

## MONTANA NUTRITION AND PHYSICAL ACITIVITY PROGRAM'S PHYSICAL ACTIVITY RESOURCES

At least 60% of infants and toddlers up to age 5 currently spend up to 29 hours each week in some type of childcare setting. This provides an exciting and promising opportunity to encourage more physical activity in the early childhood setting. Early childhood physical activity is important not only to prevent excessive weight gain and potential chronic diseases but also for other aspects such as social, emotion-al and psychological development. Below is a list of evidence-based resources for promoting and supporting physical activity for your providers.

### **National Association for the Education of Young Children (NAEYC) Early Childhood Program Standards and Accreditation Criteria**

Topic 2.C (2.C.01-2.C.04) of the NAEYC Standards describe Physical Development criteria important for infants and toddlers and necessary for achieving STAR 4 for Centers

### **National Policy and Legal Analysis Network (NPLAN) Model Physical Activity Standards for Childcare Providers:**

To view document visit [http://www.nplanonline.org/system/files/ChildCarePAStandrds\\_FINAL\\_100315.pdf](http://www.nplanonline.org/system/files/ChildCarePAStandrds_FINAL_100315.pdf)

**Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs – NEW OBESITY STAND-ARDS** from the American Academy of Pediatrics, the American Public Health Association, the National Resources Center for Health and Safety in Child Care and Education and the U.S. DPHHS. These updated standards regarding nutrition, physical activity and screen time are for ALL types of early care and education settings – centers and family child care homes.

*Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Ed.* To view the file, visit [http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf) (Pages 51-57)

### **National Association for Sport and Physical Education (NASPE) A Statement of Physical Activity for Children Birth to Age Five Guidelines:**

Visit: <http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>

#### **NASPE guidelines for physical activity for toddlers and preschool children**

**Guideline 1:** Toddlers should accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes

**Guideline 2:** Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.

**Guideline 3:** Toddlers should develop movement skills that are building blocks for more complex movement tasks; preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.

**Guideline 4:** Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities

**Guideline 5:** Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.

## MONTANA NUTRITION AND PHYSICAL ACITIVITY PROGRAM'S SCREEN TIME RESOURCES

Screen media has become prevalent in the lives of our children accounting for more time than any other single activity other than sleep. Screen media includes **television, computers, DVDs, videos, video games, and hand-held devices**. In the first two years of life, a child's brain is undergoing critical growth and development. It is important for infants and toddlers to have positive social interactions with adults rather than from a screen. Providing developmentally and age appropriate physical activity opportunities helps displace time spent viewing screens and the development of life-long healthy habits.

**American Academy of Pediatrics (AAP) Position Statement on Television and Children and Adolescents:** To view file, visit

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

- The AAP recommends no television viewing for children under the age of 2 years.
- Limit children's total media time to 1 to 2 hours of quality programming per day.
- Monitor, view and discuss the appropriate programming together. Most programs should be educational, informational and nonviolent.

**National Association for the Education of Young Children (NAEYC) Early Childhood Program Standards and Accreditation Criteria**

Topic 2.H (2.H.01-2.H.03) of the NAEYC Standards describe technology criteria important for infants and toddlers and necessary for achieving STAR 4 for Centers

### Other Valuable Resources:

- **NAEYC Position Statement on Media Violence in Children's Lives:** To view file, visit <http://www.naeyc.org/files/naeyc/file/positions/PSMEVI98.PDF>
- **NAEYC Position Statement on Technology and Young Children Ages 3-8:** To view file, visit <http://www.naeyc.org/files/naeyc/file/positions/PSTECH98.PDF>
- **National Policy and Legal Analysis Network (NPLAN) Model Physical Activity Standards for Childcare Providers:** To view file, visit [http://www.nplanonline.org/system/files/ChildCarePAStandrds\\_FINAL\\_100315.pdf](http://www.nplanonline.org/system/files/ChildCarePAStandrds_FINAL_100315.pdf)
- **Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs:** To view the pdf. file, visit [http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf) (Pages 58-59)
- **Center on Media and Child Health:** For the latest research and information on media and its effects on child health and development visit: <http://www.cmch.tv/>
- ***The Elephant in the Living Room: Make Television Work for Your Kids***-Christakis, D.A. & Zimmerman, F.J.  
The authors, Dr. Christakis and Dr. Zimmerman, leading experts in television and child development, give parents information and practical advice for making TV work for your kids and not against your family.

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