



Developing Healthy Hearts & Minds Through Movement

Physical Activity in Early Childhood Learning

	<p>Plan daily periods of active play that meet physical activity goals and learning standards.</p>	<p>Provide outdoor play time at least twice daily and provide enough portable play equipment for all children.</p>	<p>Provide safe, sufficient and developmentally appropriate indoor and outdoor play space and equipment.</p>
	<p>Seek partnerships with community organizations to promote nutrition and physical activity for children</p>	<p>Limit daily screen time to less than one hour for ages 2 and older.</p>	<p>Involve parents, staff members and other appropriate individuals in developing and participating in activities.</p>

In accordance with national guidelines, the child care program encourages all children to participate in a variety of daily physical activity that is appropriate for their age throughout the day.

- Infants - support developmental milestones (head and neck, rolling, reaching, sitting, kicking, crawling, standing, walking)
- Provide daily outdoor time when the weather and air quality are safe.
- Toddlers (ages 1 to 2) - at least 30 minutes of structured activity and at least 60 minutes up to several hours of unstructured physical activity daily
- Preschoolers (ages 3 to 5) - at least 60 minutes of structured activity and at least 60 minutes up to several hours of unstructured physical activity daily
- Toddlers and preschoolers are not sedentary for more than 60 minutes at a time except while sleeping

Resources:

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition, http://nrckids.org/files/CFOC3_updated_final.pdf

Resource: American Academy of Pediatrics, <https://www.aap.org>

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