

**Nia Infant, Toddler, & Child Development Center**  
**Early Head Start / Child Care Partnership**

*“Young Minds Strengthened Through Faith and Knowledge”*

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## **Physical Activity Policy Statement**

**Nia Infant Toddler and Child Development Center** recognizes the importance of physical activity for young children. Implementation of appropriate physical activity practices supports the health and development of children in care, as well as assisting in establishing positive lifestyle habits for the future.

### **Physical Activity in Child Care**

The purpose of this policy is to ensure that children in care are supported and encouraged to engage in active play, develop fundamental movement skills and to have limited screen time. Our center encourages all children to participate in a variety of daily physical activity opportunities that are appropriate for their age, that are fun and that offer variety. To promote physical activity and provide all children with numerous opportunities for physical activity throughout the day **Nia Infant Toddler and Child Development Center** will:

#### **Daily Outdoor Play**

- ▶ Encourage a least restrictive, safe environment for infants and toddlers always.
- ▶ Provide a designated safe outdoor area for infants (ages 0-12 months) for daily outdoor play.
- ▶ Provide toddlers (ages 1 through 2-year old's) with at least 60-90 minutes of daily outdoor active play opportunities across 2 or 3 separate occasions.
- ▶ Provide preschoolers and school age children (ages 3 through 12-year old's) with at least 90-120 minutes of daily outdoor active play opportunities across 2 or 3 separate occasions.
- ▶ Increase indoor active play time so the total amount of active play time remains the same, if weather limits outdoor time.
- ▶ Provide a variety of play materials (both indoors and outdoors) that promote physical activity.

#### **Role of Staff in Physical Activity**

- ▶ Will encourage children to be physically active indoors and outdoors at appropriate times.
- ▶ Will provide 5-10 minutes of planned physical activities at least 2 times daily for children age 3 and older.

#### **Screen Time Limitations**

- ▶ Not permit screen time (e.g., television, movies, video games and computers) for infants and children two years and younger.

#### **Physical Activity and Punishment**

Staff members do not withhold opportunities for physical activity (e.g., not being permitted to play with the rest of the class or being kept from play time), except when a child's behavior is dangerous to himself or others. Staff members never use physical activity or exercise as punishment, e.g., doing push-ups or running laps. Play time or other opportunities for physical activity are never withheld to enforce the

completion of learning activities or academic work. Our center uses appropriate alternate strategies as consequences for negative or undesirable behaviors.

### **Appropriate Dress for Physical Activity**

We at **Nia Infant Toddler and Child Development Center** have a Ready to Play Policy! Please bring your child ready to play and have fun each day. Your child will participate in both indoor play and outdoor play. Therefore, play clothes and shoes which can get dirty and allow for free and safe movement are most appropriate. We expect parents to provide children with appropriate clothing for safe and active outdoor play during all seasons.

***For safety, children cannot wear open-toe shoes, sandals or flip-flops. In winter, provide a warm jacket, snowsuit, hat, mittens and boots. In spring and fall, provide a jacket or sweater, and boots and rain jacket on rainy days. In summer, provide light clothing, swimsuit, towel, hat and sunscreen. Please label all outer garments with your child's name.***

### **It is our expectation that children will go outside EVERYDAY!**

***According to ABC standards, "Weather Permitting" means no falling precipitation, thunder, lightning, or inclement weather. "Inclement weather" is defined by the American Academy of Pediatrics and National Resource Center for Health and Safety in Child Care and Early Education as a wind chill factor at or below 15 degrees Fahrenheit or at or above a heat index of 90 degrees Fahrenheit.***

If you feel your child is too sick to go outside, then he/she is too sick to be at the child care center. We request that you keep him/her at home until they are well enough to go outside.

### **Professional Development**

Annual training on promotion of children's movement and physical activity is required for all staff.

***My signature below indicates that I have received a copy of the physical activity policy, it has been reviewed with me, and I have read and understand this policy.***

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please circle as appropriate: STAFF PARENT

If parent, name of child \_\_\_\_\_