

A Message for Center Directors and/or Owners

Congratulations on completing the HC² curriculum training! Now that you have finished the training, you may be wondering how you can begin implementing changes in your center regarding the four HC² policies. Something to keep in mind is that **change does not happen overnight**. It takes time and every center is different. We recommend the following action steps (in no particular order) to guide you as you begin this journey:



- **Add the four HC² policies to your Parent Handbook and/or other relevant center documents.** Review them in detail with your staff and families.
- **Assess the needs of your center:** Ask yourself, “Which areas can we make improvements on?” (i.e. Snack Policy, Physical Activity Policy, Screen Time Policy, Beverage Policy).
- **Set reasonable goals and objectives** for your center to begin making healthy changes. *Example:* In four weeks, the director will verify that every 2-5 year old classroom has a pitcher of water and cups available for children to drink water.
- **Arrange Staff Trainings** (e.g. monthly or as necessary) around these policies to ensure that teachers and staff understand the four policies and how to be healthy role models for children and families.
- **Arrange Parent Trainings** around these four policies to promote healthy role modeling among parents and families at home.
- **Review your menus** and speak with your caterer (or cook if you are a self-prep site) if you have concerns over the food served at your center.