



National Resource Center
for Health and Safety in
Child Care and Early Education

Family Checklist for Physical Activity in Early Care and Education

From *Preventing Obesity in Early Care and Education Programs*
Selected Standards from *Caring for Our Children: National Health and Safety Performance Standards*

Do you see the following practices carried out?



Opportunities for Physical Activity

- _____ Infants have supervised tummy time daily. Tummy time begins as a three-five minute period and is gradually increased.
- _____ Infants have outdoor activity and/or carriage/stroller rides daily, weather permitting.
- _____ Caregivers and teachers schedule two or three active playtimes for children daily, indoors and/or outdoors weather permitting, during an 8-hour day.
- _____ Children are led in two or more active games and/or movement activities daily by a caregiver or teacher.
- _____ Children are given ample physical activity time each 8-hour day (toddlers, 60-90 minutes; preschoolers, 90 - 120 minutes).



Encouragement of Physical Activity

- _____ Caregivers and teachers wear clothing and shoes that allow for easy movement.
- _____ Caregivers and teachers encourage families to dress children for active play.
- _____ Children are urged to run where space is ample and safe outdoors.
- _____ Caregivers and teachers include movement and physical action in children's indoor play and learning activities.
- _____ Caregivers and teachers take part in training to learn activities and games that promote children's physical activity.
- _____ Children are encouraged to drink clean and sanitary water throughout their activities.



Limiting Screen (TV, DVD, Computer) Time

- _____ Children under two years of age don't watch TV, DVDs or use computers while at the child care program.
- _____ Children two years and older have no more than one-half hour total screen time (TV, DVD, computer) per week.
- _____ Children do not watch TV or DVDs during meals or snack-times.
- _____ Children's use of computers at early care and education is limited to periods of 15 minutes or less (except for school-age children for whom computer time may be extended for homework or school projects).



Policies and Practices Promoting Physical Activity

- _____ There is a written plan in place for promoting children's physical activity.
- _____ Caregivers and teachers arrange the environment to encourage active and safe play for all children.



Teaching opportunities for children 2 and over

Caregivers and teachers promote children's physical activity by regularly including age appropriate physical activity in the curriculum:
Learning games, such as ball games, Duck-Duck Goose, Simon Says,
Dancing, jumping, skipping to music,
Acting, presenting skits with role playing (a bucking bronco!) and Tumbling!



How families can help caregivers and teachers promote physical activity:

- Limit the time that children spend in front of the TV and at the computer and praise your child's caregiver and/or teacher for doing the same.
- Play outdoors with your child(ren) and build good habits by having fun together (making a snowman, raking leaves).
- Encourage young children to role-play by suggesting animals to imitate.
- Ask your child's primary care provider if s/he would be willing to speak at a family meeting at the early care and education program about the importance of physical activity.
- To help your child to be ready for active play, dress him or her in easy-moving, comfortable clothing. Check with your child to make sure his or her feet have room to play safely, too.

Additional Resources

Bright Futures: <http://www.brightfutures.org/physicalactivity/pdf/index.html>

Little Voices for Healthy Choices: <http://ehsnrc.org/Activities/littlevoices.htm>

Healthy Children: Motor Activity and Self-Play:

<http://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/pages/Motor-Activity-and-Self-Play.aspx>

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2010. *Preventing Childhood Obesity in Early Care and Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition*. http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf

This Web site provides features and resources for early childhood, <http://www.aahperd.org/headstartbodystart/>

American Academy of Pediatrics' Web site dedicated to the prevention of childhood overweight and obesity. <http://www.aap.org/obesity/index.html>

I am moving, I am learning: <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/lamMovingIam.html>

Family Checklist for Physical Activity in Early Care and Education is based on *Preventing Childhood Obesity in Early Care and Education Programs - Selected Standards from "Caring for Our Children: National Health and Safety Performance Standards, 3rd Ed."* (Caring for Our Children, 3rd Ed. is to be published in 2011) American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education.

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