	Sometimes	Never
Transitions and wait times are minimized.	Always	Often	Sometimes	Never

Please provide any additional comments regarding the implementation of the social-emotional development standard here (Optional):

General Comments (Optional): Use this section to provide feedback on this new self-assessment tool or anything else regarding the implementation of the Empower standards.