



**Unplug and Play**  
**Montana Child Care Challenge 2008**  
**Mini Grants**

Have an idea for a project/program that will decrease screen time in your child care/pre-school setting and in the *homes* of your child care patrons? The Montana Nutrition and Physical Activity Program (MT-NAPA) of the Department of Public Health & Human Services will award **Unplug and Play** mini-grants for such projects/programs. Applicants are eligible for up to \$500.00 for licensed child care centers and up to \$250.00 for licensed child care home settings. The total amount available in 2008 is \$5,000.00.

**Mini-grant applications must be received (in hand) by 5 p.m. April 1, 2008**

Send the completed applications to: Cathy Costakis, Physical Activity Coordinator, MT-NAPA, Montana State University, 175 MHFRC, Bozeman, MT 59717 or e-mail the application to [costakis@montana.edu](mailto:costakis@montana.edu) by March 28<sup>th</sup>. You will be notified by mid-April as to whether or not your project was funded. Funds will be disbursed in early May 2008. Projects and a final summary report must be completed by June 20<sup>th</sup>, 2008.

We are looking for:

- A clear and complete description of the proposed project.
- Projects that focus on educating child care providers and parents on the effects of screen time (TV, non-educational computer time, videos, DVDs, etc.) on young children and aim to reduce screen time in the child care setting and the home.
- Collaboration with parents and other community partners.
- Projects that identify at least one desired outcome.
- Measurable outcomes and a description of the assessment method used with specific target audiences. (Examples: parent surveys to assess screen time and screen time policies in the home, screen time tracking forms, tracking number of individuals impacted, etc.).
- Sustainable action steps to reduce screen time year-round (i.e., policy and environmental changes that influence screen time in the child care and home settings).
- A clear description of how the mini-grant funds will be used.

Mini-grant application for **Unplug and Play**, Montana Child Care Challenge 2008  
Applications must be received (in hand) by April 1, 2008.

Projects must be completed and final summary report submitted by June 20<sup>th</sup>, 2008. Grant dollars can be used for printing/ mailing costs, educational supplies and materials, program promotion, and child care during parent education sessions (if this is part of the project). Healthy food can be purchased with these funds only as part of a nutrition education component. Receipts are not needed. Please type or print and attach additional pages if needed.

Title of Project: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Organization's Tax ID: \_\_\_\_\_

(Because these mini-grants involve a State agency, the tax ID is required for review of the application and any disbursement of funds.)

There will be a **25 point scale** used for ranking the grants and selecting the projects to fund:

1. **Project Plan** - 8 points (describe in detail the project components, involvement of parents, community and/or other partners)
2. **Target Audience** - 2 points (who are you trying to reach and approximate participation numbers)
3. **Desired Outcome** - 3 points (what do you specifically want to accomplish with this project?)
4. **Evaluation Plan** - 7 points (how will outcomes be measured, what method of assessment will be used, etc.)
5. **Sustainable Action Steps** - 5 points (what action will be taken in order to reduce screen time and promote alternative activities year-round)
6. **Money Requested** (up to \$250.00 for licensed home child care and up to \$500.00 for a licensed child care center, traditional preschool or Montessori preschool)

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Organization name: \_\_\_\_\_

Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_ Daytime Phone Number: \_\_\_\_\_

If awarded, I verify that the funds for this mini-grant will be used specifically to fund the Unplug and Play project/program for our organization as detailed in this application. Our organization will return the funds if the project cannot be implemented. I will ensure that a summary report of the project/program will be returned to Cathy Costakis, Montana Nutrition and Physical Activity Program, by June 20<sup>th</sup>, 2008.

Signature of contact \_\_\_\_\_ Date \_\_\_\_\_

Sample Project Ideas:

**Policy and Environmental Change:** A child care program could create a policy about screen time at the center and share that policy with parents (i.e., Because we care about the health and well being of the children in our care: We follow the American Academy of Pediatrics' Recommendations on Television viewing: Children under 2 should watch NO TV and Children age 2 and over should watch less than 2 hours/day). In addition, a child care center could agree to remove their TV (if they have one) from the center or move it to a less central location (or behind doors) and purchase active play toys to engage their children in more activity during the day.

**Education Program for Parents:** A child care center could develop an education program for parents (providing child care for children if necessary) to share the AAP guidelines and give tips on how to reduce TV time in the home setting. Healthy snacks could be served to give examples of appropriate snacks to serve during limited TV viewing times and active games could be played to give examples of alternative activities to TV viewing

**Child Directed Activity:** The child care center could have an activity where children draw or describe activities they enjoy doing other than watching TV (or screen-based media). They could then create a basket to keep all these ideas to take home and place next to the TV. When they want to watch the TV they could pick out one of their “screen free” ideas and do that activity instead. They could also create an art poster the size of their TV to place on the TV during designated “screen free” days during the week.

**DON'T FORGET TV/SCREEN FREE WEEK APRIL 21-27 For more information go to [www.screentime.org](http://www.screentime.org) or [www.montanana.org](http://www.montanana.org)**