



Early Ages Healthy Stages Coalition April Meeting Minutes

Date: April 21, 2017

Time: 9:00 am- 11:00 am

Location: East Cleveland Public Library

I. Welcome and Introductions	
Discussion Points	<ul style="list-style-type: none"> • We welcomed quite a few new faces from various backgrounds. Welcome to EAHS, our work grows stronger with each new person, experience and idea! • Thank you to East Cleveland Public Library for being such gracious hosts this month! Merce Robinson welcomed us the Library and taught us about the many programs that this historic library has to offer children and families. Programs included a summer grant event series that emphasized literacy-focused events with young children and their families, as well as collaboration with George L. Forbes CEOGC Head Start located just around the corner.
Conclusion/Actions	<ul style="list-style-type: none"> • Thanks to all of you who are going the extra mile to recruit new members. Keep up the great work! • May will be our last meeting of the 2016/2017 school year. If you would like to host a meeting in the fall, please let Camille know!

II. Coalition Updates	
Discussion Points	<ul style="list-style-type: none"> • OHP trainings are underway and we have already scheduled all of the trainings for Spring 2017. Thank you to Early Childhood Options for recruiting so many family child care home providers to OHP. We are lucky to be on your team! • Camille is offering parent night talks for centers and organizations on healthy eating, active play, and steps for lead prevention. Currently, we can do one parent talk a month for current OHP and/or EAHS centers and homes. If you are interested, contact Camille to get on the schedule. • The time has come to start planning for summer events. If you have a summer event that you would like Early Ages Healthy Stages to participate in, let us know so that we can start planning. If we get

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	<p>enough interest in summer community events, we will get an ad hoc work group started in May/June.</p> <ul style="list-style-type: none"> • May will be the last meeting for the 2016/2017 school year. We will spend the summer months writing up the strategic plan and preparing to hit the ground running in September. • We reviewed the Draft of strategic plan objective for 2017-2020 grant cycles. Camille proposed 7 different objectives with strategies that target each all of our priorities for early childhood health: <ul style="list-style-type: none"> ○ Expand OHP impact; engage community in defining early childhood health; change systems to make healthy eating accessible/desirable; elevate ECE and other direct service providers in engaging families; meaningful active play initiatives; increase awareness of social emotional health; connect health care and ECE communities
Conclusion/Actions	<ul style="list-style-type: none"> • We will reserve day time OHP training in July and August for centers that are already involved in EAHS. Call Camille ASAP to schedule dates if you are interested! • For more details on the strategic planning objectives, see the attached PDF.

III. Group Work: Bringing Strategies to Life	
Discussion Points	<ul style="list-style-type: none"> • We started our meeting with some group work that was left from the last meeting. Now that we have our strategies, it is important that we take time to plan how we will bring them to life: What is our goal for doing this strategy? What is the intended outcome? What steps do we need to take to get to this outcome? When will this be accomplished? How will we know we are successful? • These are important questions to ask so that we can make sure that we are all on the same page, and that we are holding ourselves accountable for what we say that we are going to do! • We broke up into small groups, with each group working together to operationalize our strategies. Groups included: family engagement, social emotional health, health care, healthy eating, and physical activity. Each group had 2-3 strategies to determine what the outcome of achieving that strategy would be, what steps it would take to achieve that outcome, and how we will measure success. Each group shared one or two of their ideas with the larger group and feedback were collected.
Conclusions/Actions	<ul style="list-style-type: none"> • The outputs from this activity will be ready for the May meeting for small groups to review and then sent out through the list serv. The objectives will be added to the website over the summer, and a time line will be created based on the action steps for each of the strategies. Overall, we plan on spending the remainder of 2017 engaging with the community- planning focus groups, surveys, and forums, as well as exploring partnerships for OHP. This will give us a solid, meaningful foundation as we begin to work on toolkits, trainings, and events for Early Ages Healthy Stages.

IV. National Screen Free Week Planning

- We identified National Screen Free Week as an opportunity to raise awareness about many of our key priorities:
 - Social emotional health- Turn off screens and increase family bonding!
 - Physical activity- Turn off screens and get moving!
 - Healthy eating- Instead of screen time, cook a healthy meal together or read a book about healthy foods!
 - Family engagement- Turn off screens and spend some quality time together!
 - Support for ECE providers- THANK your child's ECE provider for reducing screen time!
 - Health care- Learn about the health benefits of less screen time from your child's pediatrician!
- This year, National Screen Free week is next week: May 1-7 and is also National Children's Book week. Since the turnaround is really quick, we will do what we can to reduce screen time while improving health and literacy. We chose 5 easy things that we can do this year and build on in the years to come:
 - Share resources about going screen free. Use social media to promote screen free week. Share articles and tips with families and clients. Give tips and information to families.
 - Write letters to the editor or feature letters on blogs. One or more will be included on EAHS website blog.
 - Use the attached materials from National Screen Free Week to have kids and families in centers, and involved in our services take the screen free pledge.
 - Share local events that children and families can take advantage of that are Screen Free and/or emphasize reading.
 - Go screen free ourselves. Think of ways that we can reduce screen time and share that successes and challenges with families and clients.
- We ask that you please try to do at least one of these during the first week of May. If you do anything to observe and celebrate National Screen Free Week, please take a few notes and let us know how it goes! Feel free to create new messaging that reflects the mission and values of your agency or organization, too!

Next steps

- THANK you to the wonderful Joan Spoerl for collecting all of these resources and sharing her expertise with us. Please feel free to contact me or Joan if you have any questions or ideas. All of these resources are attaches, or can be accessed through Google Docs here: https://drive.google.com/drive/folders/0Bz_iWdwWt0wvTDZDb255c3pnUVk?usp=sharing
- All of these resources are also available on www.earlyageshealthystages.org home page, our News section also

	features a shareable article written by Joan and I that you can share on your social media.
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V. Next Meeting

	September 8, 2017 Cleveland Clinic Crowne Center, Independence More information will be made available closer to the meeting date!
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	<p>While we will take a break from meetings for the summer, we are open for opportunities to participate in summer events and meetings. There may be opportunities to participate in ad hoc workgroups or calls/webinars based on planning needs. Please read our summer newsletters and let us know if there is any way that we can support your summer programming!</p>
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Minutes Prepared by: Camille Verbofsky