



# 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. Go NAPSACC recommends 90 days between self-assessments and requires at least 30 days between self-assessments.

- 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.

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>

Email [GNS@curriculaconcepts.com](mailto:GNS@curriculaconcepts.com) to request an account and work with a Go NAPSACC consultant.