



# Go NAP SACC

## *Using the Self-Assessment Instruments*



Taking a self-assessment is step one in Go NAP SACC's five steps to healthy change. The self-assessments cover five focus areas: *Breastfeeding & Infant Feeding*, *Child Nutrition*, *Infant & Child Physical Activity*, *Outdoor Play & Learning*, and *Screen Time*. Each is important for helping children build healthy eating and physical activity habits. We know that five areas can seem like a lot, and you may be wondering, "Where do I start?" The suggestions below will help you use the self-assessments in the way that works best for you.

### **Where should I start?**

- We suggest taking one or two self-assessments at a time—not all five. After you take one self-assessment, you can start planning for healthy changes in that specific area. This will give you a strong focus to help you succeed.
- When deciding where to start, consider the tips below:
  - Try to identify the focus areas that best fit your program's mission and overall goals.
  - Think about which areas you, your teachers, staff, and family members are most interested in improving. The enthusiasm and support of the group will help you reach your nutrition and physical activity goals.
  - *Child Nutrition* and *Infant & Child Physical Activity* are the core areas of the original NAP SACC. If you are new to making these kinds of changes, start with these areas to build a strong foundation.

### **What should I do when I finish?**

Once you complete the self-assessment, you will see your program's strengths and areas for improvement. This information will help you plan which improvements you want to make. Here are some tips on taking action:

- Before you start setting goals for change, take a moment to recognize and celebrate your strengths!
- Each self-assessment question represents a best practice that your program can strive to meet. To start, choose just 3-6 best practices as goals. Once you meet these, choose more.
- It's usually best to start with goals that will be easier to meet and will have the support of teachers, staff, and families. After you have successfully made some changes, you can move on to more challenging goals.
- After you choose your goals, set a date by which you want to reach them. Also, think about the people in your program and in your community who might be able to help you with this work.
- After you reach your goals, take the self-assessment again to see how you have improved. At this point, you can either keep working on the best practices you have not met, or start a self-assessment in a new area.

