



# Child Care and Early Childhood Education Promotions Worksheet

The 5210 Healthy Children Promotions Worksheet is a tool to help POCs use the items in each toolkit and create promotional materials to run the healthy messaging campaign. Below you will find a list of suggested items to order from a local or online printing company. Be sure to ask for bulk order or any other discounts.

Use this worksheet to get an estimate of promotional items to order. There is a suggested type of unit, or audience, listed for each item and a suggested number of items per unit. Decide how many units are in the community, multiply by # of units, and list under total.

Child Care and Early Childhood Education Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Child Care and Early Childhood Education	Center	1		
Tips for Child Care and Early Childhood Education	Center	1		
Tips for Child Care and Early Childhood Education Movie Poster	Center	2		
Tips for Child Care and Early Childhood Education Wall Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Phrases that Help and Hinder	Classroom	1		
Feeding Infants	Classroom	1		
Feeding Toddlers and Preschoolers	Classroom	1		
Screen Time & The Very Young	Center	1		
Quick Physical Activity Breaks	Classroom	1		
Healthy Dates to Celebrate	Center	1		
5210 and Healthy Sleep	Classroom	1		
Television Tunnel Vision	Classroom	1		
Healthy Eating in a Hurry and Healthy Shopping on a Budget	Classroom	1		
<i>Additional promotional item ideas that can help promote 5210 Healthy Children messaging campaign. Look to purchase through local or online printing companies.</i>				
Tote Bags	Center	30		
Pens	Center	10		
Magnet Calendar	Classroom	20		
T-Shirts	Center	1		