What to Do: **Early Childhood Care & Education Recommendations to Increase Moderate to Vigorous Physical Activity. (8-18-10)**

	Infant (0 -1 year)	Toddler (1-3 years)	Pre-school (age 3–K)
Screen time	**0 hours** (AAP)	**0 hours under age 2** **<30 minutes once a week for 2 year olds** and limited to educational programs or programs that actively engage child movement.	**<30 minutes once a week** and limited to educational programs or programs that actively engage child movement.
Physical Activity	(No time amount specified.) Provide a safe, nurturing, and minimally structured play environment. (AAP)	Shall engage in no less than **60 - 90 minutes** per 8 hour day at child care of daily physical activity.	Shall engage in no less than **90 - 120 minutes** per 8 hour day at child care of daily physical activity.
(Unstructured)		Shall engage in no less than **30 minutes** per 8 hour day at child care of daily unstructured physical activity. Children should be physically active in at least half of the transition times during the day.	Shall engage in no less than **60 minutes** per 8 hour day at child care of daily unstructured physical activity. Children should be physically active in at least half of the transition times during the day.
(Structured/ Teacher-Led)		Shall engage in no less than **30 minutes** of structured/teacher-led physical activity, at least 2 times per day accumulated throughout the course of the day at child care. (NASPE)	Shall engage in no less than **60 minutes** of structured/teacher-led physical activity, at least 2 times per day accumulated throughout the course of the day at child care. (NASPE)
	Caregivers shall interact with infants in daily physical activities that encourage active exploration (NASPE)	Shall **not be sedentary for more than 60 minutes or seated for more than 15 minutes at a time**, except when sleeping.	Shall **not be sedentary for more than 60 minutes or seated for more than 15 minutes at a time,** except when sleeping.
	Caregivers shall place infants in safe settings that facilitate physical activity, do not restrict movement for prolonged periods of time, promote the development of movement skills, and allow infants to perform small and large muscle activities. (NASPE)	Shall have adequate indoor and outdoor space, equipment for active play, and opportunities to develop and practice gross and fine motor skills. Active play should never be withheld from children who misbehave. However, children with out-of-control behavior may need minutes to calm themselves to settle down before resuming activity.	Shall have adequate indoor and outdoor space, equipment for active play, and opportunities to develop and practice gross and fine motor skills. Active play should never be withheld from children who misbehave. However, children with out-of-control behavior may need minutes to calm themselves to settle down before resuming activity.
Outdoor Play	Shall **play outdoors daily** when weather and air quality conditions do not pose a significant health risk. Infants shall be dressed appropriately for the weather.	Shall **play outdoors 2 – 3 times daily (60 – 90 minutes total per day)** when weather and air quality conditions do not pose a significant health risk. Toddlers shall be dressed with appropriate footwear and dressed appropriately for the weather.	Shall **play outdoors 2 – 3 times daily (60 – 90 minutes total per day)** when weather and air quality conditions do not pose a significant health risk. Children shall be dressed with appropriate footwear and dressed appropriately for the weather.
	Outdoor play for infants may include riding in a carriage or stroller; however, infants shall be permitted daily opportunities for independent gross motor play outdoors. (AAP)		Caregivers should ensure that children walk distances and reduce sedentary transportation by stroller. (AAP)

Adapted from the National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN) ***Model Physical Activity Standards for Child-Care Providers***. The model standards combined recommendations from several sources, primarily from the National Association for Sport and Physical Education (NASPE) standards and the American Academy of Pediatrics (AAP) recommendations. Others included: Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Out-of-Home Child Care- Preventing Childhood Obesity in Early Care and Education Programs (a collaborative project of the AAP, the American Public Health Association, and the National Resource Center for Health and Safety in Child Care), and the New York City Department of Health and Mental Hygiene Board of Health Day Care Regulations.