



Go NAPSACC Child Health and Development Self-Assessments



Go NAPSACC works with child care providers to improve the health of young children through practices, policies, and environments that instill habits supporting lifelong health and well-being. Go NAPSACC offers modules on key topics like healthy eating, physical activity, and oral health.



Self-assessments help child care providers compare their practices to best-practice standards based on the most up-to-date research. Go NAPSACC's best-practice standards for child care programs can help children up to age 5 develop healthy habits for eating, physical activity, and oral health. The Go NAPSACC self-assessment is the first step toward change. Go NAPSACC's provider tools allow you to complete and save their self-assessments online, then continue through the 5 Steps of Go NAPSACC by setting goals, creating action plans, and using favorite tips and materials to guide you along the way.

Better Beginnings and Go NAPSACC

For each level of Better Beginnings, the facility shall complete a self-assessment and create and implement action plans in the required module, then complete a second self-assessment to determine growth. **This requirement takes 90 days to complete.**

- BB Level 2 and higher: Child Nutrition (complete 1 action plan)
- BB Level 3 and higher: Infant and Child Physical Activity (complete 1 action plan)
- BB Levels 4, 5, and 6, select one module for each level (complete 2 action plans):
 - Breast Feeding and Infant Feeding
 - Outdoor Play and Learning
 - Screen Time
 - Oral Health
 - Farm to ECE
- You will upload both assessments and your action plans with your Better Beginnings application.

Email <https://arkansasobesity.org/go-napsacc/> to request an account and work with a Go NAPSACC consultant.

For more information on Go NAPSACC go to: <https://gonapsacc.org/>

To learn more about Go NAPSACC self-assessments go to:
<https://gonapsacc.org/provider-tools>