Let's Move! Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Let's Move! Child Care Checklist Quiz

Water				
Drinking water is available:	☐ Upon request	☐ Upon request or during designated water breaks	☐ Inside only, where it is visible and freely available	☐ Inside and outside, where it is visible and available for self-serve
Fruit Juice				
100% fruit juice is offered:	☐ In unlimited portions more than once a day	☐ 2 or more times per day, but limited to 4-6 oz. each occasion	☐ No more than 4-6 oz. per day provided at child care	☐ No more than 4-6 oz. per day and parents are encouraged to support this limit
Sugary drinks (Kool-Aid ™, fruit drinks, sports drinks, sweet tea, soda) are offered:	☐ More than once a month	☐ Less than 1 time per month	☐ Rarely, 1-2 times per year	☐ Never
Milk				
Milk served to children ages 2 years and older is:	☐ Whole or regular	☐ Only 2% reduced fat	☐ Always 1-2% low-fat	☐ Always 1% or skim/ non-fat
Fruits and Vegetables Provisions				
Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
Meats and Fats Provisions				
Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers :	☐ 2 or more times per week	☐ 1 time per week	☐Less than 1 time a week	☐ Never
Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	☐ 2 or more times per week	☐ 1 time per week	☐Less than 1 time a week	☐ Never
Feeding Environment				
Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time

Active Play Time Provisions				
Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs:	☐ 45 minutes or less each day	☐ 46-90 minutes each day	☐ 91-120 minutes each day	☐ More than 120 minutes each day
Active play time (indoor and outdoor) is provided to all ***toddlers***, including children with special needs:	☐ 15-30 minutes each day	☐ 31-45 minutes each day	☐ 46-60 minutes each day	☐60-90 minutes each day
Screen Time Provisions				
For preschool children, the amount of screen time allowed is:	☐ More than 2 hours per week of total screen time at child care	☐ 2 hours or less per week of total screen time at child care	☐ 1 hour or less per week for total screen time at child care	☐ 30 minutes per week or less for total screen time at child care
Screen Time Provisions				
Toddlers and infants are allowed to watch television/videos:	☐ 1 or more times each day	☐ 2-4 times per week	☐ 1 time per week or less	☐ Never
Screen Time Education				
Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
Infant Feeding Environment				
A designated area for mothers to breastfeed their infants, other than a bathroom, is:	☐ Not available	☐ Only available upon request	☐ Always available, has appropriate seating, but lacks either privacy or an electrical outlet	☐ Always available, has appropriate seating, provides complete privacy, and has an electrical outlet

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Let's Move! Child Care

Physical Activity Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Physical Activity for Preschoolers:

1) Preschool children should receive be offered at least 120 minutes of active time each day

Active Play Time Provisions				
A. Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs:	☐ 45 minutes or less each day	☐ 46-90 minutes each day	☐ 91-120 minutes each day	☐ More than 120 minutes each day
B. In preschool classrooms, structured (or teacher-led) activities are provided to all children, including children with special needs:	☐ 1 time per week or less	☐ 2-4 times per week	☐ 1 time per day	☐ 2 or more times per day
C. Outdoor active play time is provided to all preschool children, including children with special needs:	☐ 1 time a day for 30 minutes or less	☐ 1 or more times a day for a total of 30-45 minutes	☐ 1 or more times a day for a total of 45-60 minutes or more	☐ 2 or more times each day for a total of 60 minutes or more
D. During a typical day, excluding naps and meals, preschool children are expected to remain seated:	☐ More than 30 minutes at a time, or 15-30 minutes on 3 or more occasions	☐ 15-30 minutes on 2 occasions	☐ 15-30 minutes but only 1 occasion	☐ No more than 15 minutes at a time
Environment				
A. Indoor gross motor play area for preschool children, including those with special needs, consists of:	☐ Space only suitable for quiet play	☐ Space for limited movement (jumping and rolling)	☐ Ample space for some active play (jumping, rolling, and skipping)	☐ Space for all activities, including running
B. Outdoor play areas for preschool children including those with special needs, consists of:	☐ 1-2 different play areas (e.g., sandbox, swing set) but no open space for running or track/path for wheeled toys	☐ 2-3 different play areas, but limited space for running and use of wheeled toys	☐ Multiple play areas, and either an open space for running or a track/path for wheeled toys	☐ Multiple play areas, open space for running, and a track/path for wheeled toys
C. Portable play equipment (e.g., wheel toys, balls, hoops, ribbons) for preschool children consists of:	☐ Limited variety and children must take turns	☐ Some variety but children must take turns	☐ Good variety both indoors and outdoors but children must take turns	☐ Lots of variety both indoors and outdoors for children to use at the same time

Provider Behaviors				
A. In preschool classrooms, active play time is:	☐ Often withheld for misbehavior	☐ Sometimes withheld for misbehavior	☐ Never withheld for misbehavior	☐ Never withheld for misbehavior and we have a written policy
B. During preschool children's active play time, providers:	☐ Supervise play only (mostly sit or stand)	☐ Sometimes encourage children to be active	☐ Sometimes encourage children to be active and join children in active play	☐ Often encourage children to be active and join children in active play
Education				
A. Training opportunities in physical activity for preschool children (not including playground safety) are offered to providers:	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
B. Parents of preschool children are offered physical activity education (e.g., special programs, newsletters, information sheets):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
Policy				
A. At our child care facility, a policy on physical activity for preschool children addressing provider behaviors, education, and active play opportunities:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents

Recommendations for Physical Activity for Infant/Toddlers:

1) Toddlers should be offered at least 60 minutes of active time each day

Active Play Time Provisions				
A. Short supervised periods of tummy time are provided for all infants, including those with special needs:	☐ Less than once per day	☐ Once per day, everyday	☐ 2 times per day, most days	☐ Several times each day
B. Use of swings, infants seats (e.g., exersaucers, car seats, molded seats) is limited to 15 minutes (or less):	☐ More than 4 times per day per child, or used for more than 15 minutes at a time	☐ 3-4 times per day per child	☐ 2-3 times per day per child	☐ 1-2 times per day per child
C. ***Infants***, including those with special needs, are taken outside:	☐ Less than 1 time per day	☐ 1 time per day	☐ 1-2 times per day	☐ 2-3 times per day
D. When outdoors, ***infants*** are provided opportunities for exploration (e.g., rolling, scooting, crawling, walking):	☐ Less than 1 time per week or never	☐ 1-2 times per week	☐ 3-4 times per week	☐ 1 or more times each day
E. Active play time (indoor and outdoor) is provided to all ***toddlers***, including children with special needs:	☐ 15-30 minutes each day	☐ 31-45 minutes each day	☐ 46-60 minutes each day	☐60-90 minutes each day
F. Outdoor active play time is provided to all ***toddlers***, including children with special needs:	☐ 1 time a day for 30 minutes or less	☐ 1 or more times a day for a total of 30-45 minutes	☐ 1 or more times a day for a total of 45-60 minutes or more	☐ 2 or more times each day for a total of 60 minutes or more
Environment				
A. For ***infants***, including those with special needs, indoor and outdoor play spaces consist of:	☐ Space only suitable for quiet play	☐ Space is available, but allows for only limited types of activities	☐ Areas separate from preschoolers that provides space for exploration and skill building	☐ Areas separate from preschooler with space available for all types of activities
B. Play equipment for ***infants*** (small push toys, balls, ramps for crawling, outdoor pad or blanket) are age appropriate and consist of:	☐ Limited variety and children must take turns	☐ Some variety but children must take turns	☐ Good variety both indoors and outdoors but children must take turns	☐ Lots of variety both indoors and outdoors for children to use at the same time

C. For ***toddlers***, including those with special needs, indoor and outdoor play spaces consist of:	☐ Space only suitable for quiet play	☐ Space is available, but allows for only limited types of activities	☐ Areas separate from preschoolers that provides space for exploration and skill building	☐ Areas separate from preschooler with space available for all types of activities
D. For ***toddlers***, portable play equipment (e.g., wheeled toys, balls, hoops, ribbons) are age-appropriate and consist of:	☐ Limited variety and children must take turns	☐ Some variety but children must take turns	☐ Good variety both indoors and outdoors but children must take turns	☐ Lots of variety both indoors and outdoors for children to use at the same time
Provider Behaviors				
A. Providers engage with infants to encourage development of gross motor skills (e.g., reaching, sitting, standing, crawling, walking):	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
B. During toddlers' active play time, staff:	☐ Supervise play only (mostly sit or stand)	☐ Sometimes encourage children to be active	☐ Sometimes encourage children to be active and join children in active play	☐ Often encourage children to be active and join children in active play
Education				
A. Providers are provided training opportunities in physical activity for infants and toddlers (not including playground safety):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
B. Parents of infants and toddlers are offered physical activity education (e.g., special programs, newsletters, information sheets):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
Policy				
B. At our child care facility, a policy on physical activity for infant and toddlers addressing provider behaviors, education, and active play opportunities:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents

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Let's Move! Child Care

Screen Time Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Screen Time for Preschoolers:

1) Screen time should be limited to 30 minutes a week for preschool children in child care
2) Screen time at home for preschool children should be limited to 1-2 hours of quality viewing

Screen Time Provisions				
A. In preschool classrooms, televisions are:	☐ Located in every classroom	☐ Located in most classrooms	☐ Located in some classrooms	☐ Stored outside of classrooms, except for occasional use
B. For preschool children, the amount of screen time allowed is:	☐ More than 2 hours per week of total screen time at child care.	☐ 2 hours or less per week of total screen time at child care.	☐ 1 hour or less per week for total screen time at child care.	☐ 30 minutes per week or less for total screen time at child care.
C. For preschool children, television/DVD viewing includes:	☐ All types of programming and videos; with limited coordination with the curriculum	☐ Educational and some commercial programming and videos, some of which are integrated with the curriculum	☐ Mostly educational, age-appropriate programming and videos, many of which are integrated with the curriculum	☐ Only commercial-free, age-appropriate, educational programming that is integrated with the curriculum
D. For preschool children, television/DVD viewing during meals or snack time occurs:	☐ All of the time	☐ Most of the time	☐ Some of the time	☐ Rarely or never
E. Television/video viewing is used as a reward in preschool children's classrooms:	☐ All of the time	☐ Most of the time	☐ Some of the time	☐ Rarely or never
F. Among preschool children, computers are:	☐ Available for use all of the time, and time allowed per child is unlimited	☐ Available several times during the day, and each child is allowed between 30 and 45 minutes per day	☐ Available only during a set time of day, and each child is allowed between 15 and 30 minutes per day	☐ Available only during a set time of day, and each child is limited to 15 minutes per day
Provider Behaviors				
A. During screen time activities with preschool children, providers supervise and watch with the children:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time

Education				
A. Providers are offered training opportunities on screen time reduction and/or media literacy for preschool children:	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐2 times per year or more
B. Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets):	☐Rarely or never	☐Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
Policy				
A. At our child care facility, a written policy on screen time in preschool classrooms that includes provider behaviors, education, and screen time use:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents

Recommendations for Screen Time for Infants and Toddlers:

1) No screen time for 0-2 year olds

Screen Time Provisions				
A. Toddlers and infants are allowed to watch television/videos:	☐ 1 or more times each day	☐ 2-4 times per week	☐ 1 time per week or less	☐ Never
Education				
A. Training opportunities on screen time reduction and/or media literacy for infants and toddlers are offered to providers:	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
B. Parents of infants and toddlers are offered screen time reduction and/or media literacy (e.g., special programs, newsletters, or information sheets):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
Media Policy				
A. At our child care facility, a written policy on screen time for infants and toddlers that includes provider behaviors, education, and screen time use:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents

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Let's Move! Child Care

Food Served At Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Food Served to Toddlers and Preschoolers at Child Care:

1) Serve a fruit (no juice) and/or a vegetable at every meal
2) Serve all meals family style
3) Never serve fried foods

Fruits and Vegetables Provisions				
A. Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
B. Toddlers and preschoolers are offered fruit that is fresh, frozen or canned **in juice** (not syrup),:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
C. Toddlers and preschoolers are offered a variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including potatoes, corn, and green beans) :	☐ Less than 1 time per week	☐ 1-2 times per week	☐ 3-4 times per week	☐ 1 or more times per day
D. Cooked vegetables are prepared with added meat fat, margarine or butter:	☐ All of the time	☐ Most of the time	☐ Some of the time	☐ Rarely or never
Meats and Fats Provisions				
A. Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers :	☐ 2 or more times per week	☐ 1 time per week	☐Less than 1 time a week	☐ Never
B. Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	☐ 2 or more times per week	☐ 1 time per week	☐Less than 1 time a week	☐ Never
C. Beans or lean meats (baked or broiled chicken, turkey, or fish) are offered toddlers and preschoolers:	☐ Less than 1 time per week	☐ 1-2 times per week	☐ 3-4 times per week	☐ 1 or more times per day
Feeding Environment				
A. Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
B. For infants and toddlers, providers support self-feeding skills (infant/toddler encouraged to finger-feed self; fork and spoon introduced when ready) and transition to family style meals provided when appropriate:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time

C. Visual exposure and prompts to eat healthy foods (e.g. books, posters, fruit bowls, gardens) for toddlers and preschoolers occur through: :	☐ Few to no exposures or prompts	☐ Some exposures and/or prompts, but limited variety	☐ A large variety of exposures and prompts	☐ A large variety of exposures and prompts, with new opportunities introduced regularly
Provider Behaviors				
A. Providers join children at the table for meals and talk informally about trying and enjoying healthy food:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
B. In front of the children, providers consume the same food and drinks as children, and avoid unhealthy foods (e.g., soda, sweets, and fast food):	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
C. Providers teach toddlers and preschool children about healthy foods and the pleasure of eating using both formal (e.g. circle time lessons) and informal (e.g. mealtime conversations) opportunities:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
Education				
A. Training opportunities on nutrition (other than food safety and food program guidelines) are offered to providers:	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐ 2 times per year or more
B. Parents of toddlers and preschool children are offered nutrition education (workshops, activities, and/or take home materials):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐2 or more times per year
Policy				
A. At our child care facility, a written policy on nutrition and food service that includes foods offered, the food environment, provider behaviors, and education:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents

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Let's Move! Child Care

Beverages Served at Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Beverages served at Child Care for Toddlers and Preschoolers 1-5 years:

1) Water is freely accessible both indoors and outdoors
2) 100% juice is limited to 4-6 oz. daily
3) Sugar-sweetened beverages are never served
4) Milk served to children over the age of 2 is low-fat or nonfat milk

Water				
A. Drinking water is available:	☐ Upon request	☐ Upon request or during designated water breaks	☐ Inside only, where it is visible and freely available	☐ Inside and outside, where it is visible and available for self-serve
B. During indoor and outdoor play, providers prompt children to drink water:	☐ Rarely or never	☐ Some of the time	☐ Most of the time	☐ All of the time
C. Water is offered to children over the age of 1 year, but not as a substitute for milk when it is a required food component:	☐ Rarely or never	☐ 1 time per week or less	☐ 2-4 times per week	☐ 1 time per day or more
Fruit Juice				
A. 100% fruit juice is offered:	☐ In unlimited portions more than once a day	☐ 2 or more times per day, but limited to 4-6 oz. each occasion	☐ No more than 4-6 oz. per day provided at child care	☐ No more than 4-6 oz. per day and parents are encouraged to support this limit.
B. Sugary drinks (Kool-Aid ™, fruit drinks, sports drinks, sweet tea, soda) are offered:	☐ More than once a month	☐ Less than 1 time per month	☐ Rarely, 1-2 times per year	☐ Never
Milk				
A. Milk served to children ages 2 years and older is:	☐ Whole or regular	☐ Only 2% reduced fat	☐ Always 1-2% low-fat	☐ Always 1% or skim/ non-fat
B. Flavored milk is served to children:	☐ More than once a month	☐ Less than 1 time per month	☐ Rarely, 1-2 times per year	☐ Never
Provider Behaviors				
A. Beverages offered to toddlers over 1 year are offered in a bottle:	☐ All of the time	☐ Most of the time	☐ Some of the time	☐ Rarely or never

Education				
A. Training opportunities on juice and other beverage recommendations for toddlers and preschoolers are offered to providers:	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐2 times per year or more
B. Parents of toddlers and preschoolers are offered education on juice and other beverages recommendations (e.g., special programs, newsletters, information sheets):	☐ Rarely or never	☐ Less than 1 time per year	☐ 1 time per year	☐2 times per year or more
Policy				
A. At our child care facility, a written policy on beverages for toddlers and preschoolers that includes staff behaviors, education, and beverage use:	☐ Does not exist	☐ Exists informally, but is not written or followed	☐ Is written, but not always followed	☐ Is written, available, followed, and shared with parents and staff

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Let's Move! Child Care

Infant Feeding at Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Breastfeeding at Child Care:

1) The child care facility supports breastfeeding

Breastfeeding Environment				
A. A designated area for mothers to breastfeed their infants, other than a bathroom, is:	☐ Not available	☐ Only available upon request	☐ Always available, has appropriate seating, but lacks either privacy or an electrical outlet	☐ Always available, has appropriate seating, provides complete privacy, and has an electrical outlet
B. Culturally appropriate breastfeeding support materials (e.g., pictures, posters brochures, pamphlets), not including those produced or supplied by commercial entities and/or manufacturers of infant formula, are:	☐ Not displayed	☐ Displayed, but are limited	☐ Displayed and include multiple types of materials	☐ Displayed in several areas of the facility and include pictures, posters, brochures, pamphlets, and other resources
C. For breastfeeding mothers needing to store expressed milk, the facility provides:	☐No refrigerator or freezer space	☐ Limited refrigerator and freezer space, but it is not consistently available	☐Sufficient refrigerator and freezer space that is available most of the time	☐ Sufficient refrigerator and freezer space that is always available
D. Learning and play materials for children which normalize breastfeeding (e.g., books that contain pictures of breastfeeding, baby dolls that are nursing), include:	☐ No toys and books portraying breastfeeding are available	☐ A few toys and books portraying breastfeeding	☐ Toys and books portraying breastfeeding in most classrooms	☐ Toys and books portraying breastfeeding in all classrooms
E. A feeding plan filled out by a parent/guardian and/or healthcare provider is:	☐ Posted	☐ Posted, but not updated regularly	☐ Posted and updated regularly	☐ Posted, updated regularly updated, and is used to provide a daily report to parents
F. As part of the feeding plan, support for breastfeeding is:	☐ Not explicitly included	☐ Sometimes included, but relies on the provider to add additional information to standard form	☐ Usually included, and part of the standard form to be filled in by parents	☐ Always included, and covers age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting the mother to come to the facility to nurse

Education				
A. Training on age-appropriate infant feeding practices, including safe storage/handling of human milk, is offered to providers:	☐ Rarely or never	☐ Only as a part of new staff orientation	☐ 1 time per year	☐ 2 or more times per year
B. Training on promoting and supporting breastfeeding, including, exclusive breastfeeding, is offered to providers:	☐ Rarely or never	☐ Only as a part of new staff orientation	☐ 1 time per year	☐ 2 or more times per year
C. Breastfeeding families are instructed on how to properly label and store human milk for use in the child care facility:	☐ Rarely or never	☐ Informally, but not in writing	☐ In writing	☐ In writing, and providers check to make sure all milk provided are properly labeled
Policy				
A. At our child care facility, a written and explicit policy for promoting and supporting breastfeeding families:	☐ Does not exist	☐ Is generally followed but is not written	☐ Is written, generally followed, and sometimes shared with parents	☐ Is written, available, followed, and always shared with parents
B. The facility's breastfeeding-friendly policy is communicated to expectant mothers, families with infants, and visitors:	☐Rarely or never	☐Sometimes, if asked	☐Usually	☐Always

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