Infant Care

Infants thrive in the least restrictive environment.

- No infant equipment is best. If used, limit the use to less than 15 minutes/day (playpens, swings and other containers).
- Provide tummy time three or more, 5-minute periods a day.
- Take infants outside 2—3 times a day.

Physical Activity

Provide toddlers, preschoolers and school age children plenty of opportunities for moderate to vigorous activity to promote fitness and build stamina.

- Toddlers need 60—90 minutes/day.
- Preschoolers need 90—120 minutes/day.
- School age children in part time care need at least 20 minutes every 3 hours.

Outside Play

When children play outside, their natural tendency is to run, jump, hop and skip. In the great outdoors gross motor movement comes easily for children.

- Provide 60—90 minutes a day of outdoor play time over 2—3 different occasions for children in all day child care.
- Provide suitable clothing for cooler temperatures and drizzly or misty days.
- Follow local health department advisories for severe weather or air quality warnings.

Adult Participation

A combination of adult-led and child-initiated movement helps children develop physical, social and emotional skills they will depend on for a lifetime. Children learn skills and gain confidence when adults model locomotion movements and offer encouragement and support. Activities of all kinds help brain cells grow and create a foundation for early learning.

- Offer at least 2 teacher led developmentally appropriate activities every day.
  Allow children to progress at their own pace and repeat the activity in their own way
- Give children continuous opportunities to practice gross motor and movement skills throughout the day
- Never withhold active play as a form of punishment.