Early Childhood Learning Collaborative:
Workgroup Opportunities

Natasha Frost and Dipti Dev
Early Childhood Learning Collaborative Goals

• 1. Establish a research base to support changes to EC policies, environments, and practices in early childhood education, home, community, and clinical settings.

• 2. Build a vibrant, multidisciplinary network and support ongoing professional development within the EC community.

• 3. Maintain a Nationwide Learning Collaborative.
EAT (Ecological Approach to) Family Style dining: Responsive feeding in Childcare

- Communicate With Parents
- Model Healthy Eating
- Support Self-Regulation
- Peer Modeling
- Nutrition Education
- Children Serve Themselves
- Praise Children for Trying New Foods

http://mediahub.unl.edu/media/4203
EAT Family Style: Program Development Process

**Step One:** Conduct needs assessment
- Collect quantitative data on meeting best practices and/or policy
- Conduct qualitative interviews on barriers, facilitators, and motivators

**Step Two:** Identify evidence-based practices
- Conduct literature review to identify research-based strategies that lead to positive outcomes
- Summarize relevant literature findings (What, why, how)

**Step Three:** Translate evidence-based practices into lesson and video scripts
- Refer to key characteristics for script development
- Develop scripts that include the importance of the practice and how to implement it

**Step Four:** Seek feedback
- Consult content experts, researchers, target audience
- Utilize feedback to revise scripts but keep them grounded in evidence-based practices

**Step Five:** Record and edit videos
- Incorporate realistic examples in a natural setting into the scripts
- Remember the key video characteristics when recording and editing

---


---

**Key characteristics of effective videos**
1. Realistic scenarios
2. Short segments
3. Single, simple messages
4. Seeing skills in action
5. Realistic settings
6. Elements that facilitate conceptualization


http://mediahub.unl.edu/media/4203
Barriers video

• “Family Style Meals: Tips for Dealing with Messes”
  https://mediahub.unl.edu/media/5515
Research Questions

- What is the Impact of EAT family style dining on:
  - 1. Childcare providers’ feeding attitudes and practices
  - 2. Children eating behaviors and dietary intake

- Short videos showing the recommended practices in natural childcare setting
  - Receive credits for training
  - Extension
  - Social media

Funding
1. The Cornell Center for Behavioral Economics in Child Nutrition
2. NE Extension Innovation
3. Childcare and Youth Training and Technical Assistance (CYTTAP)
4. NE Department of Health and Human Services
5. USDA NIFA Hatch
6. USDA Team Nutrition
Opportunities for Collaboration on EAT family style Project

• Provide feedback on parent engagement module of EAT-family style
  • What research are you working on or do you know of related to this topic?
  • Any platforms that are similar?

• Research questions for impact of EAT family style on parent engagement?

• Potential for publications and grants.
Opportunities for Collaboration for Expanding the EAT Family Style Project

• What can we learn from each other regarding early childhood and childcare intervention related to specific contexts?
  • Family childcare home vs. childcare center
  • Urban vs. Rural
  • Food insecurity
  • Potential for translating research to practice paper related to specific childcare contexts

• What can we learn from each other on online learning interventions for early childhood and childcare?
Thank you for your time

Dipti Dev
Assistant Professor and
Child Health Behaviors Specialist.
University of Nebraska-Lincoln
E-mail. ddev2@unl.edu