

# AUREUREN POCHOKUN

REN EOCHUN MWONGO ME MWOKUTUKUT NON EKKEWE  
PROKRAMEN/NENIEN TUMWUNUN MONUKON/SEMIRIT ME SUKUN NON  
HAWAII (EARLY CHILDHOOD CARE AND EDUCATION SETTINGS)

Kachufenge  
nin Chon  
Angang me  
lin/Sam

Amwongan  
Monukon

Eochun  
Mwongo me  
Un

Fansoun  
Online/Minen  
Computer ika  
Kachito

Kaeo/Sinei  
Pekin  
Mwongo Mi  
Murrinno

Mwokutukut  
me Taiso

Porausan  
Eochun  
Mwongo

# ME MWAN

*Ekkei "Wellness Guidelines and Best Practices for Nutrition and Physical Activity in Hawaii's Early Childhood Care and Education Settings" ika Aureuren Pochokun me Namoten Angang ren Eochun Mwongo me Mwokutukutun Inis non Ekkewe Prokramen/Nenien Tumwunun Monukon/Semirit me Sukun non Hawaii (Wellness Guidelines ika Aureuren Pochokun) ew kachufengenin angang mi for ren chomongun aramas me agencies. Kinisou ngeni meinisin ekkewe chon kutta, chosa, me nenengeni ekkei poraus ren ekkei chommongun itenap mi unus non ei taropwe/mettoch. Ach ennetin kinisou ngeni ewe Early Childhood Action Strategy team ren On-track Health me Development ren ar awora ewe neni ren ach ei mwich.*

Met kich mi need ren nukucharan angang an epwe anisi pekin mwokutukutun inis me eochun mwongo ngeni kukun semirit a poputa mi muttr watteno. Semirit ra kon kitinupw a cheeu pwan arapakan emon me non unumon semirit seni unungat mwichen kinter non Hawaii ra kon kitinupw ika watte chour/pouner.<sup>1</sup> Semirit ra kon kitinupw a pwan afeiengaw ngenir an epwe torir ekkoch sakkun semwen ren (asthma) mwimwi, (sleep apnea) kounon ngasangas atun meur, osukosukan chuun me ar joints (ne-kachuun peche), me ekkoch sakkun semwenin suke type 2.<sup>2</sup> Semirit ir mi kitinupw ir ekkewe re konien watte ar amangawer nap seni chiechier kewe.<sup>3</sup> iwe mi pwan nap ngenir mi eani semwenin (anxiety) noninen/niwokus, (depression) chou/netipechou, me (low self-esteem) ese chiwen wor ar nukunuk non iir.<sup>4</sup> Mi tongeni wor mwochomwochan me taman feiengaw ren inisir, nonomwur, me meefer seni ar kitinupw. Non ewe taman, semirit ir mi kon kitinupw non ar kukun mi wewe ngeni ar repwe pwan watte chour/pouner ika ra watteno,<sup>5</sup> ew afeiengaw ngeni semwenin ngasangas, kanser, me strouk — ekkei unungat mi forata epwe wor mano non Hawaii.

Angangen kaeo (research) a pwarata pun eochun mwongo me sou mwokutukut mi murinno ren kukun semirit repwe pochokun me sopwoch non ekiekir, inisir, me non unuse nonomwer. Napengeni semiritin Hawaii ra anapa ar fansoun tumwun me nukun, non an childcare me nenien tumwun mi tongeni epwe angawa fefeitan/nonomun semirit. Ekkewe chon awora early childhood care and education (ECCE) ra fori ar angangan anisi semirit ren ar kaeo me mamaritan nonomwur iwe mi pachenong met ir mi eani, me usun ar mwokutukut, me fite ukukun taman ar nomw on computer ika minen katon. Chon aninis ren ECCE ra pwan ir chon aninis ngeni ekkewe famini ir mi chiwen oupwu nour monukon, kutta anen ar repwe atoura porausan minafon mwongo, sotuni ar repwe sou mwokutukut, me fori eochun manawan nour kewe semirit mwach kan.

Ewe Aureuren Pochokun a awora an epwe achufengen iochun mwongo (nutrition) me mwokutukut (physical activity) an epwe ew minen kaeo epwe fis iteitan ran. Ew me ew aureuren pochokun epwe achupa meinisin foforan pochokun me pachenong tichikin auchean me namotan angang. Ren sopwosopwun porausan osukosukan kitinupw ika watte chour/pouner, auchean ewe Aureuren Pochokun a awora auchean tumwun ngeni meinisin kinikin me mettoch nefianan chon angangan ECCE, semirit, me famini.

Chon angangen ECCE epwe meni ew sakkun kinikin anea ren foforan me mwokutukutun ekkei aureur. Ew mettochun pusin-nengeni (self-assessment) a chiwen fori ren an epwe anisi ukukun an angang fanitan meinisin mettoch ren ekkei Aureuren Pochokun. Sia anean amwo ekkei mettoch epwe wesen auchea ngnonuk nupwen kopwe pusin fori omw kokot me annuk ren aninis health me pochokun ren ekkewe kukun semirit non ei program.

Nongonongun ekkei Aureuren Pochokun iei *Tumwunun Nouch Kewe Semirit: National Health and Safety Performance Standards ngeni Early Care me Education Programs*. Ekkei Aureuren Pochokun a fen wes me chek ren ekkewe sou sinenap chon angangan local me national. Sopwosopwun aninis ra chufengen me ia e eto me ia, mi pachenong:

Head Start Program Performance Standards	Let's Move Child Care	Child and Adult Care Food Program
National Association for Family Child Care Accreditation Quality Standards	National Association for the Education of Young Children Accreditation Standards	Kinikinin Safei ren ewe "Early Childhood Obesity Prevention Policies"
Nemours Child Care Wellness Policy Workbook	Annukun Muun Hawaii	Hawaii Department of Education Wellness Guidelines (An Pwutaiin Sukun non Hawaii Aureuren Pochokun)
Pennsylvania Chapter of the American Academy of Pediatrics' Model Child Care Health Policies, 5 <sup>th</sup> Edition	Children's Healthy Living Program "Childcare Center Wellness Policy Best Practices Checklist"	

1. Pobutsky, A, Bradbury, E, Reyes-Salvail, F, & Kishaba, G (2013). Overweight and Obesity Among Hawai'i Children Aged 4 to 5 Years Enrolled in Public Schools (Ekkei Semiritin Hawai'i Ra Kon Kitinupw ika Watte Chour/Pouner Ir ler 4 ngeni 5, Ir Mi Fiti Public Schools) non 2007–2008 Iwe mi Wewe Ngeni ewe Mwich non ewe 2002–2003. *Hawai'i Journal of Medicine & Public Health*, 72(7), 225–236
2. Institute of Medicine ika nenian pekin kaeon safei, *Wattenon angangan tumwunun me appeti semirit ra kon kitinupw: an epwe anisi choune ewe fonu*. 2012, Washington, DC: National Academies Press.
3. Van Geel M, Vedder P, Tanilon J, *Ekkewe serafo ir mi chou me kitinupw fan ekkoch ir mi riaffou ren namaiki/turunufas seni chiechier?* Ewe pwungun anea me chosa ren nefinan an emon kitinupw/watte chou me namaiki/turunufas. *Int J Obes (Lond)*, 2014. 38(10): page 1263-7.
4. Griffiths Li, Parsons TJ, Hill AJ, S Nukunuk non pusin iir (self-esteem) me eochun manawan ren semirit me serafo ir mi kitinupw: Ew pekin chek. *International Journal of Pediatric Obesity*, 2010. 5(4): page 282-304.
5. Serdula MK, Ivery D, Coates RJ, Freedman DS, Williamson DF, Byers T. *Met ekkewe semirit ir mi kitinupw repwe pwan watte chour/pouner ika ra watteno?* Ewe chekin angang me ekkewe pwuk/literature. *Prev Med*. 1993 Mar;22(2):167-77.



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Foforan mi aninis seni ewe CDC State and Local Public Health Actions an epwe appeti Kitinupw, Semwenin Suke me Semwenin Ngasangas me Strouk (DP-1305) grant me an ewe USDA Supplemental Assistance Program—SNAP. Ei taropwe meinisin mi nom non fan nemenian ekkewe chon fori iwe ese pwan pwarata wesewesen meeefian me/ika ekiekin ewe CDC ika USDA. Ei pekin angang ese nefinifin aramas.

# PORAUSAN EOCHUN MWONGO

**AU REUR:** Fori ew neni fanitan semirit repwe pwapwa ne mwongo mwongo mi auchea me pwan chufengen ika chiechi fengen non ukukun ar fansoun fengen.

## NAMOTAN ANGANG

- a. Nenian totonun paau (ren konik me sopw) ika totonun paau me mwan mwongo mi pwan wor fanitan ekkewe semirit inet chok ra need.
- b. Semirit ra fokkun pwapwa ne sotuni minafon mwongo esapw seni ach fori met repwe sotuni ren, me opano, aumwesir, ika apwapwar ar repwe tongeni satun ne mwongo.
- c. Mwongo esapw ew minen niffang ika amwochu seni.
- d. Mwongo epwe kawor non ew neni mi nimeoch, me tumwun.
- e. Nupwen epwe tori atun mwongo, semirit repwe pusin tukei aner mwongo, ika io mi tongeni anisir epwe ngenir aner mwongo.
- f. Semirit ra sesepi pineich, pwol, me kap mei eoch ngeni kukun semirit.
- g. Serafo repwe mwot unukun ekkewe kukun semirit nupwen repwe mwongo, fori napanapan ar mwongo mi anno, me pwomeni pomwen ar mwongo fan mesan ekkewe semirit.
- h. Mwongo ika snack repwe kawor ngeni semirit epwe fan ew non ukukun 4 awa.
- i. Mwokutukutun sukun me pari mi pwan wor eochun mwongo me minan un.
- j. Aureur me foffor ra wesen fatefateoch ngeni famini ina pwata eochun mwongo ra uwato seni imwan ekkewe semirit ren ar repwe mwongo, snacks me pwapwa fengen on (anonganong on eochun mwongo, allergy/met mei ngaw ngenir, ika tumwun mwongo).
- k. Fundraising mi pachenong mettoch esapw mwongo ika apochokunan mwongo me un ren ierin emon an epwe uwau.
- l. Itan sakopaten mwongo me ekkewe mwongo rese apochokuna inisum resapw pacheta, adfertaisini ika uwau porausan ngeni famini.
- m. Porausen mwongo mi murrinno ra nom non ewe nenian kaeo/sukun me for seni mettoch/pisek (awewe ren uwato mwongo non nenian meur ika nenian kukunou ren ekkewe mwongo mi murrinno).

## KAEO/SINEI PEKIN MWONGO MI MURRINNO

**AUREUR:** Awora kaeo/sinei pekin mwongo mi murrinno iteiten ran, pwan nupwen mwongo me fansoun snack.

## NAMOTAN ANGANG

- a. Makketiw kokotun ika annukun an epwe awewei mamaritan me kaeo/sinei pekin mwongo mi murinno seni unusan ewe ierin sukun.
- b. Taropwe/poraus fanitan eochun mwongo me aean mwongo mi anno ra chufengen non sakopaten angangan kaeo (awewe, aporaus, ngingin kon, me ekkoch mwokutukut).
- c. Kaeo/sinei pekin mwongo mi murrinno mi amuchano me pwan apochokuna pekin mwongo ika fansoun snack.
- d. Kaeo/sinei pekin mwongo mi murrinno mi wewe ngeni nonomum.
- e. Kaeo/sinei pekin mwongo mi murrinno mi pwan wewe ngeni aureur ren USDA me pwan pachenong:
  - i. Ukukeochun saisin/nennom;
  - ii. Namwotan mwongo mwongo mi auchea ngeni inisum;
  - iii. Nennan, anuwan, pwonan, me mengumengun;
  - iv. Sinenap non kapas fanitan mwongo; me
  - v. Mwokutukutun angang on paau ren foforan mwongo, neni nennan mwongo, no ngeni ekkewe nenian atake, atake ika fot mwongo.



# EOCHUN MWONGO ME MINEN UN

**AUREUR:** Uwau mwongan apochokunan aion me snacks, ren mamaritan, fefeitan, me mwokutukutun nonomwum.

## NAMOTAN ANGANG REN PEKIN MWONGO

- a. Meinisin mwongo me minen un mi katou (awewe ren mwongo, snacks, me mwongo ese nifinifin) mi tori ika nuseni ewe Child and Adult Care Food Program (CACFP) kokotun.
- b. Mi ukukun 50% ren grains ir mi uwau ren wesewesen grain—pachenong rice, pinewa, crackers, cereals, noodles, me pasta.
- c. Kiris mi pachenong pun ew auchean kinikinin mwongo mi murrino, nge mi pwan chok aukuk ngeni ekkewe mi kukun fetanin ika angangan.
- d. Sakopaten (meat) futuk, seni chuko ese wor sinir, iik me siwinin meat mi katou iteitan.
- e. Sakopaten foun ira mi katou iteitan ran fansoun mwongo me snacks. Ika ese wor mwongo mi minafo, mi ffou, pwas, ika mwongo non tin esapw wor suke epwe siwini.
- f. Sakopaten sakkun foun ira minafo (awewe, enuwen fetin me chon, par, oreinch, me ram; tubers; me legumes) ir mi chok ainetu iteitan fansoun mwongo me snacks. Ika ese wor mwongo mi minafo, mi ffou, pwas, ika mwongo non tin esapw wor suke epwe siwini.
- g. Foun ira me cheen ira ra for non sakopatan nikinik/angang.
- h. Ika mwo ew chok serving ren foun ira ika cheen ira mi katou ren ew snack.
- i. Kachufengenin mi for ren ew auchean aninisin mwongo mi affat seni chon angangan pioing.
- j. Semirit a urir sakopaten allergy/met mei ngaw ngeniir mi wor ar akkotun tumwun (care plan) seni dokter ika chon angangan pioing. Ewe akkot mi pachenong met sakkun mwongo kosapw eteneki me met kopwe fori ren och osukosuk ren watten allergy.
- k. Mwongo mi kawor fanitan nuunu me met mi tongeni (awewe ren, grapes repwe ichitiw non kukunun sais ar resapw chior ren).
- l. Nonomun semirit me ar eoreni ika ar namanam ra pwan pachenong nupwen ar fori kokotun mwongo.
- m. Inet chok epwe tufich, mwongo epwe katou mi minafo, mwongan non atake, me mwongan ekis.
- n. Emon chon angangan pekin mwongo epwe nomw ach sipwe tongeni churi/poraus ngeni.

## NAMOTAN ANGANG REN PEKIN UN

- o. Ukukun 100% juice me smoothies ese wor suke non mi ukukun 4 ounces ika kukun seni non ew ran.
- p. Meinisin foun me cheen ira ra uwau me nukun 100% juice, inet chok a tongeni.
- q. Minik me minik mi sisiwin, esapw wor suke non.
- r. Un konik mi wor pwan mumuta seni unusan ewe ran me non ika nukun ekkewe nen.



## NIKITANO/POUTANO

- s. Ew mettoch mi fifis ngeni semirit ren afeiengawan ar oromano mettoch (awewe, efou foun grape, popcorn, me hot dogs).
- t. Mwongo mi watte salt non (awewe, chips me pretzels).
- u. Mwongo mi watte suke non (awewe, jelly, okasi, ice cream, cake, me cookies).
- v. Mwongo mi furain (awewe, French fries, chicken nuggets, me fish sticks).
- w. (Meat) ika futuk seni mi for an epwe nomwotam (awewe, SPAM, Vienna sausage, me hot dogs).
- x. Mwongo mi wor/watte kiris non.
- y. Mwongo ika minan un mi watte nofit non, ren nennan, aukukun ngaran, ika ukukun taman an nom.
- z. Ekkewe minan un mi wor caffeine ika suke non (awewe, nennan foun ira, ekkewe mi wor suke non me soda).



# AMWONGON MONUKON

**AUREUR:** Eaea usun eochun me aninis in foforum mwongo ngeni ekkewe monukon ika kukun semirit mi fokkun auchea ngeni pochokuner me ar mamarita.

## NAMOTAN ANGANG

- a. Chonun oupw ika unuman monukon minik mi kawor awenewenan ekkewe 6 maramer (tori minne epwe wor echo taropwe seni dokter me iin/sam me chon tumwun ren an esapw wor).
- b. Unuman monukon minik mi for usun chok ewe taropwen emwen mi katou seni ewe chon for (manufacturer) nge ese pwan chufengen me cereal, fruit juice ika ekkokch mwongo (tori minne epwe ewe dokter ika chon angangen pioing epwe preskraipini).
- c. Minik non kow esapw ngeni ewe kukun monukon mi kukun seni 12 maraman.
- d. Konik epwe kawor ngeni ewe semirit 6 maraman feita esapw pwan kon watte non kap.
- e. Esapw wor fruit juice ika konik mi ngar epwe ngeni ekkewe semirit ierir mi kukun seni 12 maram.
- f. Monukon repwe amwongor nupwen epwe wor sainen ar echik (awewe ren, fori napanapan pour, mitiri pour, ika amitimiti tinawer) iwe repwe tongeni kouno ne amwonganir nupwen ra mot.
- g. Ika emon monukon ese pwari ika ese wor sainen an echik, kopwe reportini ngeni inan/saman ika chon tumwunu.
- h. Kopwe amochu emon monukon non poum nupwen epwe mwongo ika titi seni ew enian titi.
- i. Ew kokotun oupu semirit, ngenir monukon minik, ika amwonganir anonganong on ierir mwongo mi pochokun, mi feito seni iin/sam chon tumwun ika chon angangan pioing/dokter.
- j. Noukis ir mi tongeni oupu nour, ika pump, fori non kinamwein angangan nenian non ew neni mi mwonomwonono me nukun non nenian pincho/ngaseno.

# KOCHUFENGENIN CHON ANGANG ME IIN/SAM

**AUREUR:** Chon angang me famini ra pachenong ar repwe aninis fengen non sakopaten niknik.

## NAMOTAN ANGANG

- a. Chon angang me famini mi aninis fengen ren pekin mwongo me kokotun mwokutukut me annuk.
- b. Chon angang ir mi fiti training ren pekin eochun mwongo me amwonganoni semirit epwe ukukun fan ew non ew ier.
- c. Chon angang ir mi fiti training on sakopaten mwokutukutun inis me games mi nongonong won aukukun ierir mi anisi mwokutukutun semirit epwe ukukun fan ew non ew ier.
- d. Famini ir mi awora poraus ren mwongo eochun mwongo epwe ukukun fan ew non ew ier an epwe anisi ekkewe pekin apochokunan mwongo repwe uwau me non iimw.
- e. Famini ra pwan awora auchean poraus ren aukukun ier ren mwokutukutun inis me foffor epwe ukukun fan ew non ew ier ar repwe fori ekkei mwokutukut non iimw.
- f. Poraus fanitan pekin aninis ika community resources (awewe, ekkewe atake, sakopaten agencies, nenian safei, ika pusin an chon orumw angang) mi awora pekin kaeo ren eochun nonomwum mi pwan kawor ngeni chon angang me famini.



# FANSOUN ONLINE/MINEN COMPUTER IKA KACHITO

**AUREUR:** Aukuku fansoun online (tv, kachito, tablets, phone, computer, me ekkoch electronic devices) nge kopwe chok eaea pusin omw angang, mwokutukut, me sinei nge esapw pwan advertisement.

## NAMOTAN ANGANG

- a. Fansoun online ese mumuta ngeni semirit 2 ierir feitiw.
- b. Ngeni semirit seni ier 2 ngeni 5, fansoun online mi aukuk non ukukun 30 minich non ew wiik.
- c. Fansoun online ese mumuta nupwen mwongo ika fansoun snack.
- d. Chon angang repwe akomw checki iteitan me mwan an emon semirit epwe nounou, ren ach sipwe sinei ika mi eoch ngeni ierir me ar repwe pwan weweiti.
- e. Mettoch mi murinno a pwan tongeni anisi semirit ar repwe anapano ar sinei me tongeni, awewe ren mwokutukutun inisir.
- f. Mettoch rese kamo ren advertising me siwinin brand.
- g. Mettoch ra atou seni ewe nenian tumwun ika tukumireno nupwen resapw eaea.
- h. Mwumwuta ren fansoun online epwe ngeni semirit mi wor terir (ren special education) mi require aninisin seni computer.

## MWOKUTUKUT ME TAISO

**AUREUR:** Fori pomwan me awora fansoun ngeni meinisin semirit, pachenong ekkewe mi wor terir, ar repwe pachenong non ei sakkun mwokutukut me taiso mi fis iteitan ran.

## NAMOTAN ANGANG

### MONUKON

- a. Monukon (re keran upwutiw ngeni 12 maram) mi mochomoch fansoun (3-5 minich) ren "tummy time"/ekir/amwochur non pour, fan chommong non ew ran, nupwen ar neno me nupwen ar tumwunur.
- b. Fansoun/taman an semirit nom non nenier (swings, strollers, high chairs) mi chok keuk an epwe mwochomwoch fansoun (esapw tam seni 15 minich), ika esapw fen iteitan.

### KUKUN

- c. Ekkewe kukun semirit (12 maram ngeni 3 ier) mi katou ngenir ukukun 60-90 minich ika napeseni ar repwe kunou non ukukun 8 awa non ew ran. Ren program ren esopw-ran, 30 minich ika nap seni fansoun kunou mi pwan katou.

### SEMIRIT RE KERAN

- d. Chon preschoolers (3-5 ierir) ra awora ngenir 90-120 minich ika napeseni ren pekin kukunou iteitan 8 awa non ew ran. Ren program ren esopw-ran, 60 minich ika napeseni ren pekin kunou mi wor.

### MEINISIN SEMIRIT

- e. Awora echo taropwen akkot ika annuk an epwe afata ewe aukukun mwokutukut ren ier mi eoch, me koturunon met mei ngaw ngenir pwe repwe tongeni sopwoch non ar pekin mwokutukut/taiso, atun unusan ewe ierin suku.
- f. Katoun pekin taiso me urumwot mi tufich ngeni emon me emon semirit an epwe anisir ar repwe apochokuna me fori aukukun mwokutukutun, ar tongeni, me met ar sinei.
- g. Awora ru ika chommong fansoun chufengen iteitan ran ren pekin kunou nukun, ika epwe eoch ran.
- h. Emweni ru ika chommong foforan mwokutukut ika urumwot iteitan ran an epwe anisi fetanin mwokutukut.
- i. Apochokuna ar repwe mwokutukut an epwe ew eochun anen kaeo seni unusan ew ran.
- j. Akukunano fansoun momot non ukukun 30 minich nupwen semirit repwe neno.
- k. Napanapan emon, fori ika uwau, me pachenong non an semirit mwokutukutun kukunou.
- l. Nenian kukunou me pisekin kukunou mi tumwun, nimenimen me ukukun ierin chon fiti epwe pwan tufich ngeni ekkewe mwokutukut.
- m. Semirit mi wor ar nenian kunou non. Wewen ei epwe ukukun 35 fit taman emon semirit.
- n. Semirit mi wor nenien ar kukunou me urumwot nukun. Wewen ei epwe 75 fit taman emon semirit.
- o. Mwokutukut esapw eaea ika fori an epwe napanapan ew mettochun atipisi emon.
- p. Fori fansoun meur epwe kinamwe (ika asoso) non ew ran an epwe anisi an ewe semirit nonomweoch me mamarita.

