TARGET AUDIENCE

* This program is not available in the United States.

This program is for parents, child care center or daycare staff, and children who are 0 to 5 years old.

SUMMARY

Born to Move - Active Learner Project (Born to Move), an early intervention program, is designed to strengthen children's physical, emotional, and social development and promote school preparedness by raising awareness and teaching child care center or daycare staff and parents interaction skills and strategies that facilitate the child's development.

EVIDENCE

No peer-reviewed studies evaluating the program's effectiveness could be located through a public search.

COMPONENTS

Born to Move was developed in the United Kingdom (U.K.) in an effort to curtail a growing trend in which children seemed to lack important developmental capacities when they were ready to enter primary school. The program helps parents and child care center or daycare staff promote the child's healthy development through positive and stimulating interactions. The program contains three core components tailored to the developmental stage of the child:

- Be active - Emphasizes movement and physical activity;
- Eyes need to move - Highlights eye muscle development and eye health; and
- Chatter matters - Stresses language development and communicative capacities.

Additional content is available that focuses on toddlers and preschool age children. The program is delivered by a health visitor in partnership with staff from child care and daycare centers. A mobile app also exists for the program.

PREVIOUS USE

Since 2010, Born to Move has been implemented throughout the county of Kent in the U.K. with over 1,900 staff participating in trainings. Approximately 18,500 infants and their families participate in the program each year.
Born to Move - Active Learner Project (Born to Move)*

TRAINING

A 2-day Champion training is required for the health visitors who must be qualified nurses with additional training in public health. After receiving this training, the health visitors train child care center or daycare staff in 2 half-day, on-site seminars. For more information, please contact the developer using the details in the Contact section.

CONSIDERATIONS

Considerations for implementing Born to Move include recognizing partnerships with early years centers will need to be established, finding health visitors who are qualified nurses with additional public health training and ensuring they receive training to implement this program, recruiting and retaining participants, acquiring buy-in from parents and child care center or daycare staff, and understanding this program is currently only supported in the U.K.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Born to Move, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

Health visitors meet with parents at the following scheduled contact points: prenatal, birth, 6 to 8 weeks postnatal, 9 to 12 months postnatal, and 2 to 2 1/2 years postnatal. Additional visits and services are available to provide greater support to parents. For more information, please contact the developer using the details in the Contact section.

COST

For implementation cost information, please contact the developer using the details in the Contact section.

EVALUATION PLAN

To move Born to Move to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Julia Haynes, Lead Health Visitor for the Kent wide Active Learner Programme & Infant Mental Health, by phone 07467-357342 or email julia.haynes@kentcht.nhs.uk

SOURCE