**Itsy Bitsy Steps Learning Center**

**Child Care Physical Activity Policy**

Policy Statement

**Itsy Bitsy Steps Learning 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. In order to promote physical activity and provide all children with numerous opportunities for physical activity throughout the day **Itsy Bitsy Steps Learning Center** will:

**Daily Outdoor Play**

* Encourage a least restrictive, safe environment for infants and toddlers at all times.
* Provide a designated safe outdoor area for infants (ages 0-12 months) for daily outdoor play.
* Provide all children ages 1 through 12 with at least 90-120 minutes of daily outdoor active play opportunities across 2 or 3 separate occasions.
* In addition to defined play areas and materials, provide an open outdoor play space that allows for active play.
* 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.

We maintain a positive discipline policy, which focus on prevention, redirection, love, consistency and firmness.

Appropriate Dress for Physical Activity

We at **Itsy Bitsy Steps Learning Center** have a Ready to Play Policy! Please bring your child dressed 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. Please don’t dress children in nice clothing and expect them to be spotless when you arrive to pick them up. We expect parents to provide children with age appropriate clothing for safe, comfort, and active outdoor play during all seasons.

In regards to footwear, children are often playing with large play blocks, playing outdoors, etc. because of this it is preferable that all children have closed toed shoes for play. Shoes should be comfortable and provide adequate protection for the feet during outdoor play. For example: For safety, children cannot wear open-toe shoes, sandals, shoes with heels or flip-flops.

In winter, provide a warm jacket, 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 wear sunscreen. Please label all outer garments with your child’s name! \*For summer wet water day.

It is our expectation that children will go outside EVERYDAY that weather permits! Please make sure that your child is appropriately dressed for outdoor play at all times. We do not go outside when the temperature is below 20 degrees (including wind chill), or above 90 degrees (including heat index). We are mandated by state law to take the children outside. 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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**