

2- TO 5-YEAR-OLD CHILDREN

SECTION I: Information About Yourself

Position at childcare center: _____

How long have you been in this position? _____

3. How long have you been a childcare provider?	<input type="checkbox"/> <1 year	<input type="checkbox"/> 1-5 years	<input type="checkbox"/> >5 years
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4. What is your level of education?	<input type="checkbox"/> High School diploma/GED	<input type="checkbox"/> Associates Degree	<input type="checkbox"/> Some College	<input type="checkbox"/> 4-year degree	<input type="checkbox"/> Graduate Degree
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SECTION II: Information About Your Childcare Center

1. Number of children at center: _____

2. Approximately what percentage of the children in your center are of the following racial/ethnic groups?	___ White	___ Black	___ Hispanic	___ Asian	___ Other	___ Don't know
3. Approximately what proportion of the children in your center are of the following household income groups?	<input type="checkbox"/> <\$25,000	<input type="checkbox"/> \$25,001-\$50,000	<input type="checkbox"/> \$50,001-\$100,000	<input type="checkbox"/> >\$100,000	<input type="checkbox"/> Don't know	
4. Is your center a Head Start site?	<input type="checkbox"/> Yes		<input type="checkbox"/> No		<input type="checkbox"/> Don't know	
5. Does your center participate in the USDA Child and Adult Care Food Program (CACFP)?	<input type="checkbox"/> Yes		<input type="checkbox"/> No		<input type="checkbox"/> Don't Know	
If no, why are you currently not participating in the CACFP?						
Does your center participate in the Bright Stars quality rating system?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		<input type="checkbox"/> Don't Know		
If no, why are you currently not participating?						

SECTION III: Nutrition at Your Childcare Center

Which foods and beverages were provided yesterday?	Not Provided	Provided at Breakfast	Provided at Lunch	Provided at Dinner	Provided at Snack-time	Don't Know
1. Fruit canned in syrup (heavy or lite)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Other fruit including fresh, canned in water or own juice, dried or frozen (do not include fruit juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. French fries, tater tots, hash browns, or other fried potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Beans like pinto beans, black beans, chili with beans, refried beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Other vegetables including fresh, frozen, or canned (do not include fried potatoes or cooked dry beans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Sweetened drinks like soda, sports drinks, Kool-aid, Sunny Delight, Hawaiian Punch, lemonade fruit drinks, aguas frescas, sweet tea (do not include diet drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 100% fruit or vegetable juice (do not include fruit-flavored drinks like Kool-Aid, Sunny Delight, Hawaiian Punch, lemonade, aguas frescas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Non-fat or 1% Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Where is the food provided by your center prepared?	<input type="checkbox"/> Prepared on site by cook	<input type="checkbox"/> Prepared by outside food service provider	<input type="checkbox"/> Prepared on site by teacher	<input type="checkbox"/> Prepared by a central kitchen	<input type="checkbox"/> _____ Other	<input type="checkbox"/> Don't Know
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11. How is the food provided by your center usually served and/ or portioned? (Do not include parent provided foods)	<input type="checkbox"/> Served family style (i.e. children self-serve)	<input type="checkbox"/> Pre-portioned by food service provider	<input type="checkbox"/> Served and portioned by staff at the center	<input type="checkbox"/> _____ Other	<input type="checkbox"/> Don't Know
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12. Who is responsible for menu planning?	<input type="checkbox"/> Corporate Headquarters	<input type="checkbox"/> Center Owner	<input type="checkbox"/> Director	<input type="checkbox"/> Dietitian	<input type="checkbox"/> Food service provider	<input type="checkbox"/> _____ Other	<input type="checkbox"/> Don't Know
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For childcare directors who purchase any food for their center, how much do you agree or disagree the following statements regarding nutrition at your center?

Note: "Healthy foods" refers to the vegetables, fruits, low-fat or fat-free milk products, whole grains, lean meat, and water"

13. Healthy foods are available at the store where I do my food shopping.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
14. I am able to identify healthy foods to prepare.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
15. I use the nutrition facts on food labels to make purchasing decisions.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
16. I compare prices among healthy foods.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
17. I often choose a less healthy option because it is more affordable.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

For directors who prepare food on-site, how much do you agree or disagree with the following statements regarding nutrition at your center?

Note: "Healthy foods" refers to the vegetables, fruits, low-fat or fat-free milk products, whole grains, lean meat, and water"

18. There are enough staff members available to prepare snacks and meals.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
19. It is hard to prepare healthy snacks and meals because the preparation time is too long.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
20. There is limited counter space to prepare healthy snacks and meals.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
21. There is not enough refrigeration space to store perishable food.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
22. There is not enough freezer space to store frozen food.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
23. Fresh fruits and vegetables go bad too quickly to be able to serve them very often.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
24. Fresh fruits and vegetables are too expensive to serve at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

For directors who use a food service provider, how much do you agree or disagree with the following statements regarding nutrition at your center?

Note: "Healthy foods" refers to the vegetables, fruits, low-fat or fat-free milk products, whole grains, lean meat, and water"

25. I have input on menus written by my food service provider.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
26. I am NOT satisfied with the quality of the food that my food service provider is providing to my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
27. In my opinion, the food provided by my food service provider is healthy.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

Part IV. Involvement in nutrition at your center.

How much do you agree or disagree with the following statements regarding your *staff's* involvement in nutrition at your center?

1. On average my staff has limited/no education/training in nutrition.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
2. Nutrition education is regularly offered to the staff.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
3. Staff members sit with the children during snacks and meals.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
4. Staff members rarely eat the same foods and have the same drinks as the children.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
5. The staff at my center are highly motivated to serve healthy foods to the children.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
6. Providers are encouraged to finish the food on their plate.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

How often are children involved in these aspects of food and nutrition education at your center?

7. Children are involved in structured nutrition education (based on lesson plans, books, experiential activities).	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Don't Know
8. Children are involved in cooking activities and hands-on sensory food experiences.	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Don't Know
9. Children like to try new foods.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

How much do you agree or disagree with the following statements regarding parents' involvement in nutrition at your center?

10. Parents demand that their children be served healthy foods.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
11. Parents care more about the quantity of food that their children are eating.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
12. Parents care more about the quality of food that their children are eating.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
13. Snacks and meals supplied by parents are checked to make sure that they meet the nutrition standards of the facility.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
14. From conversations with parents and children, it seems that parents are knowledgeable about healthy foods to serve to children.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
15. From conversations with parents and children, it seems that parents reinforce nutrition education at home.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
16. It seems that parents are concerned about the quality of fruits and vegetables.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
17. When parents bring outside meals for their children, the food brought in is often healthy.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

Part V: Attitudes Regarding Nutrition at Your Childcare Center

How much do you agree or disagree with the following statements regarding your attitudes towards nutrition at your center?

1. I believe it is important to offer healthy foods to children in my care.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
2. I believe it is important to let children see me enjoying the same healthy foods they are eating.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
3. I am concerned that enrollment will drop if I begin serving healthier snacks and meals.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
4. I believe it is important to communicate with parents regarding nutrition.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
5. I discuss with parents if lunches or snacks sent in are not healthy.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
6. It is difficult to encourage children of a variety of ethnic backgrounds to eat the food at the center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
7. I am concerned about wasting food because the children won't eat healthy food.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

9. Are there any other limiting factors/barriers not referred to in this survey what would keep you from serving nutritious meals and snacks?

Part VI: Food-Related Policies at Your Childcare Center

1. How strong is the policy or guidelines on what foods can/cannot be brought in.	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy	<input type="checkbox"/> Don't Know
2. If there is a policy on what foods can/cannot be brought in, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.	<input type="checkbox"/> Don't Know
3. How strong is the policy on what staff can eat and drink in front of the children?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy	<input type="checkbox"/> Don't Know

Part VII: Physical Activity at Your Childcare Center

How much activity was included at your center?

For these questions, "structured" is defined as a teacher led activity, and "unstructured" is a child-led activity like running, playing or climbing on play equipment.

1. Yesterday, how many minutes of structured physical activity did the children engage in?	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> 31-45 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> More than 60 minutes	<input type="checkbox"/> Don't Know
2. Yesterday, how many minutes of unstructured physical activity did the children engage in?	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> 31-45 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> More than 60 minutes	<input type="checkbox"/> Don't Know
3. Approximately how much time did the children spend watching television/videos, playing on the computer, or playing electronic games at your center last week?	<input type="checkbox"/> Never or rarely	<input type="checkbox"/> 2 hours or less	<input type="checkbox"/> 3-4 hours	<input type="checkbox"/> 5 or more hours	<input type="checkbox"/> Don't Know

Part VIII: Involvement in physical activity at your center

How much do you agree or disagree with the following statements regarding physical activity facilities and equipment at your center?

4. There is an on-site outdoor play area.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
5. There is A LACK OF stationary playground equipment.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
6. There is A LACK OF portable playground equipment (e.g. sports balls).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
7. Our center has plenty of wheeled toys.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
8. The outdoor play area has a large open space for group game.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
9. There is an on-site indoor play area.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
10. Most play equipment is too expensive for our center to afford.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

How much do you agree or disagree with the following statements regarding your staff's involvement in physical activity at your center?

11. On average, my staff has very limited or no training or education in physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
12. Physical activity training (other than playground safety) is offered to child-care staff.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
13. On average, my staff is physically unable to participate in active play with the children.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
14. There is a shortage of staff to engage children in structured physical activities.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
15. The staff members at my center enjoy joining in with the children in play.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
16. The staff encourages children to go outside when it is cold out.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
17. It would be difficult to make sure the children are active for at least one hour per day.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

How much do you agree or disagree with the following statements regarding children's involvement in physical activity at your center?

18. Children (2-5 years) go outside every day (not including days when extreme weather conditions don't allow for outdoor play time).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
19. Children (2-5 years) go outside during the winter months as often as they do during the summer months.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
20. During child-led (or unstructured) active playtime, children who are not moving are prompted to be active (e.g. join other children in active play).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
21. As a reward, we often allow children extra time for physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
22. When bad weather (rain, snow, or extreme cold) prevents the children from going outside, it is difficult to keep the children physically active indoors.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
23. Parents are encouraged to provide children with appropriate clothing for going out in the snow.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

How much do you agree or disagree with the following statements regarding parents' involvement in physical activity at your center?

25. Parents demand that their children are physically active.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
26. Parents dress their children appropriately for outdoor physical activity (e.g. coat, hat, & gloves in winter/appropriate footwear in summer).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
27. Parents do not want children to go outside when it gets cold.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

Part IX: Attitudes Regarding Physical Activity at Your Childcare Center

How much do you agree or disagree with the following statements regarding *your* attitudes towards physical activity at your center?

1. I am concerned about the children's safety outside.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
2. I believe children's active play should not be shortened as a punishment.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
3. I believe it is important to communicate with parents regarding physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
4. I believe the outdoor space at my center is adequate to support physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
5. I believe the indoor space at my center is adequate to support physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
6. I believe children behave better when they are given plenty of activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
7. I believe it is important to strictly limit the amount of time children spend watching television or playing on the computer.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
8. I believe it is important to strictly limit children's access to television or movies regardless of the content.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

9. Are there any other limiting factors/barriers not referred to in this survey that you feel are keeping you from regularly engaging the children in physical activity on a daily basis?

Part X: Physical Activity-Related Policies at Your Childcare Center

1. How strong is the policy at your center to limit the amount of time a child can spend watching the television or a movie?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy	<input type="checkbox"/> Don't Know
2. If there is a policy to limit the amount of time a child can spend watching the television or a movie, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.	<input type="checkbox"/> Don't Know
3. How strong is the policy at your center to limit the amount of time a child can spend playing on the computer?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy	<input type="checkbox"/> Don't Know
4. If there is a policy to limit the amount of time a child can spend playing on the computer, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.	<input type="checkbox"/> Don't Know

Part XI: Attitudes Regarding Improvements In Nutritional and Physical Activity Standards in Childcare Centers

How much do you agree or disagree with the following statements regarding your attitudes about possible changes in standards for childcare centers?

1. There should be efforts made to ensure the nutritional quality of foods served.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
2. There should be efforts to ensure there are physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
3. I would support changes to state regulations that would establish a new standard for improved nutritional quality of foods served.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
4. I would support changes to state regulations that would establish increased physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
5. My center's staff/teachers would support changes to state regulations that would establish a new standard for improved nutritional quality of food.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
6. My teachers and staff would support changes that would establish increased standards for of physical activity at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
7. Parents would support changes to state regulations that would establish a new standard for improved nutritional quality of food.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
8. Parents would support changes to state regulations that would promote increased physical activity at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
9. Staff/teachers at my center will require information and training needed to implement changes to my center's nutrition standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know
10. Staff/teachers at my center will require information and training needed to implement changes to my center's physical activity standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Don't Know

11. If state officials make changes to the nutritional guidelines for foods served at childcare centers, what types of challenges do you think this would pose to you and your staff?

12. If state officials make changes to the regulations to create a more active environment in childcare centers, what types of challenges do you think it would pose to you and your staff?

13. What would it take to get staff/teachers on board with changing the regulations for the nutritional quality of food served at the center?

14. What would it take to get staff/teachers on board with changing the regulations to promote a more active environment in childcare centers?

INFANTS--TODDLERS UP TO 18 MONTHS

SECTION I: Information About Yourself

1. Position at childcare center: _____

2. How long have you been in this position? _____

3. How long have you been a childcare provider?	<input type="checkbox"/> < 1 year	<input type="checkbox"/> 1-5 years	<input type="checkbox"/> >5 years
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4. What is your level of education?	<input type="checkbox"/> High School diploma/GED	<input type="checkbox"/> Associates Degree	<input type="checkbox"/> Some College	<input type="checkbox"/> 4-year degree	<input type="checkbox"/> Graduate Degree
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SECTION II: Information About Your Childcare Center

Position at childcare center (if not director): _____ Number of children at center: _____

1. Approximately what percentage of the children in your center are of the following racial/ethnic groups?	___ White	___ Black	___ Hispanic	___ Asian	___ Other	___ Don't know
2. Approximately what proportion of the children in your center are of the following household income groups?	___ <\$25,000	___ \$25,001-\$50,000	___ \$50,001-\$100,000	___ >\$100,000	___ Don't know	

3. Is your center a Head Start site?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
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4. Does your center participate in the USDA Child and Adult Care Food Program (CACFP)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
If no, why is the center currently not participating?			

5. Does your center participate in the Bright Stars quality rating system?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
If no, why is the center currently not participating?			

6. Is there a policy on what staff can eat and drink in front of the children?	<input type="checkbox"/> Yes, there is a policy	<input type="checkbox"/> No policy	
7. If there is such a policy, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.
8. Is there a policy that staff must eat their own meal with the 12-18 month old children?	<input type="checkbox"/> Yes, there is a policy	<input type="checkbox"/> No policy	
9. If there is a policy that staff must eat their own meal with the 12-18 month old children, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.

SECTION III: Food and Nutrition for Infants and Toddlers at your Childcare Center

Does your center...				
1. Feed pumped breast milk to infants?	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
2. Allow mothers to breastfeed at your center before or after work or at lunch or break?	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
3. Offer mothers a pillow for her back, a stool for her feet and a glass of water for support during breastfeeding.	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
4. Have a designated area is provided for mothers to breastfeed their infants.	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
5. Have a quiet, comfortable and private place for mothers to breastfeed.	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
6. Provide visual support for breastfeeding is displayed (i.e. posters, books).	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
7. Encourage mothers to provide extra breast milk to be frozen for use if you run out during the day.	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all
8. Provide training on infant feeding practices and procedure?	<input type="checkbox"/> Yes, definitely	<input type="checkbox"/> Yes, somewhat	<input type="checkbox"/> Not really	<input type="checkbox"/> Not at all

How well prepared is your center to do the following?				
9. Thaw and prepare bottles of pumped breast milk if needed?	<input type="checkbox"/> Very Well prepared	<input type="checkbox"/> Somewhat prepared	<input type="checkbox"/> Not so well prepared	<input type="checkbox"/> Not well prepared at all
10. Ensure that all staff are trained in the proper handling of human milk?	<input type="checkbox"/> Very Well prepared	<input type="checkbox"/> Somewhat prepared	<input type="checkbox"/> Not so well prepared	<input type="checkbox"/> Not well prepared at all
11. Ensure that all staff are trained in the proper handling of formula?	<input type="checkbox"/> Very Well prepared	<input type="checkbox"/> Somewhat prepared	<input type="checkbox"/> Not so well prepared	<input type="checkbox"/> Not well prepared at all
12. Watch for cues to indicate hunger (not waiting for crying)?	<input type="checkbox"/> Very Well prepared	<input type="checkbox"/> Somewhat prepared	<input type="checkbox"/> Not so well prepared	<input type="checkbox"/> Not well prepared at all

During the past 4 weeks, who usually provides the following food items for infants at your center? Please check all that apply.	Your Center	Parent	Someone Else	Babies were not fed this item
13. Infant's formula?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Infant's cereal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Infant's food (baby food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Toddler's food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Toddler's snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. For infants who are formula fed, who decides what type of formula is provided?	<input type="checkbox"/> Parents only	<input type="checkbox"/> Staff only (based on availability)		<input type="checkbox"/> Parents and staff

Which foods and beverages were provided to infants or toddlers (up to 18 months) yesterday? Please check all that apply.	Not Provided	Provided at Breakfast	Provided at Lunch	Provided at Dinner	Provided at Snack-time
19. Breast milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Formula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Cow's Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Other Milk: soy milk, rice milk, goat milk, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Other dairy foods: yogurt, cheese, ice cream, pudding, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Other soy foods: tofu, frozen soy desserts, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. 100% fruit or 100% vegetable juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Infant Juice (juice marketed for babies)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Sweet drinks: juice drinks, soft drinks, soda, sweet tea, Kool-Aid, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Baby cereal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Other cereal/starches: breakfast cereals, teething biscuits, crackers, breads, pasta, rice, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Baby (jar) Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Cut up fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Canned fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Baby (jar) Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Vegetables – fresh cooked and cut up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Vegetables – canned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. French Fries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Meat, chicken, combination dinners same comment – are you referring to jar foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Fish or shellfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Peanut butter, other peanut foods, or nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Sweet foods: candy, cookies, cake, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Baby food (Jar) desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How much do you agree or disagree with the following statements regarding infants feeding practices at your center?

43. On average my staff has limited/no education/training on breastfeeding support.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
44. Infants are fed based on a fixed schedule.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
45. Infants are fed when they are hungry regardless of the schedule.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
46. Cereal is added to a bottle.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
47. Infants are fed food or drink other than breast milk before the age of 6 months.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

Section IV: Attitudes Regarding Nutrition of Infants at Your Childcare Center

To what degree do you agree with the following statements regarding *babies'* and *parents'* involvement in nutrition at your center?

1. Toddlers like to try new foods.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
2. Parents demand that their infants and toddlers be served healthy foods.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
3. Parents care more about the quantity (than quality) of food that their infants and toddlers are eating.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
4. Parents care more about the quality (than quantity) of food that their toddlers are eating.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
5. Snacks and meals supplied by parents are checked to make sure that they meet the nutrition standards of the facility.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
6. Parents are knowledgeable about healthy foods to serve to toddlers.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding *parents'* involvement in the nutrition of infants at your center?

7. Introduction of any new food between the ages of 4 to 6 months is done by request of the parent only.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
8. Infant feeding times are coordinated with breastfeeding mothers.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding *your* and your *staff members'* attitudes towards infant nutrition at your center?

9. I believe it is important to offer healthy foods to infants in my care.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
10. I am concerned that enrollment will drop if I am not able to provide resources to support breastfeeding.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
11. I am concerned that enrollment will drop if I begin serving healthier snacks and meals.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
12. Healthy foods are NOT too expensive to serve to the infants.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
13. I believe it is important to communicate with mothers regarding breastfeeding.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
14. I believe it is important to communicate with parents regarding infant nutrition.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
15. Most of my staff members do NOT feel that it is important to breastfeed.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
16. Most of my staff members think that it is important to feed infants and toddlers in my care.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

Section V: Food-Related and Breastfeeding Policies at Your Childcare Center

17. Is there a policy regarding what types of foods can/cannot be brought in?	<input type="checkbox"/> YES	<input type="checkbox"/> No	<input type="checkbox"/> No policy
18. If there is a policy on what foods can/cannot be brought in, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all.
19. Is there a policy regarding where mothers can breastfeed at your center?	<input type="checkbox"/> YES	<input type="checkbox"/> No	<input type="checkbox"/> No policy
20. If there is a policy regarding when mothers can breastfeed at your center, how well is it enforced?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy
21. Is there a policy regarding feeding infants solid food (cereal, fruit, vegetables) before the age of 4 months?	<input type="checkbox"/> YES	<input type="checkbox"/> No	<input type="checkbox"/> No policy
22. If there is a policy regarding feeding infants solid food (cereal, fruit, vegetables) before the age of 4 months, how well is it enforced?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy
23. Is there a policy on adding baby foods such as cereal or fruit to formula bottles?	<input type="checkbox"/> YES	<input type="checkbox"/> No	<input type="checkbox"/> No policy
24. If there is a policy regarding adding baby foods such as cereal or fruit to formula bottles, how well is it enforced?	<input type="checkbox"/> Strong Policy	<input type="checkbox"/> Weak policy	<input type="checkbox"/> No policy

25. Are there any other limiting factors/barriers not referred to in this survey that would keep you from serving nutritious meals and snacks?

26. Are there any other limiting factors/barriers not referred to in this survey that would keep you from supporting breastfeeding at your center?

Part VI: Attitudes Regarding Improvements In Nutritional and Physical Activity Standards in Childcare Centers

1. There should be efforts made to ensure the nutritional quality of foods served and physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
2. There should be efforts made to ensure that proper resources are available to mothers so that the can breastfeed at the center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
3. I would support changes to state regulations that would establish a new standard for improved nutritional quality of foods served and levels of physical activity at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
4. I would support changes to state regulations that would establish a new standard for breastfeeding at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
5. My center's staff/teachers would support changes to state regulations that would establish a new standard for improved nutritional quality of food and levels of physical activity at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
6. My center's staff/teachers would support changes to state regulations that would establish a new standard for breastfeeding support at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
7. Parents would support changes to state regulations that would establish a new standard for improved nutritional quality of food and levels of physical activity at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
8. Parents would support changes to state regulations that would establish a new standard for improved breastfeeding support at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
9. Staff/teachers at my center will require information and training needed to implement changes to my center's nutrition and physical activity standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
10. Staff/teachers at my center will require information and training needed to implement changes to breastfeeding standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

PHYSICAL ACTIVITY**Section VII: Physical Activity for Infants at Your Childcare Center**

1. Yesterday, how much time did infants spend in a bouncy seat, swing, or playpen?	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> 31-45 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> More than 60 minutes
2. Yesterday, how much "tummy time" did infants have?	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> 31-45 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> More than 60 minutes
3. Yesterday, how many times were infants given the opportunity to move around on the floor?	<input type="checkbox"/> Less than 1 time	<input type="checkbox"/> 1 time	<input type="checkbox"/> Several times	<input type="checkbox"/> At all times (excluding sleep and eating)
4. Yesterday, how much time did infants spend outdoors?	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> 31-45 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> More than 60 minutes
5. Last week, how much time did infants spend in front of a television?	<input type="checkbox"/> Never or rarely	<input type="checkbox"/> Less than 2 hours	<input type="checkbox"/> 2-3 hours	<input type="checkbox"/> 4 or more hours

How much do you agree or disagree with the following statements regarding sleep time for infants at your center?

6. Infants nap as they get tired, not based on a fixed schedule.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
7. Infants are awakened when staff determines that the nap is over.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding physical activity facilities and equipment for infants at your center?

11. Our center has plenty of infant equipment such as infant seats, highchairs, swings, bouncers, and exer-saucers for gross motor skill development.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
12. There is A LACK OF toys to encourage gross motor skill development.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
13. Our center has a sufficient amount of rugs and/or blankets for infants to play on.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
14. There is an on-site outdoor play area.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
15. Most play equipment is too expensive for our center to afford.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding your staff's involvement in infant physical activity at your center?

16. On average, my staff has limited/no training/education in infant physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
17. Staff members closely monitor infants when they are active.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
18. Infant physical activity training is offered to childcare staff.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
19. On average, my staff is physically unable to engage in play with the infants.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
20. Our center does not have enough staff to engage the infant in physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
21. Staff members gently move the infants by rolling, bouncing, swaying, turning.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
22. Staff members often provide toys and activities that encourage infants to do things for themselves (i.e. placing a toy out of reach and encouraging infant to move to get it).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
23. Staff members assist in infant head and neck development through activities such as placing infant on lap facing them, holding infant's hands, encouraging infant to stand, etc.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding your staff's involvement in infant physical activity at your center? (Continued)

24. The staff members at my center enjoy interacting with the infants (i.e. talking, playing, singing, or reading).	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
25. Staff members actively monitor infants' fine and gross motor skill development.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
26. It would be difficult to make sure the infants are active for at least one hour per day.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
27. When outdoors, staff allows infants to explore (rolling, scooting, crawling, walking) without being confined to infant seats or strollers.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
28. Staff members separate infants from older children during outdoor active play.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

How much do you agree or disagree with the following statements regarding parents' involvement in infant physical activity at your center?

29. Parents demand that their infants are active.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
30. Parents participate in play with infants when able.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

Section VIII: Attitudes Regarding Infant Physical Activity at Your Childcare Center

How much do you agree or disagree with the following statements regarding your attitudes towards infant physical activity at your center?

1. There should be limited use of infant equipment.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
2. It is important to communicate with parents regarding infant physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
3. The outdoor space at my center is adequate to support infant physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
4. The indoor space at my center is adequate to support infant physical activity.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
5. It is important to strictly limit the amount of time infants spend viewing a television.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
6. Efforts should be made to monitor infants' fine and gross motor development.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

Section IX: Physical Activity-Related Policies for Infants at Your Childcare Center

1. Is there a policy is there to limit the amount of time an infant spends viewing a television?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
2. If there is a policy to limit the amount of time an infant can spend watching the television or a movie, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all
3. Is there a policy is there to limit the types of equipment infants can use?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
4. If there is a policy to limit the types of equipment infants can use, how well is it enforced?	<input type="checkbox"/> Strongly enforced	<input type="checkbox"/> Weakly enforced	<input type="checkbox"/> Not enforced at all

Are there any other limiting factors/barriers not referred to in this survey that you feel are keeping you from regularly engaging the infants in physical activity on a daily basis?

Section X: Attitudes Regarding Improvements In Nutritional and Physical Activity Standards for Infants in Childcare Centers

How much do you agree or disagree with the following statements regarding possible changes to nutritional and physical activity standards for infants that attend Rhode Island childcare centers?

1. There should be efforts made to ensure that there are infant feeding standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
2. There should be efforts made to ensure that there are physical activity standards for infants at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
3. I would support changes to state regulations that would establish a new standard for infant feeding practices.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
4. There should be efforts made to ensure that proper resources are available to mothers so that they can breastfeed at the center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
5. I would support changes to state regulations that would establish increased infant physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
6. My center's staff/teachers would support changes to state regulations that would establish a new standard for improved infant feeding practices.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
7. My teachers and staff would support changes to state regulations that would establish increased infant physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
8. Parents would support changes to state regulations that would establish a new standard for improved infant feeding practices.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
9. Parents would support changes to state regulations that would establish increased infant physical activity standards at my center.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
10. Staff/teachers at my center will require information and training needed to implement changes to my center's infant feeding standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree
11. Staff/teachers at my center will require information and training needed to implement changes to my center's infant physical activity standards.	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly Disagree

12. If state officials make changes to the nutritional guidelines for infant feeding practices, what types of challenges do you think this would pose to you and your staff?

13. If state officials make changes to the regulations to promote a safe environment conducive to infant physical activity, growth, and development in childcare centers, what types of challenges do you think this would pose to you and your staff?

14. What would it take to get staff/teachers on board with changing the regulations for infant feeding practices at your center?

15. What would it take to get staff/teachers on board with changing the regulations that promote a safe environment conducive to infant physical activity, growth, and development at your center?
