



October 2018

This month's edition of the Eco-Healthy Provider Spotlight Series features *Holly's Petite Maison Home Daycare*, located in Winter Park, Florida. Holly's Petite Maison has been endorsed by Eco-Healthy Child Care® since April 2018. Owner and operator, Holly Cooper, provides child care services for children ranging in age from 3 months to 5 years.

Miss Holly has been a licensed daycare provider since 2013. She officially opened her home daycare in November 2016. Prior to becoming endorsed, Holly already had been practicing 25 of the 30 items on the Eco-Healthy Child Care® checklist. To promote children's health, Miss Holly exclusively provides organic food for the children in her care and offers vegetarian meals 3 days per week. She only uses reusable plates, bowls, cups, grocery bags, and silverware.



Holly's Petite Maison Home Daycare Director and children with their EHCC certificate!

Always looking to improve, Miss Holly is currently working on implementing the remaining 5 items on the Eco-Healthy Child Care® checklist. She has begun switching to fragrance free, 3rd party certified least-toxic cleaners and replacing plastic toys, which may contain [polyvinyl chloride \(PVC\)](#), with wood or fabric toys. She has also discontinued the use of aerosol sprays.

Miss Holly goes above and beyond by implementing eco-healthy practices that are not required by the Eco-Healthy Child Care® program. For example, instead of using paper towels or [hand dryers](#) for hand washing she uses small reusable hand towels and separates them into a *clean* and *dirty* bin for each child to use individually. She is phasing out the use of plastic cling wrap and converting to beeswax fabric coverings for storing food. Reusable bibs are used and washed by hand instead of wiping them off with sanitizing wipes that may contain synthetic chemicals. Additionally, BPA-free sippy cups are provided which are not only reusable but encourage children to stay hydrated. Microwaves are no longer used for heating food and most of the infants in Miss Holly's care are cloth diapered, including her younger son.

In addition to her goal of meeting all the requirements on the EHCC checklist, Miss Holly hopes to create a vegetable garden with fruit trees where the children can learn how to grow and harvest healthy, organic and nutritious foods! Miss Holly believes that it's important for kids to know where their food comes from and wants them to have a sense of satisfaction from growing their own produce. She plans to send fruits and vegetables home with children when there is an abundance.

Beyond creating a safe and healthy environment for developing minds and bodies, Miss Holly aims to help people understand why she's committed to providing a healthier child care environment. She is vocal about the importance of being eco-healthy and shares her practices with parents through regular emails. Additionally, she markets her child care facility as Eco-Healthy Child Care® endorsed to prospective families.

For those interested in applying for the EHCC endorsement, Miss Holly offers the following advice:

"Think outside the box for a lot of things. Go with what is important to you and go slow. You don't need to feel like you need to do it all at once. It's something that takes time to implement and shift your mindset. The "why" is also important. The heart has to be in it. It has to be something you're passionate about".

To become an EHCC endorsed provider or to be considered for the EHCC Spotlight Series, visit: www.cehn.org/ehcc

Learn more about Holly's Petite Maison here: <https://www.hollyspetitemaison.com/>

